

# KINGDOM REVELATOR

|||| CATHOLIC MAGAZINE FOR YOUNG PEOPLE ■ ISSUE 110



**WALKING WITH  
THE SPIRIT**

**TRUE GOD  
AND TRUE MAN**

**A MODERN  
SAINT FOR THE  
DIGITAL AGE**





*Mother  
Mary,  
pray  
for our  
readers.*

KINGDOM

REVELATOR

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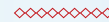
# The Salvation Story Continues

Elijah's famous confrontation with the prophets of Baal on Mount Carmel (1 Kings 18:20-46), showed the people of Israel who the real God is. The Lord was put to the test when over 400 prophets of Baal were pitted against Yahweh. It seemed a grossly unfair contest because the odds were dramatically stacked in Baal's favour; their offering was dry, while Elijah's offering was drenched in water, their ridiculous ritual cries and hours of tormented pleading fell on non-existent ears, while it only took a simple prayer from Elijah, the man of God, and for the fire to burst forth from heaven and consume not only the offering, but the water, wood and the stone altar too. The people of Israel repented!

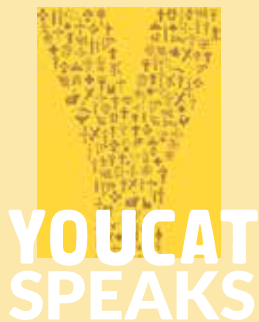
But their repentance lasted only until Jezebel, the evil queen, discovered what had happened. As soon as the Israelites reached Samaria they turned once again to Baal, and Elijah was forced to flee for his life. But God kept 7000 people in Israel for Himself who had not bowed

to Baal; a small, broken few cowering in caves from Jezebel; the downtrodden, the poor in spirit, the meek, the ones who will inherit the land.

The New Testament is not about a God who wins by overwhelming force, but a God who gave His life on the cross for love of His people. Through the death of Jesus on the cross, God's kingdom came. The time for calling fire from heaven has passed (Luke 9:54-55); God now works as the suffering servant, the humbled Messiah who died on the cross. Hearing the voice of God is often a matter of quietness, as God more often speaks in a whisper than with thunder, and that sometimes the most spectacular signs are the ones that pass by almost unnoticed (1 Kings 9:11-12). No longer will God be heard in the earthquake or in thunder, but instead God will be heard in a rasping whisper from the cross. The salvation story continues from calvary to this day.



# Editorial



**How is the universal priesthood of all the faithful different from the ordained priesthood?**

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**259: Through Baptism Christ has made us into a kingdom of "priests to his God and Father" (Revelations 1:6). Through the universal priesthood, every Christian is called to work in the world in God's name and to bring blessings and grace to it. In the Upper Room during the Last Supper and when He commissioned the apostles, however, Christ equipped some with a sacred authority to serve the faithful; these ordained priests represent Christ as pastors (shepherds) of His people and as head of His Body, the Church. [CCC 1546-1553, 1592]**

Using the same word, Priest, for two related things that nevertheless "differ essentially and not only in degree" (Second Vatican Council, LG 10, 2) often leads to misunderstandings. On the one hand, we should observe with joy that all the baptized are "priests" because we live in Christ and share in everything He is and does. Why, then, do we not call down a permanent blessing on this world? On the other hand, we must rediscover God's gift to His Church, the ordained priests, who represent the Lord Himself among us.



# HE IS OUT OF HIS MIND!



Geenu Kunnengode, from USA, reflects on the teachings of Jesus on how to respond towards those who persecute you.

Today as I listened to the Gospel passage being read, I chuckled. The passage was from the Gospel of Mark. It read as follows: “Jesus came home with his disciples. Again the crowd gathered, making it impossible for them even to eat. When his relatives heard of this, they set out to seize him, for they said, “He is out of his mind.” The scribes who had come from Jerusalem said, “He is possessed by Beelzebul,” and “By the prince of demons he drives out demons” (Mark 3.20). The verse that stood out to me was ‘He is out of his mind’. Jesus was clearly the revolutionary of His times. Many people, especially the Jewish teachers and learned men could not comprehend the way in which Jesus was interpreting the Mosaic laws. For example, during the Sermon on the

Mount, Jesus said, “You have heard what it was said, ‘You shall love your neighbor and hate your enemy. But I say to you, love your enemies, pray for those who persecute you, that you may be children of the Heavenly Father” (Matthew 6:43-45). Jesus set the bar higher! He taught us to turn the other cheek if someone hits us. He questioned what good it is to love someone who loves you, because anyone can do that. Instead, He pushed His disciples to go an extra mile, by loving those who are not lovable, and those who are shunned by society! When people of His times were taking the laws literally, He helped them to go deeper that would enable them to be perfect like the Heavenly Father! Well, that gained Him the title, CRAZY!

## Is it possible to put Jesus’ teachings into practice?

I know it is easier said than done. I am a huge work-in-progress myself. But Church history is full of stories of Saints and Martyrs who heeded and practiced His teachings. And that gives me hope! Obviously, they didn’t do it by their own merit. It was the graces poured out on them through the Holy Spirit that helped them to do the impossible. They longed and pleaded for that grace and the good Lord blessed them abundantly! For Jesus promised, “If you then, who are wicked, know how to give good gifts to your children, how much more will the Father in heaven give the Holy Spirit to those who ask him?” (Luke 11.13)

## Conversion of St Peregrine

One such story captivates me. It is the conversion story of St Peregrine. Forli was a small town in Italy. It was divided by a civil war. Half of the townsmen were loyal to the Roman Emperor and the other half was loyal to Pope Martin IV. The group who was loyal to the Roman Emperor

**AND IF PEOPLE  
CALL US CRAZY  
KNOW THAT THEY  
CALLED JESUS  
THAT FIRST.**

was called Ghibellines and young Peregrine was an active member of this antipapal gang. He was the only child of wealthy parents. Pope Martin issued a spiritual interdict that the church in Forli would be closed due to lack of loyalty to the Pope. During that time, there lived a virtuous priest by the name Fr Philip Benizi. He went to the Pope and asked for permission to go to Forli and speak reconciliation to the people. The Pope granted him permission. One day he stood in the town square and started preaching Jesus' teaching about reconciliation and love. Young Peregrine watched him with his rebellious gang. As the priest was talking, Peregrine rushed forward and punched him in the face. But as a total

surprise to Peregrine and his buddies, this holy priest did not retaliate. He did not even utter a curse word! He simply blessed them by making a sign of the cross as he peacefully left! Now that left young Peregrine speechless! Something within him moved. He ran after the priest and told him that he wanted what the priest had; the calmness amid the violence, the love and peace that the priest radiated! History says Peregrine joined the order that the priest belonged to, Servite order and later became a priest. It is said that he would stand long hours as a penance for hitting Fr Benizi. He led a very holy life and many miracles happened through his intercession during

his lifetime. Peregrine was later elevated to the rank of saints.

## Turn the Other Cheek

It was when Fr Benizi put into action the teaching of Jesus, 'turn the other cheek' that a rebel ended up becoming a saint! As a disciple of Jesus, if we do things that are contrary to the usual standards of this world, that's when people notice us. And if people call us crazy know that they called Jesus that first. And who knows you probably started someone's conversion already along with gaining yourself a comfortable position in Heaven!

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# Eye-candy Relationships



Dr Sunil James, from Birmingham, UK, shares his thoughts on relationships among the young people.

There is a huge pressure to get into relationships now a days. In year 7 and 8 they just tend to be these silly relationships but beginning of year 9, things start to get serious (pause for dramatic music). Boys meet girls and girls meet boys and from the first time their eyes meet there is just the sparks...here comes the relationship. But wait a minute; let's take what the boy and girl are thinking about this relationship.

## Girl Thinking

Girls by the time you are in year 9 you seem to have the maturity of a 25-year-old guy. So obviously, when you first meet a guy, you are going to have reservations but then that boy's picture keeps popping into your head and it drives you crazy. Moreover, if you have this guy linking arms with you, then you become like super-cool and the new "talk of the school"—the guy becomes your eye-candy relationship to shoot up your ratings. By about year 10, you are thinking of long-term plans

with your boyfriend and if this relationship has been going on for a whole year—things must be getting serious, right girls? The girls are thinking this guy is for real; he is going to stick by me. Not only that you think that this is "the guy", right? I mean he is going to be your knight in shining armour, the cream of your eyes and the man of your dreams. And you get into this relationship thinking this is for long-term.

## Guy Thinking

Now guys we just want to get into relationships in year 9 because we just don't want people to think we are gay, right? But in all reality, we are far more interested in ourselves, games, movies and football. By the end of year 9 and as we start into year 10, we want girlfriends, not because we "love" them but because they are a status symbol for us, right? I mean when we have that selfie with our "girlfriend", and we put it as our wallpaper on our phone and casually just whip our phone out in front

of our mates and make it so obvious that there is a photo of us with a girl. Girls become like a status symbol for us. If you are with a girl and you have a couple of photos of you together, suddenly your cool ratings go from being 'seriously uncool' to 'mega cool'. Suddenly, we have more friends, and everyone is talking about us and we become part of the VIP gang at school—what more do we want. The girl then becomes your eye-candy relationship to fly up the coolness scale. None of these relationships are true relationships. The girls first use the guys to move up the ranking scales at school and then the guys use the girls as objects so that they can impress their mates.

## Is This What Relationships Are About?

I thought in a relationship there must be sacrifice and love, but so far both parties are using each other to look cooler and impress

their friends. Guys get into relationships thinking “this girl is hot, but I just want her to boost up my standing amongst my mates”. Then as both the girl and the guy have hormones running about...you know what happens then. Girls get into stuff like that thinking that the guy won’t go away. The guy gets into doing it, just to boast about it to his friends. Seriously, if you loved each other, won’t you just wait for a few years until you get married? Then the girl starts taking things more seriously and starts demanding more from the guy. But the guy can’t be bothered with the hassle. So you break-up, the girl gets heartbroken and depressed whilst the guy then swiftly moves over to the next girl to hide his emotions about the break-up. Then begins the

vicious cycle of addictions, depression and sadness. This is the truth about relationships at school.

## Pursue Righteousness

Most of the time it is not love, it is just infatuation and lust. St Paul warns Timothy about this and writes “shun youthful passions and pursue righteousness, faith, love and peace along with those who call on the lord from a pure heart” (2 Timothy 2:22). Now I am not saying all relationships are wrong, but I am saying that

“

“Shun youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.”  
2 Timothy 2:22

”

any relationship that is build up on being just for eye-candy purposes and relationships that are getting physical before marriage they are not true love –they are driven by lust. True love will wait, true love is willing to sacrifice, and true love will be patient. Lust will lead us to doing things we regret and the shame and guilt that we face after will lead us to more sin. This is why St James writes in James 1:14-15, “But one is tempted by one’s own desire, being lured and enticed by it; then, when that desire has conceived, it gives birth to sin, and that sin, when it is fully grown, gives birth to death”.

## Holiness Is Attractive

My advice is that if you like a guy or a girl, then speak to your parents about it. Pray to God about it. Feeling attracted to a person is normal, but there is the right way to deal with things. Maybe your parents aren’t too cool about this because of cultural differences, then speak to your spiritual director (priest) or spiritual elders and seek advice. Do not jump into relationships without thinking because it will hurt a lot when things go wrong. I would say that young people need to live lives of holiness, and holiness is attractive. Seriously, the more holy we are, the more attractive we are. Because God Himself will give us the perfect partner (Genesis 2:18 and Genesis 22:14). Let us meanwhile pray for our future partners and maintain the holiness of our bodies and mind (1 Corinthians 3:16-17) and give everything else to God who in His time will provide the perfect answer.

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# Walking with the Spirit

George Varkey, from Florida, USA, shares his thoughts on how to walk with the Spirit of God.

**W**alking with the Holy Spirit has a significant and important role in our Christian way of life. Christians are called to lead a life in conformity with the image of Christ. This task requires getting rid of our old self and embracing the new self. Thus, a new image of Christ is being formed in us. This transformation and conversion produce many virtues in our lives, in addition to brotherly love, charity and moral purity which are an essential part of Christian life.

## Obstacles on the Way

There are several obstacles that affects the process of walking with the Holy Spirit. Walking with God's Spirit is a difficult task. It's something like walking through all forms of terrain, encountering all sorts of despair, and obstacles, falling into ditches, opposition from all directions woven with dangers and temptations. The attractions of the world may obstruct you from growing in the image of Christ. You experience pressure to follow the crowd and do what everyone else around you is doing. St Paul in Romans 12:2 says, "Do not conform yourselves to the standards of this world." Again, we see in 1 John 2:15, "Do not love the world or anything that belongs to the world."

Another hindrance is the presence of the devil. 1 Peter 5:8 says,

*To keep a good relationship with the Holy Spirit we need to keep feeding on the Word of God.*

"Your enemy, the Devil roams round you like a roaring lion, looking for someone to devour." Similarly, St Paul in his letter to the Ephesians, tells us, "Put on all the armor that God gives you, so you will be able to stand up against Devil's evil tricks" (Ephesians 6:11). Thus, we need the powerful presence of Jesus in our heart to counter the attacks of the evil one. The desire and craving of the

flesh are the greatest risk that is within us which blocks the working of God's Spirit. It is our selfish nature, sinful attitude, desires, and anger which are causing and creating serious issues within us. It is known as the old self, according to St Paul in Ephesians 4:22. In Galatians 5:16, St Paul stresses that if we let the Holy Spirit direct our life, we will not allow the desires of our human nature to be satisfied.

## Walking With the Spirit

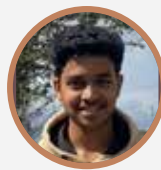
What is the meaning of walking with the Spirit? It means submitting yourself to the influence of the Holy Spirit to



guide and lead you in our everyday lives. In the practical sense, you may begin this submission with a simple prayer, "Lord Jesus, I understand that I cannot prosper and succeed in living a holy life without your support. So, I want to surrender myself to the Holy Spirit's influence; let me walk in the Spirit and be always led by Him."

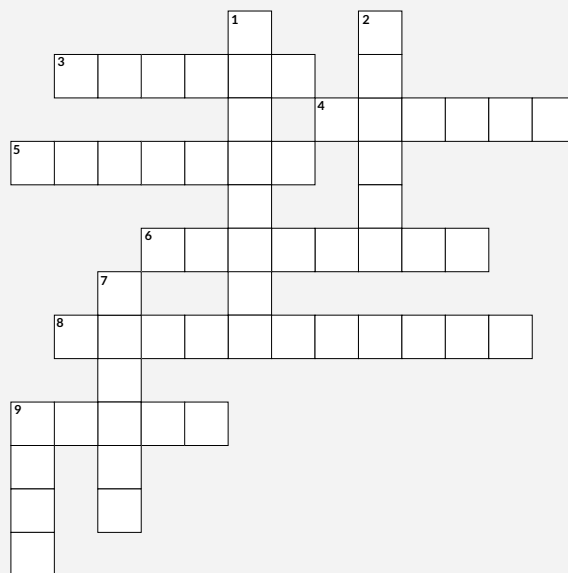
How can you go back to God if you fall into sins? It is by confessing your sins to God and praying once more to be under the influence of the Holy Spirit. To yield or surrender to the Spirit of God, you must keep reading and learning from the Word of God. It is the "sword" of the Holy Spirit according to St Paul in Ephesians 6:17. You need to read Scripture daily as the Spirit of God uses the Word of God to lead and direct you to do His will. He will show what you need to do and the way that He wants you to take. You must obey His inspirations, His voice within you in silence. If you don't pay heed to this voice, you will fall into difficulties and troubles. Spend more time in reading the Word of God and meditating upon it to walk with the Holy Spirit.

Therefore, we should examine ourselves to see if we are walking with the Holy Spirit. It doesn't happen automatically without our personal involvement or participation. Hence, to keep the good relationship with the Spirit we need to keep feeding on the Word of God. Let us be careful to fulfil these responsibilities well, for if we keep walking in the Spirit, our lives will soon be blessed by His guidance, and we will be used for God's glory. But if we do not walk in the Spirit; we will produce the works of the flesh and end up grieving the Holy Spirit. May the Good Lord provide us spiritual strength, perseverance, eagerness and a firm commitment to keep walking in the Holy Spirit.



By Heinz Sony,  
Luton, UK

# Cross Word



## Across

3. \_\_\_\_\_ was thrown into the lion's den.
4. The man whose donkey spoke to him.
5. Jesus calmed the storm at the sea of \_\_\_\_\_.
6. The high priest during Jesus' trial.
8. The king of Salem who blessed Abraham.
9. The woman who helped the Israelite spies in Jericho.

## Down

1. The king of Judah during the fall of Jerusalem to Babylon.
2. The prophet who predicted the virgin birth of Jesus.
7. The place where Jacob had his dream of a ladder reaching to heaven.
9. The Moabite woman who became the great-grandmother of David.





# Through the Body to the Soul

Sr Meena Zecharias, a retired Gynaecologist, from Birmingham UK, shares her call to world evangelisation.

I'm one of ten children, two of whom are priests and two religious sisters. My call to religious life came through our family tree. My Lord Jesus called me through my parents and grandparents, and finally, through our parish priest. My grandparents passed on such a deep faith and spiritual wealth to my family, which nourished us as children. "I am reminded of your sincere faith, a faith that lived first in your grandmother Lois and your mother Eunice and now, I am sure, lives in you" (2 Timothy 1:5). Some of my aunts and uncles were also priests and nuns. My eldest sister had already joined the Carmelite sisters before me.

## Devout Family Life

Above all, it was a habit of my parents to talk about eternal life, Heaven and sainthood. After family prayers we were given spiritual books to read, which gave us great guidance. I remember on one occasion, at the age of 12, the words of a priest during confession really stirred my soul. He said, "You

must pray to God every day to make you a saint." Those words really changed my attitude to life and geared my ways in choosing my vocation. St Therese of Lisieux's belief that saving souls is the shortcut to holiness, was my model.

As children, we used to compete in gathering spiritual treasures for heaven. We

“ You cannot be half a saint. You must be a whole saint or no saint at all. St Therese of Lisieux ”

would climb up onto the top of some huge rocks hoping that our prayers would reach heaven easier. We would pray rosaries there; and one of my brothers would beat himself up in order to identify himself with Jesus. I used to have heart to heart talks with the

Little Flower, whose way of life finally conquered me. I knew then that the shortest way to have Jesus as my Spouse was to embrace religious life with the sole purpose of saving souls. "The unmarried woman and the virgin are anxious about the affairs of the Lord, so that they may be holy in body and spirit" (1 Corinthians 7:34).

## Love Serves

In 1963 I joined the Congregation of Medical sisters of St Joseph whose Motto is "Through the body to the soul".



At that time a new convent was started in the very property my father had donated to them, not knowing that his daughter would join them - the plans of God are amazing. Our congregation was started when medical aid was scarcely available for the poor and the marginalised. All our nuns work in the medical field targeting souls through caring for the body, remembering our charism, "Love serves".

Our training years were so beautiful, since all of us had the same ambition and were all striving for perfection,

## Jesus' Family

Since we leave our family and all that the world have to offer, we sisters become Jesus' family caring for each other as blood sisters. After my Vestition, I was sent to do medical studies in Ireland, and it was while I was in Ireland in 1975 that I heard about the revival in America in Duquesne university, which later spread through Ireland and all over the world.

In 1985 I had an opportunity to attend a charismatic retreat in the Divine Retreat

every opportunity to attend charismatic retreats and prayer meetings. Its with awe and wonder that I can now recall how God connected me with the well-known Indian charismatic preachers, Fr Xavier Khan Vattayil and Fr Soji Olikkal, while working as a doctor in India, even before they were involved in the charismatic renewal. Fr Xavier Khan Vattayil had a call within a call from the Holy Spirit, to use all his time here on earth for world evangelisation.

## Bearing Witness

In the early part of 2000, many zealous preachers came to the UK to conduct spiritual retreats and conventions. Fr Soji Olikkal came to the UK full of enthusiasm to evangelize Europe through the youth. Many joined AFCM Ministries as full-time ministers under the spiritual leadership of Fr Vattayil. I thank the Lord for this great work of evangelisation through the various ministries and communities in many countries and for using me as part of it. We are called to work like Mary and Martha, spending few hours in prayer each day. Jesus commanded His disciples to, "Go into all the world and proclaim the good news to the whole creation" (Mark 16:15). I am praying that many would be prompted to work for the salvation of souls through our religious community's Motto, "Through the body to the soul."



each helping the other in our struggles. We were supposed to greet each other every time we met with the words "Spiritual Communion" (SP) reminding each other to be united with our Lord throughout the day. Even though we come from different family backgrounds, we have such joy and harmony because our goal is the same.

Centre in Kerala. I did experience the working and the power of the Holy Spirit during that time. Not only did I witnessed healings and miracles, I also received healing from severe hay fever that made me realize the power of the Word of God and the gifts of the Holy Spirit. Since then, I have taken



# A MODERN SAINT FOR THE DIGITAL AGE



Nimia Joseph, from  
Wolverhampton, UK, dwells on the  
life of Carlo Acutis.

In a world dominated by influencers and online celebrities, it's rare to find a figure who seamlessly bridges the gap between faith and technology. Carlo Acutis, the tech-savvy teenager who was beatified in 2020, is not just a beacon of hope for the Catholic Church but also an inspiration for youth navigating the digital age.

## A Saint in Sneakers

Carlo Acutis, a teenager born in London in 1991, navigated the pressures of social media, academic expectations, and peer influence with grace and purpose. Born in Milan, Italy, he had a passion for video games, computers, and programming. However, what set him apart was his use of digital skills to bring a fresh vibrancy to his faith. By the age of 15 Carlo had

created a website cataloguing Eucharistic miracles from around the world, sharing his deep love for the Eucharist and its power to transform lives. He saw the internet not just as a source of entertainment but also as a tool for evangelization, proving that faith and technology can go hand in hand.

Carlo's profound love for the Eucharist and deep sense of spirituality made him relatable and approachable. By the age of seven, he was attending daily Mass and spending hours in front of the Blessed Sacrament. His kindness, humour, and genuine concern for others made him a beacon of hope and inspiration for teenagers in today's digital age. Acutis, an Italian, will be the first millennial saint

following his canonisation, which is expected to take place in 2025, the Church's jubilee year.

## Digital Evangelization

What sets Carlo apart from many other young saints is his ingenious use of technology? At a time when the internet was still in its infancy, Carlo recognized its potential for evangelization. He created a website cataloguing Eucharistic miracles around the world, showcasing his technical skills and his deep faith. This project, now viewed by millions, continues to inspire and educate people about the Catholic faith.

## Personal Reflections

Carlo Acutis' story resonates with many, as it highlights the importance of balancing digital presence with spiritual



life. His life demonstrates that technology can be used for a greater purpose, encouraging us to make a positive impact online and transform our digital footprint into something meaningful. His story reminds us of our own online presence, as we spend countless hours online. Carlo's life prompts us to reflect on our relationship with technology and faith, as we often feel emptiness despite the endless stream of posts and updates. By focusing on making a positive impact online, we can turn our digital footprint into something more meaningful.

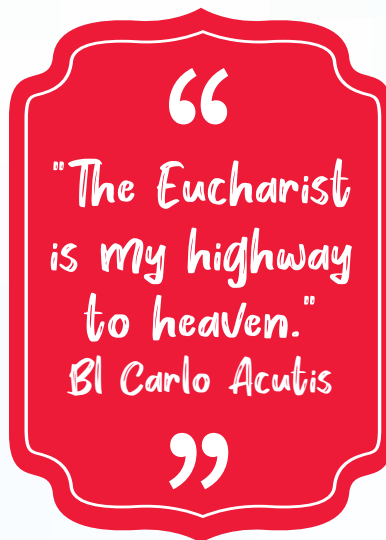
### Ordinary Life, Extraordinary Faith

What makes Carlo's story so compelling is his ordinariness. He was a teenager like us, facing the same struggles and joys. He wasn't a monk secluded in a monastery but a student who walked the same streets, sat in similar classrooms and used the same social media platforms. His holiness was found in the everyday living—helping friends, standing up against bullying, and being a source of support for those around him.

Carlo was diagnosed with leukemia at the age of 15, and even in his suffering, he remained steadfast in his faith. He offered his pain for the Pope and the Church, showing incredible maturity and selflessness. His beatification was a recognition of his virtuous life, but for many young people, it's his relatability that leaves a lasting impression.

## Legacy of Inspiration

He wasn't a monk or a martyr in the traditional sense. Carlo Acutis, a teenager who played soccer, hung out with friends, and enjoyed Pokémon, was a beacon of faith and genuine care for others. His beatification in October 2020 showcased his profound connection with people, particularly the youth. His life serves as a reminder that sainthood is accessible to everyone, even in the 21<sup>st</sup> century. His life encourages us to embrace our passions and talents, using them to



spread love and positivity. For those trying to balance online and offline lives, Carlo serves as a guide and friend. His story is not just about faith but also hope, demonstrating that even the simplest acts of kindness and the humble use of technology can make a significant difference. In a world often feeling disconnected and superficial, Carlo Acutis reminds us of the power of authenticity and the potential of the digital world to bring about good.

## A Call to Action

Carlo's story isn't just about looking back at what he accomplished; it's a call to action for all of us. His life encourages us to look at our own talents and passions and think about how we can use them for a greater purpose. Whether it's starting a YouTube channel to discuss meaningful topics, creating art that inspires, or simply being a positive presence online, Carlo's example shows us that every small act counts.

For me, Carlo Acutis has become a role model, not because he was perfect, but because he was real. His life reminds us that sainthood isn't about being flawless; it's about striving for goodness in our everyday lives. So, next time you pick up your phone or log into your computer, think about Carlo and consider how you can use your digital footprint to leave a positive mark on the world.

In a world that often feels disconnected and superficial, Carlo Acutis reminds us of the power of authenticity and the potential of the digital world to bring about good. His story is not just one of faith but of hope, showing that even the simplest acts of kindness and the humble use of technology can make a significant difference. His legacy stands as a powerful reminder that even the smallest acts of kindness and faith can create ripples that reach far beyond our screens. His story is a challenge to all of us to rise above the noise, to find our own path to holiness, and to inspire others along the way.





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# Pope St Miltiades 32<sup>nd</sup> Pope



By Henoch Sony,  
Luton, UK



## Papacy

Following the election of Pope St Miltiades, Roman leader Maxentius recovered church property confiscated during the terrible Diocletian Persecution. He produced a decree which stated, Christians should not be fasting on Sundays or on Thursdays as heathens observed these days as a holy fast.

In October 312 A.D, Constantine defeated Maxentius and became the undisputed Western Roman Emperor. After accepting Christianity, Constantine handed over the 'Empress Fausta' Palace to Pope Miltiades which became the papal residence and the seat of Christian governance.

Pope St Miltiades is recognised as the pontiff who experienced Constantine's peace for the church. In February 313 A.D, Western Emperor Constantine and Eastern Emperor Licinius reached an agreement that extended the peace to all areas of the Roman Empire. Christians could now worship freely while also reclaiming their confiscated churches and other properties.

Pope St Miltiades presided the Lateran council as requested by Emperor Constantine in which the Donatism, (a controversy raised in African churches) was declared a heresy. Miltiades brought the remains of his predecessor, Eusebius from Sicily to Rome.



## Early Life

Pope Miltiades' exact birth year is unknown, but he was of Roman citizenship, North African heritage, and Berber descent (according to the Liber Pontificalis).



## Death

When Emperor Constantine called the Church Council of Arles in 314 A.D, Pope Miltiades was already sick. He died on January 11, the same year, before the council was started. Pope Sylvester I succeeded Miltiades, who was buried along the Appian Way in the Catacomb of Callixtus.



## Legacy

Miltiades is venerated as a Saint and his feast day is on 10th of December. His papacy was a milestone in the history as the persecution on Christians had been stopped by the Emperor.



# TO OBTAIN BLESSINGS



Shibu Kurian, a lay evangelist from Birmingham, reflects on how we can succeed by following the promptings of the Holy spirit.

“All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness, so that the person of God may be proficient, equipped for every good work” (2 Timothy 3:16-17). The New Testament is full of interesting people who turned their lives around by following the inspirations of the Holy Spirit. We too can turn our lives around if we follow these 3 simple steps outlined in chapter 19 of Luke’s Gospel.

## Have a Desire

In the Gospel of Luke (19:3) we see that Zacchaeus wished to see who Jesus was. On hearing the news that Jesus was passing through Jericho, hundreds of people flocked



there to see him. When Zacchaeus heard about the signs and wonders Jesus had performed, he too wished to see Him. His desire to see Jesus is what prompted him to run ahead of the crowd, climb a sycamore tree to get a clearer view and then subsequently, to receive Jesus in his house. This desire resulted in the salvation of Zacchaeus and his family.

“

*“God is more  
anxious to bestow  
His blessings on  
us than we are to  
receive them.”  
St Augustine*

”

Like Zacchaeus, we too must have desires in our lives; desires to live a holy life, to pray, to receive the sacraments, to read and study God's Word, to perform works of charity, and ultimately, to attain the kingdom of heaven. The God we meet in the Bible is someone who respects our choices. It is our desires that help us to succeed in life. God intervenes in those lives who desire God's blessings.

Bartimaeus (Mark 10: 46-52), two blind beggars (Matthew 20:29-34), and the invalid at Bethsaida (John 5:1-18), all

received healing when they expressed their desire to Jesus to be healed. Like Zacchaeus, Bartimaeus and the blind beggars, let us also desire God's intervention and His divine touch, and to seek His blessing and experience healing in our souls.

## Take a Decision

Knowing that his short stature would not allow him to see Jesus if he stood among the milling crowd, Zacchaeus decided to fulfil his desire by running ahead of the crowd to find a suitable higher place so as to get a clearer view of Jesus. This right decision taken at the right time paved the way for the salvation of Zacchaeus and his family. We too, like Zacchaeus, must make the right decisions in our spiritual lives. It is the Holy Spirit who converts our desires into decisions. “...for the Holy Spirit will teach you at that time what you should say” (Luke 12:12).

Only those who make decisions according to the promptings of the Spirit can make headway in their spiritual life. We see in the Bible how the prodigal son took a decision (Luke 15:18), to go back to his father which brought him from the pigsty to the house of his father. When Daniel resolved that he would not defile himself with the royal rations of food and wine, he asked the palace master to allow him not to defile himself (Daniel 1:8), and he was hand-raised to heavenly wisdom and knowledge. Let us follow the

inspirations and promptings of the Holy Spirit so that our decisions promote the well-being and spiritual growth of our neighbours as well as ourselves.

## Activate Decisions

Zacchaeus and his household experienced salvation when he executed his decisions. When his short stature and the milling crowd seemed to impede his decision to see Jesus, he took steps to overcome these impediments and succeeded in his plan. Amid the large crowd of people that surrounded Jesus, Bartimaeus cried aloud: “Jesus, son of David, have mercy on me!” (Mark 10:46-52). “Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus by digging through it and then lowered the mat the man was lying on” (Mark 2:4). The decisions of these people were hard to execute in front of crowds of people, but they didn't hesitate to do it. Their only desire was to see Jesus and to win His favour. Their decisions were rewarded with instant healings.

It is the Holy Spirit who gives us knowledge, skills and wisdom to make decisions according to God's will. Let us not be deterred by hindrances or obstacles in our efforts to execute our projects; instead, let us prayerfully carry out the promptings of God's Spirit. Let us keep our desires, decisions and efforts close to the divine plan and see their fruition in our lives.



# DATING JESUS



*Lydia Bosco, from South Carolina, USA, dwells on spending time with Jesus in the Blessed Sacrament.*

There was a heavy downpour that evening; the sky was grey and the air was cool and misty with a rolling thunderstorm. I hurried to the Adoration Chapel. As soon as I opened the door, I saw Jesus gazing at me. He was waiting for me as He knows the very minute I arrive. The lights were dim, the candles were burning, and there was a beautiful flower arrangement. The smell of flowers and candles filled the air, and with the background music of soothing thunder, I wondered if I was on a date with Jesus? How beautiful it is to be with Him, my Creator, my Beloved. More than me, Jesus longs to see me and talk to me in the Chapel. Hosea 2:14 says, "Therefore I am now going to allure her; I will lead her into the wilderness and speak tenderly to her. There I will give her back her vineyards and will make the Valley of Achor a door of hope. There she will respond as in the days of her youth, as in the day she came up out of Egypt."

## All My Joy Is In You

Let nothing hinder my love and trust towards Him - no human, no sin, no shortcomings, no fear, no shame, no sorrows... Please break every wall that hinders my unity with my Lord. All my joy is in You, Lord! From whom will a bride seek her joy, from whom will a bride seek shelter, from whom will a bride seek consolation, from whom will a bride seek love? It's from You, Lord from You alone! Let Your Spirit alone guide me. May my head rest upon Your breast alone; let my hands be like Yours to heal and uplift others; may my legs walk for You alone as a messenger of Good News to others; may my eyes see You alone in others; may I breathe for You alone and may my heartbeat for You alone. Let all my senses sense You Lord! Jesus, seal my heart with your love so that no one else will steal it.

## Matchless Beauty

The hours we spend together in the Adoration Chapel is more valuable than any time spent in this universe. The time we spend together looking at each other, getting to know each other, praying and talking together are much sweeter than any other

dating. "I am my beloved's, and my beloved is mine;" (Song of Solomon 6:3). Dating Jesus transforms us. In some parts of the world brides wear a bridal veil which covers their face to symbolize her modesty, chastity, and virginity, which symbolize that she is well protected from all evil. But right after the wedding or just before the ceremony, she will be unveiled by the groom, which signifies that now she's all for him. No one else has authority over her.

## Foretaste of Heaven

Now we are veiled to see our Beloved because of our sins, but through the process of dating Him, that veil will be uncovered slowly. Just like in 2 Corinthians 3:18, "And we all, with unveiled

"How beautiful it is to be with Him my Creator, my Beloved."

faces behold the glory of the Lord are being changed into his likeness from one degree of glory to another; for this comes from the Lord, who is Spirit.” Each moment in the Adoration Chapel is a foretaste of Heaven. It is through this dating that we know more about Him and start loving Him more, and it is this love that draws us to serve Him, just like in Holy Matrimony, where the love between the spouses prompts them to serve each other selflessly. Let us never blemish our bridal chamber with unfaithfulness.

## Exchange of Hearts

Friendship begins and grows through conversation. Jesus talks to us through Scripture. He gave us the Holy Bible as His Love Letter for us, to tell us how to love Him. It also contains messages to comfort and console us; promises to increase our trust and love towards Him; and guidance and warnings so that we won't go away from him. He knows all about us. He knows when we sit down or stand up. He knows our thoughts even when we are far away (Psalm 139:2). Even though he knows everything about us, we must give him permission to unveil our hearts to him. Our heart might be wounded, broken, stingy, hardened, darkened with sin... but no heart is wounded like His; He took all our sins and poured out His love upon us in return. Let's exchange our hearts with His in the Chapel. He will heal our heart with His Heart, which we receive in Holy Communion during Holy Mass. Before receiving the Eucharist, we can pray, “Sweet heart of Jesus be my love”.

I hope everyone who read this has a memorable and blessed time with Jesus in the Adoration Chapel.



# TRUE GOD AND MAN

*Thomas Joseph, a lay evangelist from Birmingham, UK, dwells on the true nature of Jesus Christ.*

In the Christian faith, the nature of Jesus Christ is a central and significant concept that has been debated and discussed for centuries. The belief that Jesus is both fully God and fully human is the corner stone on which the Christian understanding of salvation, redemption, and the relationship between humanity and divinity is built. Let's explore the dual nature of Jesus Christ and reflect on the implications of this profound mystery. "The foundation of all Christian mysteries is the identity of Jesus Christ. Not only Jesus' activity, and the doctrine of Redemption, but the entire body of Christian doctrine rests upon how we answer this question, 'Who do you say I am? (Matthew 16:13)' Jesus is the fundamental reality of Christianity.

## Divinity and Humanity

It is important to note that the twin nature of Jesus Christ has been the centre of various heresies, like Arianism,

Apollinarism, Adoptionism, and so on. The Church teaches us that God is Trinity, three persons but one essence, Jesus Christ was one person, simultaneously Human and Divine. The Trinitarian theology and the divinity and humanity of Jesus should be seen as a great mystery, and it should be viewed through the eyes of faith.

The unique event of the incarnation of the Son of God does not mean that Jesus Christ is part God and part man, nor does it imply that he is the result of the confused mixture of the divine and the human. He became truly man while remaining truly God. Jesus Christ is true God and true man.

The Incarnation, the miraculous event in which God took on human flesh in the person of Jesus Christ, is at the heart of this belief. The Gospel of John proclaims, "The Word became flesh and dwelt among us" (John 1:14), reinforces the mystery of the divine taking on human form. Through the Incarnation, Jesus fully enters into the human experience, sharing in our joys, sorrows, temptations, and struggles, while also revealing the divine

presence and love of God to humanity.

## Humanity of Jesus

The humanity of Jesus is revealed so vividly in various scripture passages. At Lazarus's grave, we see Jesus as a normal human being who cries. "And Jesus wept. The Jews said see how he loved him". Again looking at the Jerusalem Temple and the impending destruction of it He cried. "When Jesus had come in sight of the city, he wept over it". At the Mount of Olives, we see Jesus as a fragile weak human being. "As he was in agony, he prayed even more earnestly, and great drops of sweat fell to the ground like drops of blood". Another occasion is when the Jews tell Jesus that "your mother and brothers are just outside; they want to speak to you." All these passages clearly tell us that Jesus was a complete human being with all emotions and feelings.

He has loved us all with a human heart. For this reason, the Sacred Heart of Jesus, pierced by our sins and for our salvation, is quite rightly considered the chief sign and symbol of that love with which the Divine Redeemer continually loves the eternal Father and all human beings without exception."

Although Jesus' human antecedents were well-known

to everybody, (Mark 6:3, Matthew 13:55, John 6:42) towards the end of His public ministry, Jesus wanted His disciples to know His identity. He asked the most crucial and important question to His disciples, "Who do you say I am"? Till then He was known as the 'son of a carpenter', 'the Rabbi Jesus'. But Simon Peter inspired by the Holy Spirit declares that "You are Christ the Son of the living God" (Matthew 16:16-17).

## Divinity of Jesus

In John's Gospel (John 4:26, 8:24; 8:28; 13:19) Jesus identifies Himself as "I am". By this Jesus is declaring that He is the same God who appeared to Moses at Mount Horeb (Exodus 3:13-14). Again, in the Gospel of John 8:58 Jesus said without any ambiguity, "Truly, I say to you, before Abraham was, I am." All these statements point to the fact He is fully human and God.

The belief that Jesus is fully God and fully human is rooted in the teachings of the early Christian

reveals the infinite love, mercy, and power of God, offering salvation and reconciliation to all who believe in Him.

## The Dual Nature

Furthermore, the dual nature of Jesus Christ points to the possibility of divine transformation and the reconciliation of the divine and human realms. Through His life, death, and resurrection, Jesus bridges the gap between God and humanity, offering a path to redemption, freedom, and eternal life. As the letter to the Hebrews affirms, Jesus is the "pioneer and perfecter of our faith" (Hebrews 12:2), leading us into a new relationship with God and one another.

The church thus confesses that Jesus is inseparably true God and true man. He is only the Son of God who, without ceasing to be God and Lord, became a man and our brother". In conclusion, the belief that Jesus Christ is fully God and fully human is a foundational truth of the Christian faith that shapes our understanding of God, humanity, and the world. As we reflect on the dual nature of Jesus, may we be inspired to embrace the mystery of the Incarnation, to live in the light of Christ's love and truth, and to share the good news of salvation with all we meet. In Jesus Christ, we see the fullness of God's grace and the fullness of humanity united in one glorious and transformative reality.

“*God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father.*”  
(Niceno - Constantinopolitan Creed)

Church and affirmed in the Nicene Creed, (First Council of Nicaea 325 AD) which states that Jesus is "God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father" (Niceno - Constantinopolitan Creed). This emphasizes that Jesus shares the same divine nature as God the Father, while also affirming His distinct personhood and humanity.

The dual nature of Jesus Christ has profound implications for Christian theology and practice. Jesus' humanity affirms the value and dignity of human life, demonstrating God's solidarity with humanity and the importance of our physical, emotional, and spiritual experiences. Jesus' divinity

## CROSSWORD ANSWERS

Across : 3. Daniel 4. Balaam 5. Galilee 6. Caiaphas 8. Melchizedek 9. Rahab

Down : 1. Zedekiah 2. Isaiah 7. Bethel 9. Ruth

# Saint Karolina Kozka

## The "Polish Maria Gorretti"

(Patron saint of purity and chastity)

Shino Merin John,  
Finland



### Early Life

Karolina Kózka was born in 1898 into a devout Polish Catholic family in the small rural village of Wał-Ruda. Her father and mother were farmers, Jan Kózka and Maria Borzęcka and Karolina was the fourth of eleven children in her family. The lively faith of her family home expressed itself in common prayers, especially in the evenings and before meals, daily saying and singing the little office of the Blessed Virgin Mary, participation at Sunday Masses, and often on weekdays as well, and attendance at the Sacraments.

From a very early age, she would gather neighborhood children under a pear tree and read scripture to them, as well as the lives of the Saints and other catholic literature. By means of the love of hers, she exerted a great influence on the entire society in which she lived, and they called her 'a real angel'.

### Later Life

Known for her devout faith and commitment to her Christian values, Karolina became a catechist at a young age. As a youth, Karolina attended daily Mass and spent much time in prayer. She was devoted to the sick and suffering and assisted them by charitable visits and

fervent prayer. Due to her uncle Franciszek Borzęcki's position as the village librarian, Kózka often aided him in caring for the local Catholic library. This gave her access to an array of spiritual materials she eagerly consumed.

When she was 16, World War I broke out in Europe, and Russian troops invaded Poland. Polish citizens came face to face with the harsh

*"Pray the rosary  
whenever you  
can."*

*Blessed Karolina  
Kozka*

realities of war as Russian soldiers raided homes and terrorized citizens. Disturbing accounts began to circulate of soldiers assaulting and raping Polish women. Kózka's neighbors lived in fear, especially young women like 16-year-old Karolina.

### Death

In 1914, a Russian soldier arrived at the Kozko household and ordered that Karolina and her father accompany him. When they followed the soldier into the forest, the father was ordered to go back home.

Two Polish men, Franciszek Zaleśny and Franciszek Broda, were in the vicinity and witnessed from behind the bushes, the soldier's attack on Karolina. From their account, the soldier attempted to force himself upon her, but she struggled and thwarted his attempted rape. Enraged, the soldier then stabbed her with his bayonet multiple times. She managed to escape and ran some 800 meters towards nearby swamps which saved her from further attacks. Unfortunately, due to the carotid artery being cut during the assault, Karolina bled to death in the swamps.

### Veneration

Her body was discovered on December 4, 1914, and her funeral, on December 6, saw around 3,000 people in attendance. According to Rozalia Łazarz, a nurse present at her autopsy, Karolina died a virgin. The site where she died is marked with a cross.

Churches displayed paintings and sculptures in her honor. Books, poems, and plays told her story. Nearly 75 years after her tragic death, Karolina Kózka was beatified in 1987 by Pope St John Paul II. She is remembered as a patron saint of Polish nationalism and martyr for chastity.



# POPE'S *Voice*

*"Grace is not part of consciousness; it is the amount of light in our souls, not knowledge nor reason."*

**Pope Francis**



## GLOBAL CATHOLIC NEWS



### VATICAN CRICKET TEAM MAKES UK TOUR

England: The Vatican Cricket Team, known as St Peter's First XI, are on a visit to the UK for their 'Light of Faith' tour which has seen them play matches across the country as well as visit Westminster Cathedral and Westminster Abbey. This is the first time that the Vatican's cricket team has toured the UK since 2018. The team had been due to play a match against Parliament's First XI cricket team, but this was postponed on account of the election.



### A EUCHARISTIC PILGRIMAGE TRAVELS DOWN THE OHIO RIVER

America: Faithful on the Seton Route of the National Eucharistic Pilgrimage recently boarded an old-fashioned "sternwheeler" and processed down the Ohio River with the Blessed Sacrament. The ship departed from Steubenville, Ohio, on Sunday, June 23, and travelled 30 miles down the river while blessing several groups and locations. A multitude of pilgrims gathered on the banks of the river with "soul-deep love and adoration for Christ, anxiously awaiting His arrival."

### INTERNATIONAL PILGRIMAGE OF ALTAR SERVERS TO ROME

Germany: The International Pilgrimage of Altar Servers to Rome of Coetus Internationalis Ministrantium (CIM) will be taking place from 29th July to 3rd August 2024. Approximately 50,000 altar servers are expected to attend. Approximately 35,000 altar servers from Germany are planning to attend. This year's International Pilgrimage of Altar Servers is dedicated to the motto "with you" (Isaiah 41:10).



### COUNCIL OF NICAEA ANNIVERSARY

Turkey: The year 2025 marks the 1700th anniversary of the world's first Ecumenical Council, the Council of Nicaea of 325, a key moment in the history of Christian faith and for the ecumenical journey today. To mark the anniversary, the World Council of Churches is planning a year of activities with member churches, other churches, Christian World Communions, national and regional organizations, and theological and ecumenical institutions. The anniversary offers an opportunity to celebrate and reflect on the affirmation of faith in the Nicene Creed, the mission of God's triune love and the implications this has for the common witness and service of the churches and offers the opportunity to ask afresh with others what Nicaea means for churches and Christians today.

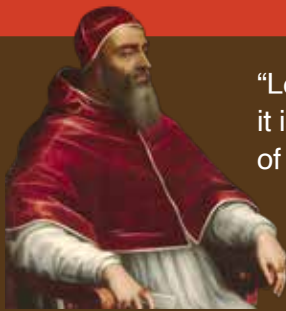
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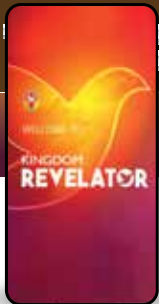
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“In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace.” (Ephesians 1:7)



“Let us fix our gaze on the Blood of Christ and realize how truly precious it is, seeing that it was poured out for our salvation and brought the grace of conversion to the whole world.” (Pope Clement)



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