

THE KEY of the Kingdom

Feb-March 2013

Editorial

Pope Benedict XVI has resigned from his papacy. He announced this on 11.2.2013 Monday during a consistory of cardinals. He steps down by 28 Feb 2013. By one month time the Conclave of 115 cardinals in Vatican will gather in the Sistine Chapel and will elect the new pope. A pope resigning from his papacy is rare phenomenon in the hierarchy of the Roman Catholic Church. After 600 years this happening is taking place. Pope Benedict is the 265th pope. St. Peter was the first pope and pope Benedict XVI is from Germany, a European Union member.

Anyone can resign from anywhere or any responsibility on whatever the ground one feels fit. Illness or old age is certainly a reasonable ground for our pope Benedict XVI to resign from most powerful post on the earth. He suffers from arthritis of knee, hip and shoulder. He is a conservative pope who was with Pope John Paul II for 20 years as bishop and cardinal. He found favor with the late pope for his seriousness in interpreting the Catholic theology and doctrines as prefect for the Doctrine of Faith. He had to face many challenges in his tenure as pope but of course maintained and defended the faith of the Church and morals very diligently. He was 77 when he was elected pope.

We must appreciate his frankness and courage in expressing his inability to carry on the administration of the 120 crore catholic community all over the world. He feels frailty in doing the work. He is most sincere and holy in his decision to resign. Let us welcome it and pray for his further health when he would be in great cloistered monastery in Rome where he would spend his quietly in prayer and peace. Surely this would make harder for his successor in taking up the Vatican work in the initial stage. But the Holy Spirit will guide the new pope, who is desired most likely from African nation Ghana that has cardinal Peter Turkson or cardinal Francis Arinze from another African country. Cardinal Marc Quillet is the second preferred one for the future papal see.

I personally met Pope Benedict XVI when he was cardinal in Vatican. One evening when I was returning from my Vatican Radio office work. He was walking in front of me near the famous souvenir shop Soprani which attracts thousands of pilgrims for its cheap price of articles and by name it stands famous. November December will have showers thinly in Rome. In that drizzling weather the Cardinal Joseph Aloisius Ratzinger wearing a big rain coat looked fresh and fair to my eyes. Deeply moved with joy and pride, I greeted the cardinal, 'Buona Sera Sua Eminenza!' (Good evening Your Eminence). 'Buona Sera' responded to me the future pope, asking me, 'Chi sei tu?' (who are you). 'Sono Padre Nathan dalla Radio Vaticana!' the conversation went on for 10 minutes and taking a blessing from his consecrated hands I moved away. Had I know he was to be elected would have taken few snaps and this did not strike my mind as I was a part of the Vatican being a Radio Vatican journalist and broadcaster.

Today when the pope is resigning from his papacy, we feel pained for his illness and for the future of our Church. Let us hope that no schism or division takes place at the time of election of the new pope. We need a pope with dynamic thinking and action taking into mind the changing times and need for changes in many issues of the church. The whole world looks at the Catholic Church in most

of the aspects of human life. Let us wait prayerfully and patiently for the white smoke that is going to be emitted from the Vatican chimney signaling the world 'Nuova papa e' eletto' 'New pope is elected'. Viva papa!

May the Lord bless our outgoing beloved pope Benedict XVI and the future pope who will be elected.

Editor

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LENT – A TIME TO REFLECT



Lent (**Latin:** **Quadragesima**, "fortieth"^[1]) is an observance in the [liturgical year](#) of many [Christian](#) denominations, lasting for a period of approximately six weeks leading up to [Easter](#). In most [Western](#) denominations Lent is taken to run from [Ash Wednesday](#) (13.02.2013) to [Maundy Thursday](#) (Holy Thursday March 28.3.2013), [Good Friday](#) 29.3.2013 or to [Easter Eve](#) (30.3.2013).

The traditional purpose of Lent is the preparation of the believer—through [prayer](#), [penance](#), [repentance](#), [almsgiving](#), and [self-denial](#). Its institutional purpose is heightened in the annual commemoration of [Holy Week](#), marking the death and [resurrection of Jesus](#), which recalls the events of the [Passion of Christ](#) on [Good Friday](#), which then culminates in the celebration on [Easter Sunday](#) of the resurrection of Jesus Christ.

During Lent, many of the faithful commit to [fasting](#) or giving up certain types of [luxuries](#) as a form of penitence. The [Stations of the Cross](#), a devotional commemoration of [Christ's carrying the Cross](#) and of [his execution](#), are often observed. Many [Roman Catholic](#) and some [Protestant](#) churches bare their altars of candles, flowers, and other devotional offerings, while [Crucifixes](#), religious statues, and other elaborate religious paraphernalia are often veiled in violet fabrics in observance of this event. In certain pious [Catholic](#) countries, grand processions and cultural customs are observed, and the faithful attempt to [visit seven churches](#) during Holy Week in honor of Jesus Christ heading to [Mount Calvary](#).

Lent is traditionally described as lasting for forty days, in commemoration of the [forty days](#) which, according to the Gospels of [Matthew](#), [Mark](#) and [Luke](#), Jesus spent fasting in the desert before the beginning of his [public ministry](#), where he endured temptation by [Satan](#).^{[2][3]} However, different Christian [denominations](#) calculate the "forty days" of Lent differently. In most Western tradition the Sundays are not counted as part of Lent; thus the period from Ash Wednesday until Easter consists of 40 days when the Sundays are excluded. However in the [Roman Catholic Church](#) Lent is now taken to

end on Holy Thursday rather than Easter Eve, and hence lasts 38 days excluding Sundays, or 44 days in total.

"Lent, along with its pious observances is reverently observed by Roman Catholics world over."

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Pope Benedict XVI Resigns. Cites Ill Health. Statement Below



ROME — Pope Benedict XVI, the former Cardinal Joseph Ratzinger who took office in 2005 following the death of his predecessor, said on Monday that he will resign on Feb. 28, the first pope to do so in six centuries.

Regarded as a doctrinal conservative, the pope, 85, said that after examining his conscience “before God, I have come to the certainty that my strengths, due to an advanced age, are longer suited to an adequate exercise” of his position as head of the world’s Roman Catholics.

The announcement is certain to plunge the Roman Catholic world into frenzied speculation about his likely successor and to evaluations of a papacy that was seen as both conservative and contentious.

In a statement in several languages, the pope said his “strength of mind and body” had “deteriorated in me to the extent that I have had to recognize my incapacity to adequately fulfill the ministry entrusted to me.”

Elected on April 19, 2005, Pope Benedict said his papacy would end on Feb. 28.

He was a popular choice within the college of 115 cardinals who elected him as a man who shared — if at times went beyond — the conservative theology of his predecessor and mentor, John Paul II, and seemed ready to take over the job after serving beside him for more than two decades.

When he took office, Pope Benedict’s well-known stands included the assertion that Catholicism is “true” and other religions are “deficient;” that the modern, secular world, especially in Europe, is spiritually weak; and that Catholicism is in competition with Islam. He had also strongly opposed homosexuality, the ordination of women priests and stem cell research.

Born on April 16, 1927, in Marktl am Inn, in Bavaria, he was the son of a police officer. He was ordained in 1951, at age 24, and began his career as a liberal academic and theological adviser at the Second Vatican Council, supporting many efforts to make the church more open.

But he moved theologically and politically to the right. Pope Paul VI named him bishop of Munich in 1977 and appointed him a cardinal within three months. Taking the chief doctrinal job at the Vatican in 1981, he moved with vigor to quash liberation theology in Latin America, cracked down on liberal theologians and in 2000 wrote the contentious Vatican document “Dominus Jesus,” asserting the truth of Catholic belief over others.

The last pope to resign was Gregory XII, who left the papacy in 1415 to end what was known as the Western Schism among numerous competitors for the papacy.

- New York Times

Pope Benedict XVI's Full Statement

Dear Brothers,

I have convoked you to this Consistory, not only for the three canonizations, but also to communicate to you a decision of great importance for the life of the Church. After having repeatedly examined my conscience before God, I have come to the certainty that my strengths, due to an advanced age, are no longer suited to an adequate exercise of the Petrine ministry.

I am well aware that this ministry, due to its essential spiritual nature, must be carried out not only with words and deeds, but no less with prayer and suffering. However, in today's world, subject to so many rapid changes and shaken by questions of deep relevance for the life of faith, in order to govern the bark of Saint Peter and proclaim the Gospel, both strength of mind and body are necessary, strength which in the last few months, has deteriorated in me to the extent that I have had to recognize my incapacity to adequately fulfill the ministry entrusted to me.

For this reason, and well aware of the seriousness of this act, with full freedom I declare that I renounce the ministry of Bishop of Rome, Successor of Saint Peter, entrusted to me by the Cardinals on 19 April 2005, in such a way, that as from 28 February 2013, at 20:00 hours, the See of Rome, the See of Saint Peter, will be vacant and a Conclave to elect the new Supreme Pontiff will have to be convoked by those whose competence it is.

Dear Brothers, I thank you most sincerely for all the love and work with which you have supported me in my ministry and I ask pardon for all my defects. And now, let us entrust the Holy Church to the care of Our Supreme Pastor, Our Lord Jesus Christ, and implore his holy Mother Mary, so that she may assist the Cardinal Fathers with her maternal solicitude, in electing a new Supreme Pontiff. With regard to myself, I wish to also devotedly serve the Holy Church of God in the future through a life dedicated to prayer.

- the Vatican

President Barack Obama has issued a statement:

On behalf of Americans everywhere, Michelle and I wish to extend our appreciation and prayers to His Holiness Pope Benedict XVI. Michelle and I warmly remember our meeting with the Holy Father in 2009, and I have appreciated our work together over these last four years.

The Church plays a critical role in the United States and the world, and I wish the best to those who will soon gather to choose His Holiness Pope Benedict XVI's successor.

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The Center for Constitutional Rights, which is pursuing a case against the pope and other Vatican leaders on behalf of victims of sexual abuse in the international criminal court, said that [Pope Benedict's resignation will make international prosecution easier](#).

Summary

- Pope Benedict XVI has resigned, saying that at his age he cannot carry out all his tasks adequately and is losing strength in body and mind. **His brother Georg suggested he was finding it difficult to walk and had been advised to stop making transatlantic journeys.**
- **The pope will step down on 28 February.** A papal conclave will follow to elect his successor, who will be in place by the end of March, and perhaps in time for holy week on 24 March.
- Ghana's [Cardinal Peter Turkson](#), Nigeria's Cardinal Francis Arinze, Canada's Cardinal Marc Ouellet, and Italy's Angelo Scola emerged as some of the leading candidates to succeed Benedict. One of the next pope's first trips abroad is likely to be [to Rio de Janeiro](#) for World Youth Day on 1 July.
- **Benedict says he wishes to continue to serve the Catholic church "through a life dedicated to prayer"**. He will revert to his former title of Cardinal Joseph Ratzinger upon his resignation, [the Catholic church in England said](#). There was "absolute silence" this morning when the pope told cardinals the news, according to Mexican prelate Monsignor Oscar Sanchez, [who witnessed his resignation](#).
- **The pope made his decision over the last few months, Vatican spokesman Federico Lombardi said, and it took all his closest aides by surprise.** He will honour his commitments until he steps down. Lombardi said this was Benedict's own personal decision. Upon resigning, he will go to the papal summer residence near Rome, and then will move to a cloistered residence in the Vatican, which may make life difficult for his successor.
- **The archbishop of Canterbury, Justin Welby, the head of the Anglican church, said he had learned of the pope's resignation with a "heavy heart but complete understanding"**.
- **The last pope to resign was [Gregory XII, in 1415](#).**

- Child abuse victims [in Ireland](#) and [the US](#) criticised Benedict for not having done more to deal with the scandals of paedophile priests in the Catholic church.

LENT: TIME TO CONNECT WITH OURSELVES & PREPARE

- By: André Gomes



“Let not our walk through life, reflect our Christian values; but rather let our Christian values, determine our walk through life.”

Lent is that time of preparation for us Christians. “....Prepare the way of the Lord, make his paths straight” (Mt.:3:3, NRSV); said John the Baptist, as he invites people to accept Jesus with His principles, His teachings and His message of salvation. On hearing this stern exhortation, people repented, confessed their sins and prepared the way for the Lord. In the Old Testament too we read about people turning away from their sins (Jonah 3:7-10).



Connect and Prepare:-

I happened to notice a Christian boss who toiled day and night preparing for seminars, conferences and the visits of international delegates. While I admired his grit and determination and often stood in awe of his passion to commitment, I was dismayed by the sheer neglect of the values he portrayed.

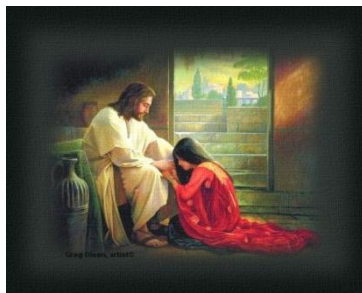
Many people treat Lent as a mere fulfilment of prescribed observances by the Holy Church. Fasting on certain days, abstaining from meat on Fridays, the annual confession during the season of Lent or even attending Holy Week services often defines Lenten observances. People often go about their business with the same attitude, the same unforgiving nature, same levels of Christian motivation and often stagnate at the same level of understanding of their Christian faith. To them and the society around them, Lent must appear as another time of penitential observances. In the early Church Lent was the season of prayerful and penitential preparation, commemorating with gratitude the passion and death of the Lord Jesus Christ who won over man’s salvation from the clutches of death. Though the obligation of penance was originally only imposed on those who had committed public sins and crimes, by medieval times all the faithful voluntarily performed acts of penance to repair for their sins. For all those who truly and thankfully acknowledge the saving death of Jesus, must also

understand that Jesus' victory is our renewal. Lent is thus a time of renewal, our "spring" ushered in from the Anglo Saxon word "lengten".

Key to introspection:-

I. Change in attitude:

People caught up with diabetes or blood pressure or heart diseases are often seen making changes to their lifestyles. From dietary changes to exercise regimens, patients find themselves challenged every day by unfamiliar routines that would only serve their betterment. Why does it become so difficult for us Christians to alter our negative behavioural patterns during this season of Lent? For the manager, it might be a change in a caring and coaching presence to the staff, for a father it might be setting the right example for the family to emulate, for college young adults it might be focussing on building character. No one is so weak in spirit, as to be unable to face the challenges to a change in attitude. One of the first steps in being able to change is to sit awhile, introspect and accept the areas in one's life that really need change. Remember, a wrong attitude is a candidate for sinful behaviour! So shrugging off any attempt to change negative behaviour is tantamount to denying our sins or even confessing them without true repentance.



II. Growing in forgiveness:

One of the biggest stumbling blocks to any person's physical and spiritual well-being is an insincere or unwilling attitude to forgiveness. This is also stated to be the root cause of many psycho-somatic illnesses and latent stress situations. No person can get through life without being sorry for what he or she has done to another. Man is societal in nature and every wrong deed done by man can be offensive to at least one person, if not more. Christians belonging to the one body of Christ, the universal Church have a moral obligation to forgive. Hard as it may seem, my personal experience in this area would prove otherwise. If we are to expect forgiveness from Christ this season of Lent or ever, we must forgive. Forgiveness does not mean rattling out names in the confessional, it means going back and being sorry and making amends with the person we've oppressed. **Forgiveness calls for humility.** No matter at what professional level one is in their life, one needs to demonstrate this aspect of humility and forgiveness. I find it amusing when managers, students and even parents find it difficult and challenging to demonstrate a forgiving attitude. Forgiveness or humility is not a sign of weakness; it demonstrates a moral acceptance of being responsible for an action that may have caused another hurt.

III. Increased motivation:

Having covered the two aspects of a change in behaviour and forgiveness, we now need that extra push to sustain and move forward in our Christian walk. We need to be strongly motivated these 40 days, so as to sustain for the remainder of the year. Ask a manager what motivation is all about and

she/ he would tell you that it is about being charged up to achieve something, keeping the end in sight. What then is the Christian “end in sight”? Is it about filling our financial coffers, about sustaining wealth for our children or even about making that all too important name for ourselves? In the material world, “yes”; but in our Christian walk through life, there is something of greater importance. It is about walking in truth. The truth that each of us is called to a purpose, that of spreading the kingdom’s values on earth. These are of love (forgiveness), purity (holiness), charity (selflessness) among many others. We need to be motivated, we need to be charged up, we need to push ourselves personally and collectively to the limit of the kingdom’s values, never tiring in our zeal, so that we may truly say one day; *“I have fought the good fight, I have finished the race, I have kept the faith.”* (2 Timothy 4:7, NRSV)

IV. Growing in Christian faith:

How frustrating it is for a mother when a child never strives to excel or for an employer when an employee stagnates in a position never excelling? Imagine how much more frustrating it must be for God, our creator who also purchased us with the heavy price of the blood of His son, when He never sees His people grow in their Christian faith. We owe it to our God to be motivated Christians.

V. Growing in right Motivation:

Motivation is understood as the force that gives us the impetus to behaviour by arousing, sustaining and directing it towards the successful attainment of goals. Motivation thus energises people to act, moves people from a resting state to an active state and directs & organises behaviour towards a particular goal-state. As Christians we have a God who gives us the Holy Spirit to arouse, sustain and direct us towards our Christian goal. We are then energised to act and are moved from a state of complacency to an active state of Christian behaviour. This is an ongoing process, guided by the Holy Spirit through a state of constant surrender and Christian prayer.

Motivation emanates from two sources, “Intrinsic motivation - behavior performed for its own sake” and “Extrinsic motivation - behavior performed to acquire rewards”. Regardless of the source, we as Christians must remember that in this temporal life, if we are truly to call ourselves women and men of the Christian faith, we must be motivated to emulate Christian principles in our life, our work ethics, our demeanor, our attitude to forgiveness and our call to build a community of able-Christian workers.



A message during Lent would never be complete without a reference to **God’s call for holiness**. Holiness must be a constant endeavour in our short Christian walk on this earth, if we have to reap the benefits of eternal life with the Father in heaven. The first step to reap the benefits of eternal life would be to acknowledge our trespasses without reservation to both sins of commission and omission, and our acknowledgment of these sins before a priest, resolving firmly to never enter into that sinful state again. *“No one who conceals transgressions will prosper, but one who confesses and forsakes them will obtain mercy.”* (Proverbs 28:13, NRSV). As true people of God united under the loving

Learning about the way Jesus lived His life will help you to know how He wants you to live your life.

Courtesy: A holy Soul.

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WHAT JESUS DESIRES FROM US DURING THIS LENT?

Jesus spent the majority of His time teaching people. Topics include our relationship with God; how to treat one another; what our attitudes should be; and how to deal with money. The Sermon on the Mount was Jesus' first great teaching, recorded in the Book of Matthew. In it, Jesus taught: "You are the light of the world... Let your light shine before men, that they may see your good deeds and praise your Father in heaven." Mt.5:14-16

Jesus spoke to our heart, not just to our actions. He said: "You have heard that it was said to the people long ago, 'Do not murder, and anyone who murders will be subject to judgment.' But I tell you that anyone who is angry with his brother will be subject to judgment... You have heard that it was said, 'Do not commit adultery.' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart." Mt.5:27-30

Christ taught people to be kind, not vindictive. "You have heard that it was said, 'Eye for eye, and tooth for tooth.' But I tell you, do not resist an evil person. If someone strikes you on the right cheek, turn to him the other also. And if someone wants to sue you and take your tunic, let him have your cloak as well. If someone forces you to go one mile, go with him two miles. Give to the one who asks you, and do not turn away from the one who wants to borrow from you." 5:38-42

Jesus also taught us to pray. He said, "This, then, is how you should pray: 'Our Father in heaven, hallowed be Your name, Your kingdom come, Your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil. For yours is the kingdom and the power and the glory forever. Amen.'" Mt.6:9-14

Christ taught generosity. "Jesus sat down opposite the place where the offerings were put and watched the crowd putting their money into the temple treasury. Many rich people threw in large amounts. But a poor widow came and put in two very small copper coins, worth only a fraction of a penny. Calling His disciples to Him, Jesus said, 'I tell you the truth, this poor widow has put more into the treasury than all the others. They all gave out of their wealth; but she, out of her poverty, put in everything -- all she had to live on.' Mk.12:41-44

Much of Jesus' teaching emphasized faith. Once, when Jesus had entered Capernaum, a centurion (a Roman officer) came to Him asking for help.

"'Lord,' he said, 'my servant lies at home paralyzed and in terrible suffering.'

"Jesus said to him, 'I will go and heal him.'

"The centurion replied, 'Lord, I do not deserve to have you come under my roof. But just say the word, and my servant will be healed. For I myself am a man under authority, with soldiers under me.

I tell this one, "Go," and he goes; and that one, "Come," and he comes, I say to my servant, "Do this," and he does it.'

"When Jesus heard this, He was astonished and said to those following Him, 'I tell you the truth, I have not found anyone in Israel with such great faith'... Then Jesus said to the centurion, 'Go! It will be done just as you believed it would.' And his servant was healed at that very hour." Lk.7:1-10

You can learn from Jesus Christ how to live on earth. You can learn of faith; of loving and honouring God; of how to treat one another; of how to rely on God; of how to be kind to others and live honestly in a challenging world. How great are the teachings of Jesus Christ! YOUR FAITH WILL HEAL YOU... YEAR OF FAITH CALLS YOU TO DEEP , GENUINE, UNSELFISH, UNBLEMISHED, TRUE FAITH IN CHRIST.

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NO RESURRECTION WITHOUT CROSS



Easter is the most sacred Christian day of the year. It is even more sacred than Christmas. Unlike Christmas, Easter is historically dated. We know this based on the Jewish Passover celebration which has been celebrated for thousands of years.

Understanding Easter through the Jewish Passover

Passover celebrates Israel's exodus from Egypt. God delivered Israel from slavery in Egypt through the exodus. On the night before the exodus, God sent the angel of death to kill the first born child of everyone who lived in Egypt.

But God told the Israelites that each family must sacrifice a lamb. The lamb's blood had to be placed on the door posts of the house. When the angel of death saw the blood, the household was spared. Death and Judgment passed over the house due to the blood of the lamb.

God told the Israelites to celebrate the Feast of Passover every year. The Passover lamb symbolized the need for a sacrifice to protect people from death. It was given as a sign of an event that would happen later in time.

Jesus Christ is the True Lamb of God

Jesus was referred to as The Lamb of God, because he was without sin. In fact, Jesus is the only human being that never sinned. He became the Passover Lamb for the whole world to save people from death. During the Passover in AD 33 Jesus was [crucified](#) on Friday. He fulfilled His mission from God. He became the eternal sacrifice. Jesus said, "This is my blood of the covenant, which is poured out for many for the forgiveness of sins" (Matthew 26:28)

Why "Good Friday" is Good

Christians now call the Friday before Easter Good Friday. It does not sound "good" if somebody was killed that day. But it is good for all people that Jesus was crucified. He was the ransom for all people's sins.

Freedom from sin is promised to those who accept the sacrifice of Jesus as payment for their sins, both past and future. "If we confess our sins, he (Isa) is faithful and just and will forgive us our sins and purify us from all unrighteousness" (1 John 1:9)

Only Jesus Can Save You from Sin and Death. God is Holy and He cannot co-exist with sin. "For the wages of sin is death..." (Romans 6:23). No amount of religious practice or good deeds can "balance" our sinfulness and make us holy. But the answer is not having more religious practices. The answer is in accepting the righteousness God has already provided through Jesus

Jesus is God's gift. Since Jesus was sinless, we only need his sacrifice. One perfect sacrifice is enough to fulfill the requirement of the law for all people for all time. Jesus was this sacrifice.

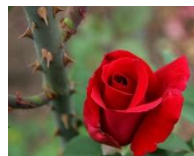
Easter is the Celebration of the Resurrection of Jesus

Easter Sunday is not a celebration of the death of Jesus. That would be on Good Friday. Easter is the celebration of a victorious Jesus. His death was not in vain. On the Sunday after His Crucifixion Jesus was [raised back to life](#). He was the first resurrection. 'I AM THE RESURRECTION AND THE LIFE; HE WHO BELIEVES IN ME, EVEN IF HE DIES, HE WILL LIVE' Jn.11:25.

What is Easter for you and me?

Easter is the guarantee of our life eternal after our death. Easter is the liberation for us from all our sins. Easter brings salvation to whole mankind. Easter is the SUCCESS of Jesus over death, Satan and sin.

If Jesus was not risen your faith and mine will be in vain."IF CHRIST HAS NOT BEEN RAISED, THEN EMPTY (TOO) IS OUR PREACHING; EMPTY TOO IS YOUR FAITH"
But have we ever seen in the life Jesus resurrection without cross and bloodshed? No. Jesus predicted his own suffering, death and resurrection..'THE SON OF MAN WILL BE HANDED OVER TO MEN AND THEY WILL KIM AND ON THE THIRD DAY HE WILL RISE FROM DEATH" MK.8:31-33; 9:31. LK18:31-33.



There is no rose without thorns

There is no candle light without it melting itself

There is no atonement for sin without lamp slain

There is no child's happiness without mother's sacrifice

There is no bread without wheat falling into earth and dies

So there is no Jesus' resurrection without his cross, death and burial

In conclusion there is no faith without participating in Christ's sufferings and death.

We cannot have a sharing in Christ's resurrection without partaking in his bloodshed. "UNLESS I WASH YOU, YOU WILL NO HAVE INHERITANCE WITH ME" JN.13:

“UNLESS YOU TAKE UP YOUR CROSS AND FOLLOW ME, YOU CANNOT BE MY DISCIPLE”

The Resurrection of Jesus is the principal kerygma (Good news) of Christianity. When you and believe in Him, we must accept his resurrection and this should build up our human and Christian existence and it is the meaning of our life.

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Lenten Thought for Youth

Alessandro a young boy saw Maria Goretti a 12 year young and pretty girl from Goretti family in Nettuno, Northern Italy. He liked her and desired to love her. But Maria remained holy to the Lord. On her refusal he became furious. One day he violated her. But she pleaded him and said she offered to the Lord her life. But the lustful boy stabbed her many times out of fury. On her death she forgave his crime. Alessandro was arrested and after few years Maria Goretti was canonized a saint by the Holy Father. For the canonization ceremony he was brought by the police and he felt greatly sorry and cried. Today St.Maria Goretti is a saint, a model for young people especially young virgins.

Born at Anconia in Italy of a poor family in the year 1890 Maria Goretti spent her childhood near Nettuno in poverty helping her mother in the domestic chores. She was a religious girl and much given to prayer.

Young virgins who are holy and prayerful are blessed by God and they are pride to their families, Church and society.

There are boys and men who are like Alessandro, who have one mind for pleasure and they become blind to life disciplines. For example the six men gang including a minor boy, who violated that Delhi girl, were barbaric and lost their human sense. She died while defending herself. Today she is hailed by women society. Of course she encountered death in the bargain.

We need to rethink about bad boys and men in our society. Such men folks lack proper bringing up by their parents. Parenting is the root that gives way for trees of vices.

Committed faith in the Lord, family prayer, Bible reading, reflection, regular Sunday Mass, good friends, right orientation in life all these lead to holy life.

Dress code of girls/women often remains a cause to attract bad eyes. This holds good also for our Christian females. Church admonishes its faithful to discipline their dress code and make it modest also in the church. Once such call for discipline is shown deaf ear, then many girls face the result.

Also bad company leads young people to sin and disobedience to Bible teaching, parents and to the Church lead young people's life disastrous.

O God, lead kindly light amid the encircling gloom, Lead Thou our faithful on, saving them from their sluggishness and utter sinful ignorance!

Too much of pampering of their kids will not help in the long run, but will ruin their moral conscience! By excusing or tolerating mistakes be small or big committed purposely by their children, parents spoil them.

‘What cannot be bent in 5, can never be bent in 50’ says a Thamizh proverb. So parents must rethink in giving some sort of punishments for their children as sanction for their wrong conduct or misbehavior. Juvenile delinquency increases because parents fail to show to their children moral discipline and building their moral conscience.

During this holy season of Lent and the glorious Easter time that comes thereafter, let us take a quick look at our soul and purify it with acts of penance, charity and sacrament of Reconciliation.

Let St.Maria Goretti be a perfect model for holy life for young people.

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Just to know: THE 3 SAFEST FLIGHTS IN THE WORLD

1. **Finnair** has been rated the safest airline in the world, based on the study that monitors plane crashes around the world.
2. **Air New Zealand** has been rated as the world's second safest airline. (
3. **Cathay Pacific** is ranked at No.3 in terms of safety.

THE 3 UNSAFEST AIRLINES

1. Indian-carrier Air India is ranked at No. 58, or the third unsafest airline in the world to travel.
2. Rank 59: TAM Airlines is the Brazilian brand of LATAM Airlines Group. JACDEC calculates its annual rankings based on aircraft loss accidents and serious incidents over the past 30 years.
3. The unsafest airline in the world is China Airlines, according to JACDEC. According to the report, there were 496 fatalities on commercial passenger flights last year, two fewer than in 2011.

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Vox Populi with reply from Key of the Kingdom (KoK)

Punctuality in everything.... A view expressed by my friend in UK

“Hello Father Nathan,

As for Punctuality what I have seen here in UK is that the English are very punctual, they are always in time whether it be Mass or work, they plan well in advance and they are always in time. The English emphasize a lot on punctuality and influences people from other Ethnicity to follow the same

My daughter was encouraging me to display my emotions, to *be human*. Many leaders believe that they need to be *in control* all the time. Their teams look up to them for answers and if they display any weakness or waver in their resolve, then the whole organization can crumble around them.

Nothing can be further from the truth.

It is incredibly powerful for your team to know that you can get frustrated, happy or concerned and that you are even stumped by professional situations. It encourages them to seek ways to succeed even as they experience these emotions themselves. It reduces self-doubt and increases our ability to reach out, collaborate and generally become better professionals and human beings.

It takes the focus away from ourselves and puts it on the *problem at hand*.

Being human is not a sign of vulnerability it's a mark of strong leadership

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Vatican's addition to list of sins

We mostly know the Ten Commandments as the basic list of sins to be avoided. Nearly five years ago, the Vatican came up with a list of additional sins. Archbishop Gianfranco Girotti in an interview headlined "New Forms of Social Sin," also listed "ecological" offences as modern evils. (<http://news.bbc.co.uk/2/hi/europe/7287071.stm>)

What does this mean for us? Will it be held against us if we honour our father and mother but not the earth? Here are ten ways we can cut down on these "ecological" sins

1. **Use less plastic**- This means wherever possible, taking your own bags to shops. Even when in a fancy mall/ lifestyle store, it is perfectly acceptable to take your own bags. You save some money, and you're doing your bit for the environment as well. And you're sinning less.
2. **Use less water** – so don't leave the tap open and do fix leaky taps in the home.
3. **Use paper gift wrapping**. Most shiny plastic gift-paper ends up in the landfills, and cannot be recycled, ask for gift *paper* when you're next in a stationery shop, they are available in all shops and cost the same (or less) as the shiny wrapping.
4. **Recycling** can be seen as giving to those in need.
5. **Segregating your waste** is showing compassion for the garbage workers who must otherwise sort it with their hands. Keep electronics and Batteries out of the trash- they are full of poisonous chemicals, they can be segregated and thrown in e-waste bins. (The e-waste bin closest to our church is the *Saahas* bin at Mother Earth in Domlur; a list of these bins can be found online.)
6. **Turn lights and fans off** when you're not using them. Put your computer to "sleep" instead of leaving it on with the screensaver running.
7. When you have a party/gathering, if you must use disposable cutlery, particularly glasses, use paper and not plastic.
8. Car-pool. Walk where you can, it is good for health!
9. Compost if you can. Read about how it can be done.
10. Use a water filter or boil water to purify water instead of buying bottled water. Not only is bottled water expensive and sometimes unsafe, but it also generates large amounts of container waste. Take a small bottle of water with you when you're going out.(You can visit 'The Story of Bottled Water' on Youtube for more information)

Remember that since we believe that God made the earth; we disrespect Him when we abuse the environment.

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A SHOCKING NEWS

15 Christian Throats slit by extremists in N Nigeria ***Second Attack on Christians this Christmas Season***

Washington D.C, December 30, 2012: International Christian Concern (ICC) has learned that at least fifteen Christians were killed by suspected Boko Haram militants in northern Nigeria. The militants snuck into Musari, a neighborhood located on the outskirts of Maiduguri, early on Friday morning and slit the throats of fifteen Christians in their own homes.

The militants specifically targeted Christians because they broke into only Christian homes located in an area of Musari that is predominantly Christian. “The attackers came in and silently went into homes whose residents were all Christians and slit the throats of their victims. They killed fifteen people,” a resident told the press.

According to Nigerian military officials, the death toll only stands at five. Residents of Musari and other relief organizations put the number at fifteen. The Nigerian authorities often under-report the casualties in Boko Haram attacks.

A relief official told AFP “the victims were selected because they were all Christians, some of whom had moved into the neighborhood from other parts of [Maiduguri] hit by Boko Haram attacks.” According to residents, many Christians have moved into the Musari neighborhood because of the many bombings and shootings perpetrated by Boko Haram in other parts of Maiduguri.

Boko Haram is an Islamic extremist group that is currently fighting the Nigerian government for control of northern Nigeria. Boko Haram desires to establish a separate Islamic state in Nigeria’s northern states where it can enact an ultra conservative interpretation of Sharia law. Since beginning its armed insurgency in 2009, Boko Haram has killed over 3,000 people in Nigeria. Christians have often been the victims of violence perpetrated by Boko Haram. In early 2012, Boko Haram leaders demanded all Christians to leave northern Nigeria so that the group could begin establishing its purely Islamic society.

Since then, Boko Haram has been responsible for a series of church bombings, drive-by shootings and Christian pogroms across northern Nigeria.

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UNITY OCTAVE FELLOWSHIP ASSEMBLY- A BRIEF REPORT



‘The Mystical, The Trinitarian, The Christological and The Suffering aspect are the 4 elements of our faith’ said the main speaker at the Trinity Church.

‘As fish needs to be in the water for life, we need to be in God for our life and this is a mystical experience in our life’ Fr.Sebastian Periannan said during his talk here in Bangalore.

‘Our Faith consists in our conviction in God who is Trinitarian in nature and He is revealed in Christ who brought salvation to mankind in and through his suffering and therefore our Christian commitment to faith rests in our own suffering’, he explained to the audience at Trinity Church, MG Road during the Ecumenical Meet in view of Unity Octave that fall between 18 to 25 January every year.

Presenting a well prepared talk on “Walking towards true faith in Christ” on the Ecumenism Sunday 20.1.2013, the speaker of the evening program, held at Trinity Church near MG Road in Bangalore, Fr.Sebastian Periannan lead the delegates of various Churches to the challenges what he termed as confusions hidden beneath our Christian life today.

False preaching, Liberal thinking, Media, Scandals, Property (wealth), Commercializing religion are some of the confusions that we, Christians face these days as opponents of true faith, asserted Fr.Periannan, a professor of Communication at St.Peter’s Pontifical Institute of Theology and Seminary, Malleshwaram, Bangalore.

Insisting on giving connectivity to Christ like mobile phones having connectivity to satellite, the speaker enlisted ‘Internal disposition, Hospitality, Teaching of Truth and Creative service’ as convictions of our Christian life.

In midst of diversity of harmony, we must hold on to certain values such as individual and communitarian prayer, abiding in Christ through meditation, hospitality, family prayer, reading of the Scripture, in order to overcome those confusions against the growth of our faith in Christ, judged Fr.Periannan.

He helped the ecumenical audience with few guidelines for our life of faith in Christ as Communication of our faith, Growth in true faith, Personal meditation (sitting with Jesus), Family and individual Prayer, Being ready to suffer with Jesus, witnessing, Waiting and Obeying.

True Faith in Christ will remove the darkness of sin, doubt, divisive attitude, tendency of criticism among all Christian denominations that he numbered over 30,000 in the world.

Over 200 delegates including Rev.Frs.S.Jayanathan, Vicar General of the Archdiocese of Bangalore, Ronie Prabhu, Karnataka Regional Secretary for Karnataka Regional United Christian Forum for Human Rights, Sagayanathan & Adrian Mascarenhas the parish priest and assistant parish priest of

St.Patrick's Church, Irudayam, parish priest of St.Antony's Church, J.Arokianathan, Secretary of Bangalore Zonal United Christian Forum for Human Rights, Rev.Pastors Paul Dhanashekar of Trinity Church, Mohan Raj of St.Barnabas Church, Arokiasamy, retired pastor, M.C.Prasad, President of Bangalore Zonal United Christian Forum for Human Rights, Daniel Jesudass Vice President of the Bangalore Forum and large number of nuns were present in the Trinity church, one of the oldest churches of Church of South India.

Earlier welcoming the participants of the prayer for Christian unity, Rev.M.C.Prasad read the gist of the points prepared by the Pontifical Council for Christian Unity and World Council of Churches.

Animating the gathering in the spiritual joy through their melodious and vibrant singing in English, Kannada and Thamizh, the choir members of Sts.Peter and Paul Church brought sweetness to the evening spiritual exercise meant for Christian unity.

Fr.Jayanathan, representing the archbishop Bernard Moras the president of Karnataka United Christian Forum for Human Rights, appreciated the work and effort of the Bangalore Zonal United Christian Forum for Human Rights led by Fr.J.Arokianathan, Rev.M.C Prasad and Rev.Daniel Prasad the executive members of the Forum.

The highlight of the evening prayer service for Christian Unity in the Bangalore Zone was the candle light pledge for unity guided by the Vigar General.

The whole program was initiated and organized by Bangalore Zonal United Christian Forum for Human Rights under the responsibility of Fr.J.Arokianathan, the Forum's secretary who thanked every one that assisted him in organizing the event especially Rev.Paul Dhanashekar and Rev.Rodrigues the senior pastors of Trinity CSI Church for the venue and other support.



Report By: Fr.J.A.Nathan, Secretary, BZUCFHR

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Here are **7 signs that can be taken as warning and could help avert a catastrophic situation:**

1. Discomfort in the Chest

The most common warning sign of a heart attack is the feeling of discomfort or heaviness in the chest. This feeling could also be more of a burning [sensation](#). Any of these symptoms should not be taken lightly, and if it occurs more than once, you need to rush to your doctor. If another person is complaining of the problem, chances are they have experienced the feeling before and are only expressing it now. So, rush them to the nearest doctor or hospital immediately for a check up.

2. Shortness of Breath

If your breathing gets heavy and the [breath](#) falls short even after a short walk, climb or other form of movement or exercise, it should be a huge cause of worry. Even if this condition is not accompanied with chest discomfort, it should be taken as a warning sign.

3. Sweating

Whilst [sweating](#) is inevitable in the scorching heat of May and June, excessive sweating even in cool conditions is uncalled for. If you notice such sweating, consult a medical professional immediately.

4. Nausea

Regularly feeling nauseous or dizzy could imply the onset of a heart attack. Do not treat it callously as a sign of tiredness. This could happen due to the artery getting blocked. It could also display itself via excessive stress, fatigue after short spans of movement or exercise, or a feeling of weakness despite eating and sleeping well.

5. Numbness in Arms

If your arms feel numb and seem to be drifting to the sides, heart problem may be the cause.

6. Unresponsiveness

If certain parts of your body begin to stop responding, do not ignore the circumstance. The affected parts may be the shoulders, arms or back of the neck.

7. Slurring while Speaking

Difficulty while speaking need not necessarily occur after a bout of drinking with the buddies. It could be a graver situation than that! Inability to speak coherently could be the sign of a great attack. If you think you are suffering this ask a friend or relative to help by asking them to understand what you are saying.

A heart attack can be avoided if the warning signs are read correctly and in time. Seek medical aid immediately if one or more of the above symptoms are noticed. They could be the result of a choked artery. Even if heart attack is not the result, a check up should be done at every 6 months or annually.

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FEW TIPS TO PROTECT YOUR HEART



Apples: An apple a day keeps the doctor away: a very clichéd saying but very true. Phytochemicals, present in apples, act as an anti-inflammatory and also prevent the blood from clotting. It is also high on fibres and vitamins. An apple also makes the perfect snack for someone who is always on the go. Plus it is available in different varieties, so you might not get bored of it soon. Add a few chopped pieces of apple in your Greek salad making it healthier.



Soy: Soy is not a very tasty option but it's really good for your heart. Soy protein can prevent you from having a stroke. It is also a great replacement for the red meat that you've been trying to cut on. This will help in reducing the intake of saturated fats. Add a few chunks of soy to your rice or stir fry it with your veggies. You can also use soy milk as a substitute for regular milk, for making milk shakes and with your morning cereal.



Almonds: Have you been avoiding nuts for the oil they contain? If yes, then bring it back to your plate because this oil is actually healthy for your heart. The Vitamin E that almonds contain helps in...



- **Brown rice:** may be a better choice over white because it has an ingredient that protects against high blood pressure and atherosclerosis. It is also a good source of fibre and helps lower cholesterol levels in the body. less



Green leafy vegetables and olive oil are vital for maintaining a healthy heart. One serving of leafy greens a day can be key to preventing heart disease. So add them in plenty to your daily diet!



Tomatoes: Tomatoes contain lycopene (a phytochemical) that is known to lower cholesterol, cut risk of colorectal cancer and heart disease. Studies show that men who regularly eat food rich in lycopene have lesser chances of developing prostate cancer and heart disease. You might want to start enjoying tomato sauce as it has more lycopene. Cooked tomato works much better on your body than raw ones. So start adding it to your vegetables and salads. Tomato is also known to improve memory and other signs of aging



Oats: Start your day with a bowl of oats! Oats are full of fibre, omega-3 fatty acids, folate, and potassium, and can help lower cholesterol levels and keep arteries clear.



- **Salmon:** Your heart will love you for the fresh salmon you have and so will your taste buds. Fish contains omega-3 fatty acids. This will help your blood from clotting. It is suggested that you should eat fish (sea food) atleast twice a week for a healthy heart. Opt for grilled fish and avoid spicy seasoning. You can also add a dash of lime to it for an excellent flavour and add it to your green salad



- **Whole Grain:** Starting the day with whole-grain cereal may lower the risk of heart failure in the long run, as whole grains protect against coronary heart disease.



- **Red Wine:** And last, but not the least, ditch your beer and whiskey and say cheers with wine. Antioxidants in red wine called polyphenols may help protect the lining of blood vessels in your heart. But drinking too much is too bad..be cautious!



- **Berries:** Strawberries, cranberries, blueberries, mulberry, huckleberry, gooseberry and all the other berries are a pack load of vitamin C. With so many flavours you can possibly never get bored of ...

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Reasons to Sleep More

We all know how a good night's sleep makes us feel energetic, inducing a typically refreshed feeling.

However, there is a lot more to a [good sleep](#) beyond these very palpable advantages. Unless you are someone who sleeps throughout the day, it is recommended that you try to catch a few hours of extra



sleep whenever possible. The following will help you understand why sleeping more is so beneficial for you:

1. Helps to Regulate Weight

Sleep deprivation is major reason of weight gain across people of all ages. [Lack of sleep](#) impairs our metabolic functions. It reduces the rate at which we burn calories. It also makes us feel hungrier. This creates a mechanism where our body is more likely to store carbohydrates and fats. Lack of sleep is known to induce hunger pangs. People who feel un-rested are more likely to feel irritated. They often seek solace in beverages with high-sugar content. The sugar spike makes them feel better for a short while and they often become addicted to this pattern.

[Insufficient sleep](#) also affects the hormonal functions. It triggers the release of cortisol—this is our basic stress hormone. When stress hormone levels are raised, we tend to suffer from hunger pangs and levels of Leptin hormone tend to decline. This is a natural appetite suppressant. Without sufficient Leptin, the level of Ghrelin hormone rises. This hormone has an appetite-stimulating effect. People suffering from a combination of these factors are prone to snacking throughout the day, drinking more caffeine or tea and binging upon sugary foods. Thus, their propensity to gain weight is a lot more.

2. Raises Your Mental Performance

Our mind needs to process information it has received in the form of visual, auditory and other stimuli. This is done during sleep. This is when the brain recuperates. This ensures that we are able to remember, recall and understand things. Even dreaming patterns are related to the thoughts buried in our sub-conscious. Thus, [getting sufficient sleep](#) is vital for our mind to function properly. It is widely acknowledged that people are at their creative best when they have a good sleep. Proper sleep ensures that we are more insightful and can understand things a lot faster.

3. Ensures Better Cardiovascular Health

Apart from the bulging waistline caused by lack of sleep, people suffering from [sleep deprivation](#) are known to suffer from hypertension—an established cause of cardiovascular diseases. Greater concentration of stress hormones are the underlying cause of many cardio problems. This includes arrhythmias or irregular heartbeat patterns. Sleep apnea or lack of sufficient oxygen during sleep has been linked with Type 2 Diabetes which is a major cause for heart diseases.

4. Raises Immunity

Quality of sleep and our overall immunity are directly related. This includes our ability to fight-off common infections like flu or common cold. [Poor sleeping patterns](#) tend to lower the synthesis of antibodies. Medical research has linked this with the increased risk of developing colon and breast cancer.

5. Improves Our Overall Quality of Life

[Healthy sleeping patterns](#) ensure that we are less prone to getting anxious or stressed. It helps us take upon day-to-day activities with more vigor. These are direct contributors towards feeling good throughout the day. With a calmer mind, more physical energy, mental clarity and less chances of falling ill, we feel much better. This helps to raise the libido levels too and impairs the progression of aging-related health issues. ([Health, MensXP.com](#))

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PICTURES COLUMN

Photoes of UNITY OCTAVE FELLOWSHIP MEET 26.1.'13 @ TRINITY CHURCH





Fr.J.A.Nathan offering Christmas gifts to poor children in addition to education aid to them

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MEGA BASILICA DEANERY CONVENTION

HELD AT ST.JOSEPH'S INDIAN HIGH SCHOOL

ON 1, 2 & 3 FEB 2013



