

KINGDOM

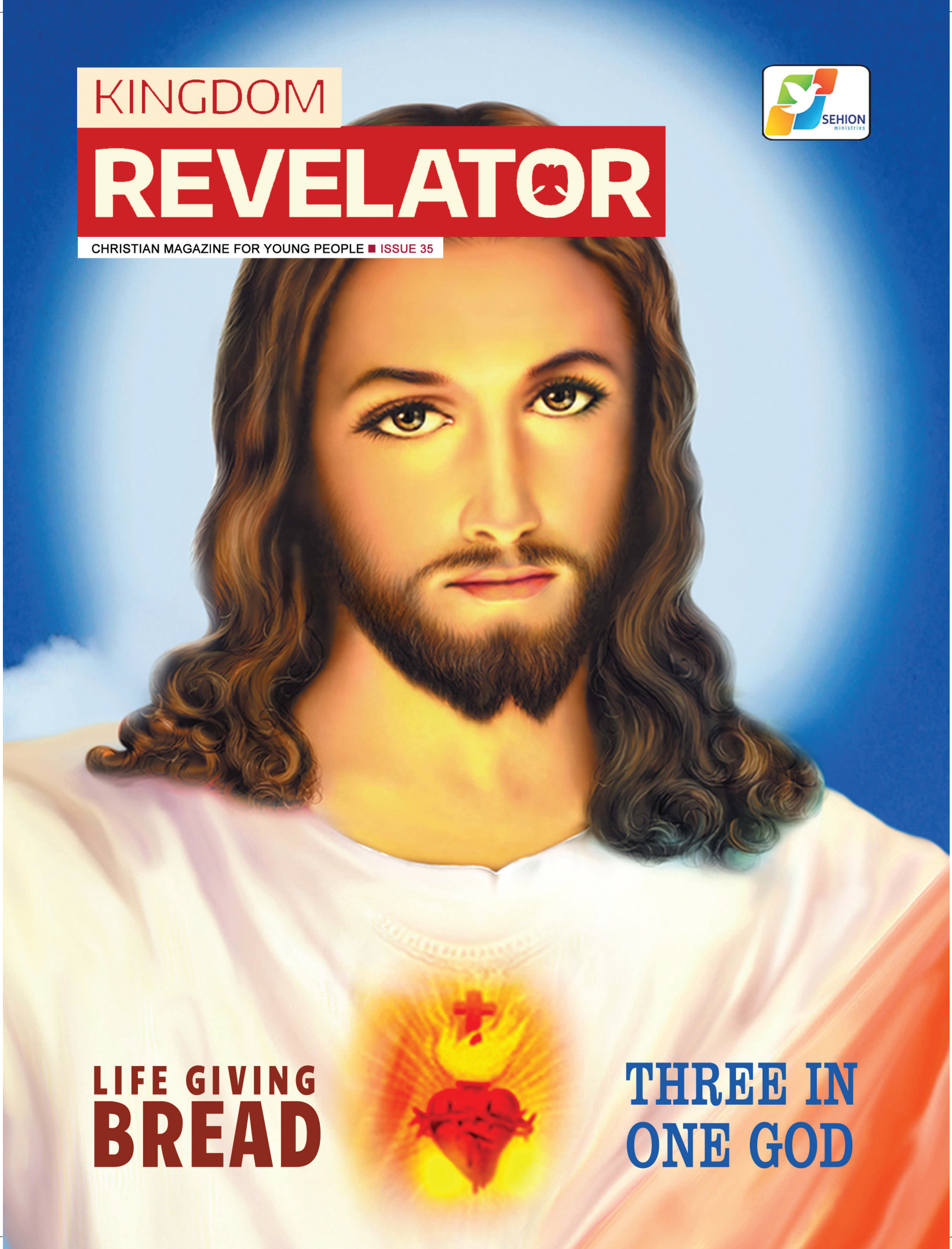


# REVELATOR

CHRISTIAN MAGAZINE FOR YOUNG PEOPLE ■ ISSUE 35

LIFE GIVING  
**BREAD**

THREE IN  
ONE GOD





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Friends, are you worried...? confused...? having problems...?

**We have a dedicated prayer team waiting to pray for you...!**

**Please send us your intentions and we will pray for you in confidence.**



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# We wish all our readers a happy and joyous Easter

## OUR HEAVENLY PATRONESS

Our Lady Seat of Wisdom, pray for us.

## OUR BISHOPS

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Bishop of the St. Thomas SyroMalabar Catholic Diocese of Chicago, USA.

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### Mar Joy Alappatt

Auxiliary Bishop of the St. Thomas SyroMalabar Catholic Diocese of Chicago, USA. Date: April 21, 2016

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The Editorial Board wish to give all the Glory to God. Without his divine help the production of this magazine would not have been possible.

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Many people around the world celebrate Easter. It is a time for family gatherings, chocolate eggs, cute bunnies and for many, its a break from school or work for a few days to wind down and enjoy a rest. It's much more for Christians of course, we know that we are really celebrating and thanking God for the greatest day in history, when Jesus rose from the dead and conquered death for us all.

We know that God loves us so much that He came down from Heaven and humbled Himself to become one of us so that He could offer Himself as a sacrifice for our sins. "He himself is the sacrifice that atones for our sins and not only our sins but the sins of all the world" (1 John 2:2). But this wonderful Easter message has somehow by passed the majority of people, who have never heard of the wonderful things that God has done for them or experienced God's love in their lives. How can we not share such an important message with our friends and family? For them it is the difference between life and death, both now and forever.

As part of his Easter message in 2016, Pope Francis said, "We proclaim the resurrection of Christ when His light illuminates the dark moments of our life and we can share that with others; when we know how to smile with those who smile and weep with those who weep; when we walk beside those who are sad and in danger of losing hope; when we recount our experience of faith with those who are searching for meaning and for happiness."

The Pope is urging us to proclaim the Risen Lord by the witness of our lives. When we think about all that Jesus has done for us we have the courage to step out of our comfort zones to help others who are going through difficult times, showing them love and giving them hope. This Easter let us ask the Holy Spirit to give us the opportunity and the courage to share our faith with others.

**HAPPY EASTER**





# MAKE YOUR LIFE

## A SONG OF PRAISE



*A reflection by  
**Alex Heath**, the  
Adviser for Adult  
Faith Formation,  
Catechetics and  
Chaplaincy in the  
Northampton  
Diocese in the  
UK.*

**D**o you remember the first song you ever sang? Perhaps your mum, dad or carer can tell you what it was if you don't remember? God your Father remembers what it was. The Word of God assures us that our Father takes delight in us and is

lovingly watching over us at every moment of our lives. So He knows about that first song! He was listening and delighting in it. He remembers. "He will take great delight in you; in his love he will .... rejoice over you with singing" (Zephaniah 3:17).



We know that God also sings songs. God's first song was the song of creation. Everything that lives, everything that has breath praises the Lord. It is as though, through everything that exists, God is singing his song of love over us. And this song continues in the amazing, ongoing work of creation that we see in this beautiful world around us. God is singing his song of perfect love over you right now.

Every man, woman and child on the face of this earth has this song deep within them, because we are all made in God's image and likeness. In the secret depths of each and every person's heart God's song echoes.

We know however that our experience of life is not always sweet and harmonious. Far from it! Disappointments, divisions, experiences of trauma, loss and injustice all mean that God's song can be drowned out by the noises within us and around us. Also our own selfishness and unwillingness to be channels of God's love mean that it often becomes distorted and is out of tune.

The Good News however is that God has sung another song, the song of his redeeming love. Jesus is God's song. Jesus takes up all the themes of God's song and perfects them in Himself. Jesus lived a life of perfect harmony, a life of total love, a life of total innocence. He then laid down his life for us.

Jesus' death on the cross was the most beautiful song that was ever sung, because no other song was ever sung with greater love. He sung this song of redeeming love for you, and for me. He sung it to the Father on your behalf, and on my behalf. While Jesus lay in the tomb God the Father sung another song over him, a new song - by raising his Son from the dead, and giving him indestructible new life. This same new life, this new song, is planted in our hearts through faith in Jesus and by baptism. As St John says, anyone who believes in the Son of God has this testimony, this song in his heart (1 John 5:10).

Since we have this song within us we have a choice to make. Are we going to make the whole of our lives a song of God's redeeming love? Are we going to sing the song? It is said that St Francis of Assisi trusted in poetry and music to touch people's hearts. Apparently, after composing his famous Canticle of Brother Sun, St Francis taught it to his companions and dreamed of

sending them all over the world with it.

We too are sent. We may not all be great musicians or singers, we may not all be on TV talent shows or have a hit song in the charts, but our song is vitally important to God. We are all called to make our lives a unique song

of praise. Will you let the unique song that is your life be heard in this world? St Paul encouraged the early Christians in Ephesus with these words,

"Be filled with the Spirit. Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ" (Ephesians 5:18-20).

At Pentecost the Holy Spirit gave great power to the disciples enabling them to proclaim the wonders of

“Jesus' death on the cross was the most beautiful song that was ever sung.”

God and the Good News to all people. Let's ask the Holy Spirit today to be our Helper so that we can make music in our hearts to the Lord giving thanks for His love and the privilege of sharing it with others.

*Prayer: Lord, I want my whole life to be a song of praise to you. Please give me your grace so that I can praise you with all that I am and glorify you with my life. Amen.*



# KIDNAPPED!

*After three years of being held hostage in a small dark cell in a foreign country Terry Waite, wondered if he would ever be released.*

## Captured

In January 1987, during the civil war that was raging in Lebanon, there were many kidnappings in that country. Terry Waite, a special envoy of the Archbishop of Canterbury, was sent to the capital Beirut to try to negotiate the release of four British hostages. These were dangerous times and unfortunately Terry was seized by the rebel forces and thrown into a dark cell. He was held in a very small room, the windows were barred with iron shutters, so no light could get inside. His legs were chained and he was shackled to the wall. Even though the

room was dark, he was forced to wear a blindfold when anyone entered the cell. All he had in the room were two old bedsheets, a jug of water and a bowl for washing in. Occasionally he was given a candle.

## Positive Thinking

Terry lost all track of time as the weeks and months passed. There was no way that he could tell when day ended and night began. His hair and beard grew. His greatest suffering was not having access to books or writing equipment to stimulate his mind. The only time Terry saw another human being was

when a guard came into his cell. He tried to build up a relationship with his guards and one day he bravely asked if he could have a book to read. The reply was that it was not possible. Terry knew that there was no guarantee

“  
There  
was no  
guarantee  
that he  
would ever  
be released...  
”



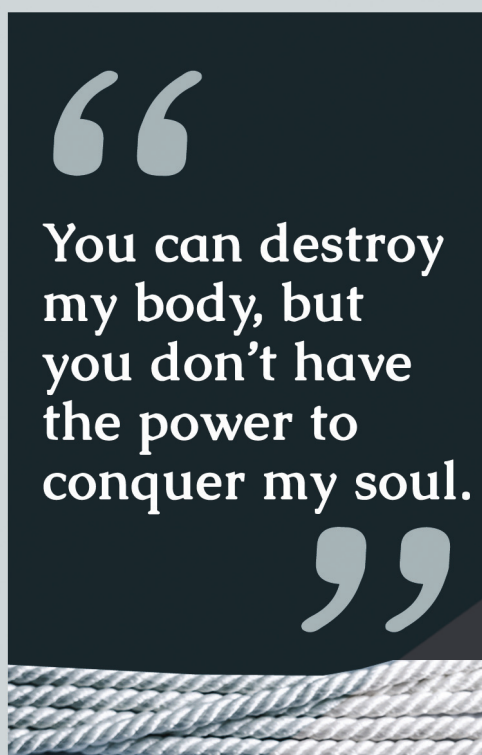
that he would ever be released from his cell and many hostages had already been killed. But he did not allow such negativity to take away his peace of mind. He had a strong faith and this helped him to stay positive. He prayed and recited verses from the Bible to himself praising God and helping him to trust in Him.

### A Free Imagination

His body was held captive but his mind was free and he was determined to keep it active. So he started going back through all his childhood and youth experiences. He imagined each incident again and replayed them back in his mind, remembering the sights, the sounds and the fragrances that these brought back to him. This brought him great joy. He used to laugh and talk to himself, he would loudly acclaim, "You can bind me in chains but my real self is free. You can destroy my body, but you don't have the power to conquer my soul." He remembered his childhood prayers and would often say, "Lord, I pray that You will shine your light into my darkness. In your glorious mercy protect me from all the dangers of the night. I ask this in the name of Jesus Christ. Amen." This prayer held so much more meaning to him in his dark and dangerous incarceration. To occupy his mind, Terry began to put together the story of his life. He did not have access to paper or pens so he started to write his autobiography in his head, remembering everything that had happened to him.

### A Personal Message

After three long and difficult years, one of the guards



eventually gave Terry a book that they had taken from one of the other hostages. It was called *Beyond Euphrates*, written by Freya Stark. He was very excited and tried to read it in the dim light of a candle flame. But he found it impossible and couldn't read the small print without his glasses. By this time he was on friendlier terms with the guards, who provided him with a small magnifying glass. Terry placed the lens carefully over each word and slowly began to read. In one passage from the book that really helped him in those dark days he read, "There are many things desirable yet I realised that life can be enjoyed even without them." This line seemed to be a personal message just for him.

### Release

Terry's imprisonment lasted over four years and it was a great surprise to him when on the 1763<sup>rd</sup> day of his captivity, a guard entered his cell

and told him that he was going to be released later that day. He found it hard to believe but when the guards led him out of his cell, still blindfolded, he slipped the little magnifying glass in his pocket and prayed.

### Prized Possessions

He was released on November 18<sup>th</sup> 1991 and was reunited with his family in England. He was an author and over the next few months he started to write a book about his experiences. When he had finished the handwritten transcript, his friends and family threw a party to celebrate. With everyone gathered around him, Terry revealed that he had two prized possessions that he wanted to show them, the blindfold that he had worn all those years and the magnifying glass! He told them that he had learnt valuable lessons during his captivity; that adversity will only destroy you if you let it and that you can use your loneliness to get to know yourself better.

We might have to face unpleasant and difficult circumstances and we can learn from Terry Waite's experience that instead of succumbing to despair, we have to try to respond positively. This takes an act of our will not to allow negativity to quench our hope. We have the Holy Spirit to help us to put our trust in God and we know that with the power of prayer we can change the situation.

*This article was inspired by a piece written by Fr T. J. Joshua, Professor of New Testament Theology in the Orthodox Theological Seminary, Kottayam, India.*





# THROWING STONES

»» Christian living ««

What is the problem with judging others?  
**Deepesh M Jose**, a social worker from Australia investigates.



“  
I have realised that the problem is not with other people and their possible failings, it is with me.  
”

## First Impressions

When we meet new people they always make an impression on us, one way or the other. Our perceptions may be based on how they look, what they say or do, they may even be formed by what we know

about the person already or if other people like them. These first impressions often influence how we go on to treat them.

## Jesus' Example

In the Bible there is the story of the woman caught in adultery who was brought before Jesus.



The law was clear that she deserved to be punished and the sentence was death by stoning. Everyone was ready to play their part, standing waiting, with stones in their hands. But something unusual happened. Jesus said that only the person who had never done anything wrong could throw the first stone. One by one the crowd dropped their stones and walked away. Only Jesus had not committed any sins but He did not stone her either. He just told her not to sin again. It was that simple, there was no discussion, no advice about how to deal with her issues and no warnings.

### My Stones

As a Christian, I think that I spend a lot of time with stones in my hand ready to throw them at the people who, in my thinking, deserve them. They may be in my family, at work or living in my neighbourhood. I am too ready to judge people because of the way they look, by their behaviour or by what I have heard about them from others. I forget the fact that I am not fit to judge them and I have no right to do it. As a Christian I should love, respect, and be kind to everyone. Not just in my words, but also in my thoughts and actions. It does not matter who they are, our children, spouse, siblings, parents, colleagues, friends, or strangers. Each time I think something bad about someone or get angry with them I am being judgemental.

### Trust

I have realised that the problem is not with other people and their possible failings, it is with me. I am worried about being with people who are not like myself, I don't want to be led astray by others who do not have the same Christian values that I have. This is because I do not trust that the Holy Spirit will be my help, my guide and my protector. If I really want people to change, I need to spend time with them. Enjoy doing good things with them, but at the same time being strong enough to say no to the things that I do not want them to do. This is the path that Jesus took. He mixed with everyone but still committed no sin. This is a real challenge that we face as Christians. Jesus asked us to follow Him, to change the world as He did and one of His most important messages is not to judge others.

### Accept Others

So let us accept other people just as they are and not judge their actions. "Do not judge, so that you may not be judged" (Matthew 7:1-5). They may seem to us to be the worse sinner in the world, but in God's eyes they may be purer than we are. So respect them without accepting any sinful actions. Love them but do not love their wrongdoing. We should also be humble and ensure that others do not feel inferior to us. We do not know how God sees them. We should not try to force others to change. If we spend time with them, showing them our acceptance and enjoying their company, God can touch them through our love. When they see the happiness and peace that we radiate and experience the witness of our lives



“I spend a lot of time with stones in my hand ready to throw them at the people who, in my thinking, deserve them.”

it could help them to turn back to God. And let us not forget to pray, asking God for the strength not to judge others and for the words to spread His Gospel message with love and acceptance. "Have unity of spirit, sympathy, love for one another, a tender heart, and a humble mind" (1 Peter 3:8).



# AN EASTER REFLECTION

The recollections of a disciple on the first Easter Sunday, based on *Mark 16:1-8*

## Dejected

It had only been two days since our best friend and teacher had died. He had been our hero. We had cherished so many hopes that He would free us from the hated Roman occupation. He had performed so many difficult miracles. A man born blind could see again, the lame could walk and five thousand people had been fed on five loaves and two fish, with some left over. I had even seen Him walk across the lake, on the water! But now He was gone, killed in such a humiliating and painful way. It had been such agony for us, His followers, and pure joy for the establishment that He had challenged so often. They had won and they had silenced His golden voice. Never again would we hear those beautiful words that reached into the depths of our souls and touched our hearts.

## Confused

I was very confused. This wasn't supposed to happen. This wasn't the ending that we had planned. I tried to remember all that Jesus had said about the future. Surely He didn't know that He was going to be killed so cruelly? Why had He let it happen? What was I going to do now, all my dreams and hopes had been crushed? Should I go back to my family and face the humiliation? I was overwhelmed

by grief and shock. Suddenly two of the women came running into the room, shouting and laughing. They were hysterical. Had they gone mad? It took us a while to understand what they were trying to say, it was so incredible. They said that the tomb was empty and the body of Jesus had gone, just vanished!

## Empty Tomb

Even more unbelievable, they said that they had seen Jesus. He was alive and had spoken to them. That didn't make any

## Alive!

We returned to the upper room dejected. This was the last place that we had all been together and it reminded us of the good times spent with Jesus. The women came in and more calmly now they told us that they had seen Jesus. He had told them that we must go to Galilee if we wanted to see Him for ourselves. What should we do? Should we believe them? Could it really be true? What did it all mean?

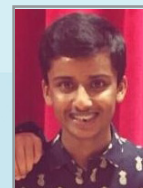
**"I grabbed my cloak and ran towards the tomb."**

sense to us. We had seen His body brought down from the Cross. I'll never forget the way His mother wept over her lifeless Son. She loved Him so much. I knew that He had died and couldn't possibly be alive. I grabbed my cloak and ran towards the tomb. When I got there Peter and the others were standing outside looking confused. "Its empty" they said, "His body has gone. Who could have taken it?"

We were very confused so we prayed together and then we looked to the person that Jesus loved the most, His dear mother. We asked her what we should do. Mary, full of grace and faith, said, "Do whatever He tells you." So we set off immediately and went to Galilee and we did indeed see Him ourselves. Yes Jesus is alive. The rest is history! His story!



# What We Did...



An Easter poem by 16 year old  
**Noyal Jayan** from Northern  
Ireland.

In Israel's olive gardens  
Walked Heaven's Lamb Divine,  
The King of all the Heavens  
Who we chose to undermine.

We tied Him to the pillar  
And whipped Him to the bone  
For sins which were not His  
But in fact they were our own.

We wielded silver swords  
Which pierced His Mother's heart,  
Yet His eternal mercy  
From us will never part.

The whole world's cross He carried;  
With brambles He was crowned.  
And we felt the Heavens quake  
As He fell right to the ground.

Men swung far their hammers  
And nails bored through His hands  
But Christ endured this all  
For He knew His Father's plans.

The clouds above swirled grey  
And winds whistled past.  
With eyes raised to Heaven  
He then breathed His last.

We saw the curtains tear  
And watched the boulders break;

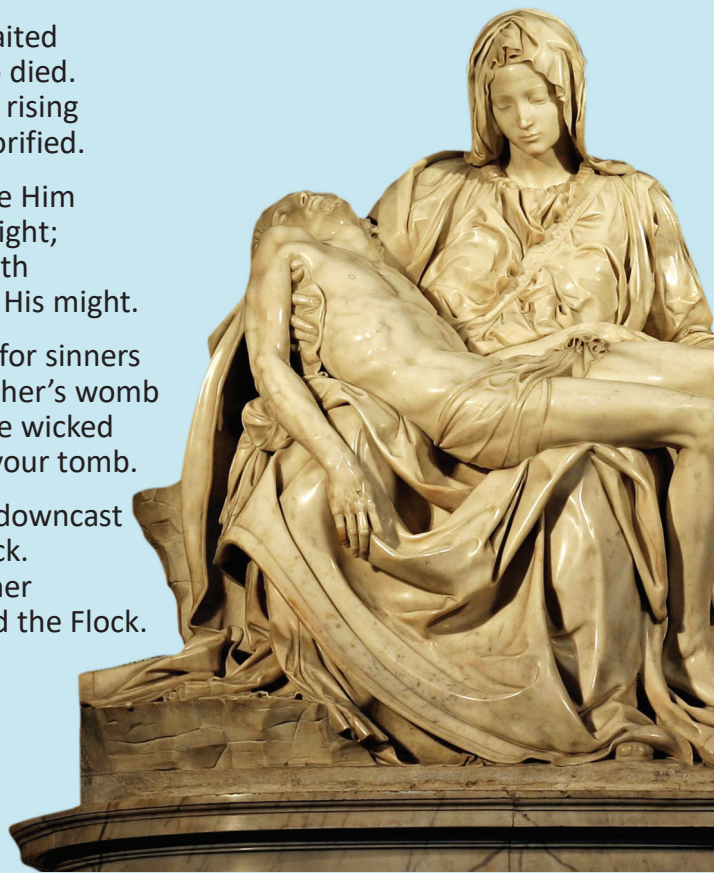
Then we who killed our God  
Realised our mistake.

All three days we waited  
For Jesus Christ who died.  
We looked on to His rising  
As the one who's glorified.

Angels bowed before Him  
Sending forth their light;  
Showing us that death  
Simply re-enhanced His might.

O Christ, who came for sinners  
From His Virgin Mother's womb  
You came to save the wicked  
But we sent you to your tomb.

Christ came for the downcast  
To be our Saving Rock.  
To call us to the Father  
As the Lamb who led the Flock.



*"The harvest is plentiful, but the labourers are few."* Luke 10:2

## JOIN OUR TEAM

The Kingdom Revelator team believes in the ability of the gospel to transform lives. If you want to help us proclaim the good news to the world then why not join our team? We are looking for a **Sub Editor**, who is willing to edit articles for our magazine. If you have a good knowledge about theology and the teaching of the Catholic Church, we would like to hear from you. If you feel the Lord is calling you for this cause, then please

email us at - [kfkmag@gmail.com](mailto:kfkmag@gmail.com)

KINGDOM

REVELATOR



**SHINY ANTONY**  
from the USA shares  
some exciting news  
about the 13<sup>th</sup>  
Annual Walk for Life  
that was conducted  
in all the major US  
cities.

# LIFE IS WINNING AGAIN IN AMERICA



## WASHINGTON DC

Young people flooded into the recent March for Life 2017 event in Washington. Almost 20,000 youngsters from different parts of the country attended the early morning Mass that started at 6.45am and was celebrated

by His Eminence Donald Cardinal Wuerl, the Archbishop of Washington. Despite the cold weather, hundreds of thousands of young people from different parts of the world gathered together to raise their voices against abortion and to defend the weakest members of our society.

The main rally was addressed by the

new Vice President, Mike Pence. He said that, "Life is winning again in America" and affirmed his position as anti-abortion. This was an amazing achievement for us as no President or Vice President has ever addressed one of our pro-life rallies,



which started in 1974 to protest against the Supreme Court's decision to legalize abortion.

St Teresa of Calcutta once said, "Not all of us can do great things, we can do small things with great passion". As I was planning to attend the rally, I decided that it would be an ideal opportunity to distribute copies of Kingdom Revelator to the participants. As I had recently moved from Texas to Washington I didn't have any local connections to conduct a big campaign but the Lord put me in touch with two other first time marchers and three teenagers who were willing to help. We put out the word and within a week I received almost 600 magazines from KR prayer warriors across the USA by mail that I could give out to the marchers.

After the initial excitement, I realized that because of the

magazines distributed to judge our success rate. I had forgotten that He is the same God who asked David to take five smooth stones from the stream, although he only needed to use one to slay Goliath. The rest were left unused in his bag for later.

I would like to thank all the people who prayed for us. We could feel the power of the Holy Spirit throughout the campaign and we saw many young people reading the magazines as they were waiting for security clearance to enter the Rally. "Everything depends not on what man wants or does, but only on God's Mercy" (Romans 9:16).

### AUSTIN, TEXAS

The Kingdom Revelator team joined thousands of Texans at the March for Life on January 28<sup>th</sup> 2017 in Austin, Texas. We all took an oath to end abortion and called upon religious, civic and community leaders to renew their efforts to build a nation and culture dedicated to protecting life at every stage. This year's Texas Rally

marched behind a banner proclaiming, "Kingdom Revelator for Life" for the march to the Capitol. Members of the St Vincent de Paul Society, Mission League and Jesus Youth joined us and we gave out hundreds of Kingdom Revelator magazines to the participants on the walk. Many of the young people said that while giving out the magazines, they had to answer some difficult questions and explain their faith. It was a great opportunity for them to be a witness for Jesus.

### SAN FRANCISCO, CALIFORNIA

More than fifty thousand, mainly young people, joined the March for Life in San Francisco. The mission of the Californian March was to change the perceptions of a society that thinks abortion is an answer because it harms both women and their children.



tight security we would probably not be able to give out as many magazines as we had planned and despite all our prayers, we just didn't get enough volunteers to help on the day. I was getting desperate at the time as I thought that the Lord would be looking at the number of

commemorated the 44<sup>th</sup> anniversary of the tragic Roe v. Wade Supreme Court decision in 1973, which made abortion legal. Since then, legal abortion in the United States has claimed the lives of more than 58 million unborn children!

The team assembled and prayed together to end abortion, then we

This year, the KR California team joined the Walk for Life, setting up a booth for Kingdom Revelator and distributing magazines to the participants. The response that they received was overwhelming.





# THE BLUE GIRAFFE

»» God the Father ««



*A reflection on parenthood  
by Deacon David Palmer  
from Birmingham, UK.*



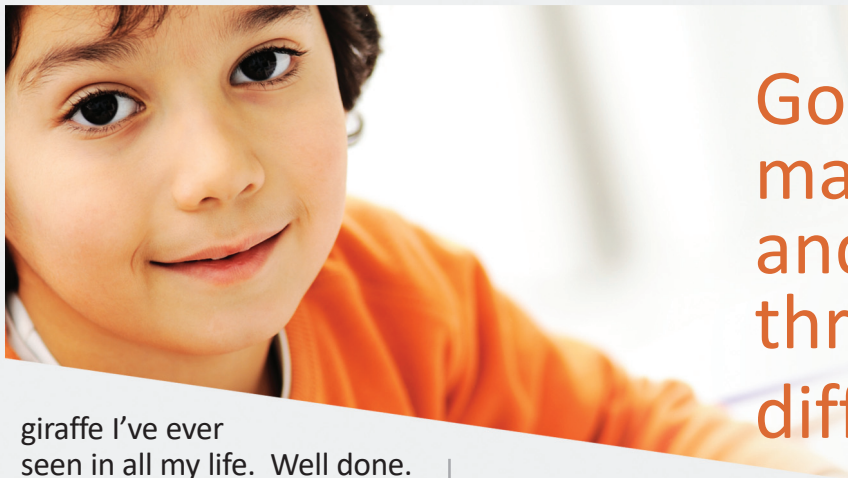
All parents know the experience. Your child comes running up to you. “Dad, look what I’ve done.” Their little face is beaming with pride, tinged with apprehension. Will daddy like the picture? “Gosh that’s lovely.” You say, as you feverishly try to work out what the collection of blue squiggles actually represents.

It’s always tricky when you say it looks just like mummy when it’s meant to be a giraffe!

“Did you do that all by yourself?” You ask, as you play for time. “Yes, no one helped me at all. Mummy gave me the paper and crayon. It’s a giraffe.” You sigh with relief. It’s always tricky when you say it looks just like mummy when it’s meant to be a giraffe!

“It’s a lovely shade of blue. In fact that the best blue





## God lets us learn by making mistakes and helping us through the difficult times.

giraffe I've ever seen in all my life. Well done. After tea we will see if we can draw some leaves for him to eat, shall we?" The effect is magical, the beaming face gets brighter and you are rewarded with a big cuddle. You said the right thing.

God is our loving father. He wants us to bring Him our blue giraffes. And what is more? He knows that mummy had suggested that we draw a picture of daddy. He doesn't care, even if it has six legs (or is it five legs and a tail?). He just delights in the fact that we've tried to please Him. If your child brings you a blank piece of paper and says "Mummy asked me to draw a picture for you, but I didn't want to", or worse, you get home and your child ignores you, you would be upset.

God likes us to talk to Him and bring Him the fruits of our labours even if they are messy and may not be quite what He intended. He made us to know Him, love Him and serve Him by showing our love for each other. It doesn't matter if our giraffes are blue. He delights in it. He doesn't want us to say "I'm no Rembrandt so I didn't even try to draw you a picture." He won't say "Giraffes aren't blue and don't have six legs." He may not be

pleased if we keep the picture to ourselves and just offer him some broken crayons or we treat it as a bribe hoping for a reward. Like Cain in Genesis 4:5.

Equally, if you draw on the wall, He'll be disappointed because He's told you ten times in ten different ways not to do that. If you draw on your brother's face He'll be upset, and so will your brother! If you don't share your crayons with your brother so he can't draw a picture then you will be held accountable. Don't forget that if it's a particularly awful giraffe, drawn on the wall in blue indelible ink, you might want to go to your mother first (Hail Mary...) to ask her to pray for you; or to Confession to ask for formal forgiveness.

With God as our loving Father we can only mess up if our motives are wrong. The end product will always be loved. Just as God loves us, so we as fathers have a duty to try to be just as loving and supportive to our children. Kids need praise and they need to be told that they are fantastic and that we are proud of them.

Some kids can't do anything wrong for their parents and like hothouse plants they grow too fast, thinking they know it all but then they can't cope when things go wrong in their lives. That is dangerous because we all make mistakes. God lets us learn by making mistakes and helping us through the difficult times. Some children can't do

anything right for their parents and they are like plants that have never seen the sun. They shrivel up and die. It is difficult to get the balance right, but for the sake of our children and the people they will meet we, as parents, must try to nurture them with love.

As children grow older and the Blue Giraffe turns into failing an exam, only being on the substitute's bench at football, or getting into trouble, we need to adjust our fatherly role. No one is perfect but we must try to be perfect as our heavenly Father is (Matthew 5:48). We will all be judged according to how we have used our talents. God loves all his children equally. If you think you are not a child of God then you have missed the point of this reflection and perhaps the point of life itself. Jesus said the way to the Kingdom of Heaven was to be like a little child (Matthew 18:3).

"Father God, this is my Blue Giraffe. Help me draw Him some leaves, I've got a red pencil."





# THREE IN ONE GOD



Part IV of the series by Sunil James, a fourth year medical student from the UK.

## Unpacking The Mystery

In this issue we will be looking at unpacking the Holy Trinity. But let me warn you that trying to unpack the Holy Trinity, as you would a box, is not going to happen. Because it cannot be understood by logic or by our minds as it is “the mystery of God Himself” (The Catechism of the Catholic Church paragraph 234 - CCC 234). So what is the Holy Trinity, the central doctrine of the Christian faith? We believe that there is one God in three

persons, the Holy and “consustantial Trinity” (CCC 253). This does not mean that as Christians we believe in three Gods; No! We believe in one God who reveals himself as Father, Son and Holy Spirit.

### Three-fold Love

You might be more confused than before, but to illustrate this better, let us look at what Sacred Scripture tells us about God. In 1 John 4:8, it says that “God is love”. For love to exist there needs to be a lover, a beloved and the love that they share between them. For example if a man loves a woman, the lover is the

man, the beloved is the woman and what they share between them is the love. So, if God is love, then there needs to be the three entities of love present in God, the beloved, the lover and the love that they share between them. The Lover is the Father and the Beloved is the Son (John 3:16) and the love that they share is the Holy Spirit. So, although the

“  
Let us make  
mankind in  
our image  
Genesis 1:26”



lover, the beloved and the love are all distinct things, together they create love. This is one way to look at the Holy Trinity.

### St. Augustine's Example

St. Augustine illustrated the Holy Trinity with psychology. He said that everyone has a memory to recall things, intellect to understand things and a will that allows you to make choices. These are three different and distinct entities but together they make up the rational part of our souls. In the same way, the three persons of the Holy Trinity are distinct and divine at the same time. "The divine persons are really distinct from one another" (CCC 254). The memory, intellect and will are all in relationship and so too is the Holy Trinity. "The divine persons are relative to one another" (CCC 255).

### Natural Examples

These examples show how difficult it is to understand God and the Trinity. To make it easier I want to suggest some examples from nature that may help you because "God has left traces of His Trinitarian being in His work of creation and in His Revelation throughout the Old Testament" (CCC 237). We can see patterns of three elements in many aspects of God's creation. For example, in the physical dimensions there are the x, y and z axes and everything has a 3-dimensional structure. Looking at time, there is past, present and future. In chemistry, substances can have a positive, negative or neutral charge. The way our language is formed means that there are three verb conjugations, the 1<sup>st</sup> person, the 2<sup>nd</sup> person and the 3<sup>rd</sup> person. I study medicine, and I can see how

God has created us in His image. For example our skin, arteries, veins and even our bones are basically made up of three distinct layers. We are indeed created in the image of the Holy Trinity.

### One Name

In the Bible too we see evidence for the Holy Trinity from the very beginning. In Genesis 1:26 God says, "Let us make...". He uses the word 'us' in the plural. Jesus said in Matthew 28:19, "Go therefore and make disciples of all nations, baptising them in the name

“  
The Holy Trinity  
cannot be  
understood by  
our intelligence,  
only by faith  
”

of the Father and of the Son and of the Holy Spirit". Jesus didn't say in the 'names' but 'name' of the Father, Son and the Holy Spirit. St. Paul writes to the Corinthians "The grace of the Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with all of you" (2 Corinthians 13:13).

### Why Three Persons?

CS Lewis, when writing about the Holy Trinity, said that if you take one dimensional object and you add a second dimension, then you increase its capacity and potential. If you add a third dimension this gives you even greater possibilities. In other words a 3D shape has more capacity than a 2D shape. A fire has flames, heat, and light, but it is just one fire. When you hear a person's speech, you are hearing

three things, his words, his thoughts, and his voice. Each element needs the other two to make it complete. In the same way, the Holy Trinity is the fullness of God and through it God is revealing Himself to us.

### The Big Picture

The three persons of the Trinity, the Father, Son and Holy Spirit are all referred to as God in the Bible. The Father is called God in Philippians 1:2, the Son in John 1:1 and Colossians 2:9 and the Holy Spirit in Acts 5:3-4. Nowhere in the Bible is God referred to as the Holy Trinity, but the dogma of the Trinity was arrived at by the early Church Fathers looking at the whole Bible and piecing together all the evidence. A scientist does not draw conclusions from a single experiment but looks at the results of all the experiments put together and checks that his conclusion fits all the findings.

### Conclusion

The Athanasian Creed, a statement of Christian belief from the 6th Century, includes the words, "Now this is the Catholic faith: We worship one God in the Trinity and the Trinity in unity, without either confusing the persons or dividing the substance; for the person of the Father is one, the Son's is another, the Holy Spirit's another; but the Godhead of the Father, Son and Holy Spirit is one, their glory equal, their majesty coeternal". This clearly states the truth about the Holy Trinity but it cannot be understood by our intelligence, only by faith. Let us say, "Yes, Lord I believe" and ask God to reveal Himself to us in His three Divine Persons, Father, Son and Holy Spirit.



# LIFE GIVING BREAD



**SHARON THOMAS** recalls a valuable lesson that she learnt while studying for exams.

## Struggling

For the past year I have been working as a trainee hospital pharmacist, as part of my course of study. It has been very tough and quite a struggle but through it, the Lord has blessed me with a

deeper appreciation and understanding of the value of receiving Jesus each day in the Eucharist.

## Daily Mass

Trying to find time to attend daily Mass was difficult enough, especially while working full

“Here I was going to Mass, leaving just enough time to quickly grab something to eat with no time for any revision.”



“

**I started to question again my decision to go to daily Mass.**

”

time, as well as studying for exams. So for me, the practical solution was to attend Holy Mass in the hospital chapel during my lunch break. And yes, that meant I had to cut down on the time I had to eat my lunch, but I thought that it would be good for me. “Look to Him and be radiant” (Psalm 34:5). After a couple of months I started thinking, “Is this worth it?” My colleagues would quickly eat their meal and spend the rest of their lunch time revising. And here I was going to Mass, leaving just enough time to quickly grab something to eat with no time for any revision.

### **The Best Teacher**

Then I heard a priest say in a homily that it is the living God Himself, who is present in the Eucharist. In Holy Mass we receive God, the creator of the world and all that is in it, who knows everything! I realised that

this meant that He must be the best teacher too and of course, God knows everything about pharmacy as well. So I thought, “Great! What more do I need. He is the best teacher I can ever have.” In the Bible it says that Jesus once asked the Apostles, “Do you also wish to go away?” Peter said to him, “Lord, to whom can we go? You have the words of eternal life.” It is this truth that has kept me going and allowed me to prioritise Holy Mass over lunch time revision.

### **Perseverance**

Ten days before the final registration exam, I was really struggling for time, although I had taken some time off work to revise. It was so tempting to skip Mass, but I made up my mind to continue going every day. I still struggled with my revision and I felt at times that nothing I read was actually going in but I persevered. I was very anxious and frightened that I would fail my exams and I seemed to have so little time left to prepare for them, that I started to question again my decision to go to daily Mass. Then I read in John 14:26, “The Helper the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you.” I thought yes, He is the Helper, teacher and the reminder! Perfect! This is what I need and so I continued to attend daily Mass.

### **Bringing Me Life**

“I tell you, unless you eat the flesh of the Son of Man and drink His blood you have no life in you” (John 6:53). This is exactly what happened to me. There were times when I was all stressed out due to lack of sleep and I went to Mass completely exhausted. But I felt that life was put back into me during Mass. I would leave with full of energy and with renewed motivation to study. “I have come that they may have life, and have it to the full” (John 10:10). I’m not kidding guys, I could truly feel the change and His presence with me, “My presence will go with you and I will give you rest” (Exodus 33:14). By God's grace and mercy, I passed the exam in the first sitting. I give all the glory and praise to Him.

***Heavenly Father, deepen our faith in Holy Mass and give us the grace to receive you in the Eucharist with greater conviction.***





# TRUE DEVOTION TO MARY

## The life of

# ST LOUIS DE MONTFORD

**Linda Baby**  
looks into the life of St Louis  
De Montford.

### His Early Life

Louis Mary Grignion de la Bacheleraie was born on January 31<sup>st</sup> 1673 in Montfort-la-Canne in France. He was the eldest of eighteen children, ten of whom died in infancy. His father was a squire and a lawyer but the family were poor. His mother was a patient hard-working and very devout woman. As he grew up Louis was more and more interested in God and His love. Despite

being from a poor family he was educated at the Jesuit College in Rennes, where he realised his vocation to the priesthood. He walked to Paris to join the St Sulpice seminary, a trek of two hundred miles, and he was ordained there in 1700. At one stage he worked as a chaplain at a hospital in Poitiers and his much needed re-organisation of the hospital caused great resentment, leading to his resignation. But while he was there he encouraged a group

“St Louis De Montford’s devotion to Mary is the best and most acceptable devotion.”

(Pope Pius IX)

of women to form an order called the ‘Congregation of the Daughters of Divine Wisdom.’



## His Mission

He became known as Fr Louis de Montford taking the name of his birthplace and began travelling round western France as an itinerant preacher and teacher. This mission was very successful and bore much fruit but he encountered a lot of opposition. This was mainly from the religious authorities and he was banned from preaching by the Bishop in Poitiers in his diocese. Fr Louis was very disheartened and eventually he went to Rome to ask the Pope for confirmation that he was doing God's will. Again he travelled on foot walking almost a thousand miles, teaching and preaching along the way. Pope Clement XI confirmed that Fr Louis should continue this work but asked him to be sure to work under the authority of the local bishop. The Pontiff then gave him the title of Apostolic Missionary and sent him on his way with his blessing.

## True Devotion

Fr Louis returned to France and began his travels once again. His preaching was very successful in changing hearts and furthering devotion to the Most Blessed Virgin Mary through the Rosary. He wrote a number of books, the most famous being, 'True Devotion to Mary' and 'The Secret of the Rosary'. These were based on the teaching that he gave as he travelled around France and are still very popular and relevant today. In 1715 he formed an order for men called, 'The Missionaries of the Company of Mary' or the

Montford Fathers and Brothers. Fr Louis wrote, "God alone is my tenderness, God alone is my support, God alone is my every good, my life and my wealth" (Canticle 55, 11). His love for God was total. It was with God and for God that he walked the long roads of France to fulfil his mission. Louis died in 1716, in St Laurent Sur Sever and was canonized by Pope Pius XII on 20<sup>th</sup> July 1947. His feast day is on April the 28<sup>th</sup>.

## His Legacy

Pope St John Paul II, who took St Louis' motto "Totus Tuus" (I am all Yours) as his Papal motto, has said that reading True Devotion to Mary marked a turning point in his life. He followed the spiritual exercises that St Louis explains in the book and made a Total Consecration to Jesus through Mary. He is quoted as saying, "Thanks to St Louis de Montfort, I came to understand that true devotion to the Mother of God is actually Christocentric, indeed, it is very profoundly rooted in the mystery of the Blessed Trinity, and the mysteries of the Incarnation and Redemption. This most famous of St Louis' books was actually lost for 130 years after his death in 1716. It was rediscovered in an old chest in a monastery with other dusty books in 1842. When they realised what a valuable manuscript they had found, it was republished and has been a best selling spiritual classic ever since.



“The world was unworthy, says St Augustine, to receive the Son of God immediately from the Father's hands. He has given Him to Mary in order that the world might receive Him through her. (True Devotion to Mary 16)”



# WHAT SHOULD I WEAR TODAY?

>>> Christian Living <<<



**JAISON LUKOSE**, a member of the Kingdom Revelator Youth team in the UK, has some useful advice.

**W**hat am I going to wear today? That is a question that we ask ourselves each day and we probably choose our clothes depending on the day's planned activities and the weather. However, there is something that is very important that we should also

consider as good Christians, and that is the modesty factor.

## What Is Modesty?

Modesty could be described as an attitude of decency in dress, grooming, language and behaviour. If we are modest, we do not draw undue attention to ourselves. Instead, we seek to "glorify God in our body, and in our spirit" (1 Corinthians 6:20). To dress modestly is to avoid deliberately causing sexual excitement in others. Modesty is a form of self-control and this is one of the nine fruits of the Holy Spirit listed in Galatians 5:22-23. St. Bernard praised the virtue, "How beautiful then is modesty and what a gem among virtues it is."

## Why Be Modest?

Our Lady of Fatima told Blessed Jacinta Marto about the importance of offering a firm and courageous resistance to the styles and customs of this world. "Certain fashions are to be introduced which will offend our Lord very much! Those who serve God should not follow these fashions. The Church has no fashions. Our Lord is always the same!"

## Is It Possible?

Some of you might be wondering, "Is it really possible to live a modest life in today's culture?" To be honest, the answer is within you! You should ask yourself how willing am I to give up my worldly comforts for the Kingdom of God. "Am I now seeking human approval, or God's approval? Or am I trying to please people? If I were still pleasing people, I would not be a servant of Christ" (Galatians 1:10). I understand that it's not always easy

to find modest clothes for young people but as Jesus said in Matthew 7:7, "Search and you shall find." It's a good idea to pray to the Lord before going shopping, it might seem trivial but actually the shopping that we do today could affect our identity for years to come.

## A Modern Problem?

It is not just a modern problem, modesty in dress has been a constant teaching of the church. In 1957, Pope Pius XII addressed the "moral problems in fashion design" in a letter where he said: "The good of our soul is more important than the good of our body; and we have to prefer the spiritual welfare of our neighbour to our bodily comforts. If a certain kind of dress constitutes a grave and proximate occasion of sin, and endangers the salvation of your soul and others, it is your duty to give it up."

## Dress Appropriately

To dress modestly means dressing appropriately for the gender that God has created us. We know that the devil is the father of lies and that he is capable of deceiving us in many ways if we are not on our guard. There is a dangerous tendency in our modern culture to try to play down the difference between men and women and their complementary roles. We should accept our gender as part of God's gift to us and dress with respect for it.

*Lord, Today I pray for modesty. Let my whole being be for Your glory and not for the praises of man. May everything that I am and do, be a reflection of You. I ask this in Jesus name, Amen!*





KINGDOM

REVELATOR

# GLOBAL CATHOLIC NEWS

## NEYMAR IS 100% JESUS!



It was one of the largest audiences for a football match with millions of people across the world watching the 2016 Olympic Football final between Brazil and Germany live on TV. Neymar scored for Brazil in the first half with Germany equalising before the final whistle. In the penalty shoot-out to decide the game

Neymar scored the winning goal to win gold for Brazil. Before celebrating their great victory, Neymar put on a headband that said "100% Jesus." Then he fell down to his knees and thanked God. It was an inspiring statement of his faith to the 78,000 spectators in the Olympic stadium and to the TV viewers at home. He later posted on his Facebook page, "To You, all honour and glory". In 2015 Neymar had celebrated Barcelona's success in the Champions League by wearing a similar headband. He has also

voiced his protest against the persecution of Christians. Although only 25 years old, Neymar is an inspiring role model, he is not ashamed to be a witness to the Gospel and to give thanks to God publicly for all his success.

## 21ST CENTURY TEENAGER MOVES TOWARDS SAINTHOOD



Carlo Acutis, the 15-year-old Italian boy who died of Leukaemia in 2006 is a step closer to Sainthood as the diocesan phase in the canonization process is complete. The teenage computer 'geek' was very gifted in all areas of computing, developing websites, editing films and online design. He also had a very strong devotion to the Blessed Sacrament. After receiving his First Holy Communion when he was seven years old, there was never a day when he didn't go to Mass or spend

time in Eucharistic Adoration and pray the Rosary. He explained that "the more Eucharist we receive, the more we will become like Jesus, so that on this earth we will have a foretaste of Heaven".

He was so dedicated to the Holy Eucharist that at the age of eleven, he began to create a virtual library that documented Eucharistic miracles that had occurred over the centuries around the world. He listed 136 miracles in all. Carlo's mother described him as a "normal boy who was joyful, serene, sincere, and helpful and loved having company. He liked having friends." Carlo explained his motivation when he said, "All people are born as originals, but many die as photo copies. To die as an "original, was to be guided by Christ." He remains an inspiration, especially to teenagers to be both holy and "normal" and individually unique.

## A Message of Comfort

A strong tornado hit the Southern region of Mississippi in January causing widespread destruction. It uprooted many trees and damaged many of the buildings at the William Carey University in Hattiesburg. While staff at the private Baptist College were combing through the ruined buildings after the tornado they came across a Bible lying untouched in the university's chapel. It was lying open on the pulpit, undisturbed among the broken glass of the chapel's large stained glass windows. It was open at Psalm 46 which reads, "God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling..." The discovery was reported on CNN and other news media. A spokesman for the College said, "It is significant



that something so inspiring to our community is also inspiring to the nation."



*'Those who wait for  
the Lord shall  
renew their strength,  
they shall mount up  
with wings like  
eagles, they shall  
run and not be  
weary, they shall  
walk and not faint.'*

*Isaiah 40:31*



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