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CHARITY THAT HURTS

et us not become weary in doing good, for we will reap at the harvest time if we do not give up (Galatians 6:9).

There is a place in Kenya called Mugunda. I visited that place with Bro. Joseph, one of the zealous team members of Tabor, when he came to Kenya to preach youth retreats. He told me that he wanted to meet Fr. Romano Filipe who has been his friend for many years. And thus one fine morning we set off for Mugunda, beyond Nyeri hills of Africa.

Fr. Romano Filipe came to Kenya in 1971 as a missionary priest from Italy. He dedicated himself for the spiritual and material progress of the people. When he reached the place many years ago, there were no churches, schools, hospitals and even the environment was generally hostile. But trusting in the providence of God Fr. Romano decided to do something good for his flock. He climbed the Aberdares Forest and found out water sources and made plans to provide water for the people and now all the people of the region has piped clean drinking water. It is not just water, he took us around and I found there a beautiful church. school, hospital and even vocational training centre. He has received a presidential award for his committed service.

As John Keats wrote, "Heard melodies are sweet, but those

unheard are sweeter." What really made me wonder-struck was his new project; because I never imagined a priest would dare to have such a dream in that corner of Africa. It is a multipurpose youth sports centre. Father Romano said, "Kenyan children are talented in sports. They have high chances to win medals in athletics. This centre will help to tap talents of Kenyan children." Kenyans won 13 Olympic medals in 2016 Rio de Janeiro Olympics. Apart from running track, the youth sport centre will also contain a swimming pool, football, net ball and handball pitches. And it is going to open a new door of opportunity for so many young children and one day they are going to make Father Romano proud, I am sure.

Then he said something for which I really admire him. It shows his social vision and charitable heart. "All people ask me why the work is very slow and it doesn't finish fast. But I



have my answer, I think that my community can contribute with kind heart and hard work. What the community around me need the most is opportunity of work. How can I help them? I decided that I won't use any machine for this construction. Human labour is used for the entire project and I am happy I am able to help many people to earn their daily bread."

Warsan Shire is a poet who was born to Somali parents in Kenya. In her poem *What They Did Yesterday Afternoon* she presents the real picture of the world in which we live. "Later that night/ I held an atlas in my lap/ ran my fingers across the whole world/ and whispered/ where does it hurt?/ it answered/ everywhere / everywhere / everywhere."

What am I doing to help the starving? What am I doing to help the crying? I think these questions may help me to open my heart to the needy and suffering brethren. Pope Francis reminds us, "I distrust a charity that costs nothing and does not hurt."

September 27 is the feast day of St. Vincent De Paul, the patron of all charitable works, Vincentian Congregation and Tabor ministries. I wish all readers of Tabor Voice a Happy Feast.

Fr. Martin Chittadiyil V.C.



he Word of God says, "Do not be ashamed of the testimony about our Lord" (1Timothy 1:8).

ou are encouraged to send your testimonies to us for publication if you are certain by faith that a miracle (blessing, breakthrough, healing, deliverance, conversion etc) has been granted to you by Jesus. Traditionally understood, a miracle is a supernatural sign or wonder, brought about by God, signifying His glory and the salvation of mankind.

he Church teaches, "If anyone says that all miracles are impossible, and that therefore all reports of them, even those contained in Sacred Scripture, are to be set aside as fables or myths; or that miracles can never be known with certainty, nor can the divine not can the divine origin of the Christian religion be proved from them: let him be anathema" (Vatican Council I. Dei Filius, no.3).

Dlease note, "Society has a right to information based on truth, freedom, and justice. One should practice moderation and discipline in the use of the social communication media" (Catechism of the Catholic Church 2512).

> EVERYONE WHO ACKNOWLEDGES ME BEFORE OTHERS, I ALSO WILL ACKNOWLEDGE BEFORE MY FATHER IN HEAVEN (MATHEW 10:32).

Ve will try to publish as many testimonies as possible for the glory of God and to deepen the faith the children of God.

ublishing your testimonies is done as part of the spiritual services of Tabor ministries. We do not demand or accept any fee to publish the testimonies.

owever, we recommend to get some copies of TABOR VOICE and distribute them because this work of evangelization will not only encourage those who already know Jesus but also engage those who have not yet recognized Jesus as saviour in their lives.

o you own a shop or business? Please consider putting a display of this magazine on your counter to resell to customers.

ive the magazine to your family Imembers, church members, workmates, friends, especially people in hospitals and schools as a gift.

end your testimonies and spiritual articles to: taborvoice1@gmail.com

RETURN TO YOUR HOME. AND DECLARE **HOW MUCH GOD HAS DONE** FOR YOU (LUKE 8:39).

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Dr. Augustine Padinjarekutt V.C.

have heard about an English man, an atheist, called Duglas Hide. One day he was standing leaning on a wall in front of a Catholic Church in London. At that time a young girl of sixteen or seventeen years old came in all haste sobbing and shedding tears in her eyes. He was closely observing that girl. She entered the Church and went straight to the tabernacle and knelt before the Holy Eucharist and prayed for twenty minutes. Then she came out of the church relaxed, exceedingly happy and rejoicing. Seeing the sudden change in her face, this atheist started wondering and reflecting what happened to that girl in the church. There ought to be a mysterious power present in the tabernacle! Anyway, it is said that later that man was converted and became a practising Catholic.

That young girl who was really sad and depressed and was beset with many problems came to Jesus who was present in the Holy Eucharist and exposed all her agonies, worries and tensions before Him. He, then, consoled and comforted her and wiped away all the tears from her eyes and sent her away happy and healed. Jesus has given us an encouraging and consoling promise, "Come to me, all you that are weary and are carrying heavy burdens, I will give you rest" (Mt. 11:28). The one who has given this promise is highly faithful and trustworthy. If we approach him

with deep faith in our moments of great agonies and failures, he will certainly comfort us.

Recently Jesus has revealed to a Benedictine priest, a mystic, still living that He had instituted the Holy Eucharist not only as a sacrament of his sacrifice. memorial and meal but also as a sacrament of friendship. He wants to enter into deep friendship and intimacy with the human beings. He has always his angels before Him to worship and serve Him. But He is not satisfied with their presence. He wants the company of human beings. That is the main purpose instituting the sacrament of companionship. Jesus has further revealed to the afforsaid mystic that He has instituted the sacrament of friendship so that nobody may

feel lonely in his life. God has said: "it is not good that the man should be alone" (Gen. 2:18). In order to meet the exigency of man for companiship, the Son of God Himself comes and remains with him. He wants to be the companion of every lonely, dejected and frustrated man. He will certainly console and comfort him. Is there a true, genuine and sincere friend who will not help his friends in their great needs? If Jesus is our friend, He will certainly help us in all our needs.

Fr. Elias Vella OFM narrates one incident in one of his books. He calls this experience as "Trapani Exprience." He was invited to preach a retreat in lenten season in one of the parishes of Sisily, an island near Itlay. He went there to preach the retreat. The retreat started at 8 O'clock in the evening. He asked the parish in great amazement and wonder whether somebody would come for the retreat in the late evening. The parish priest told

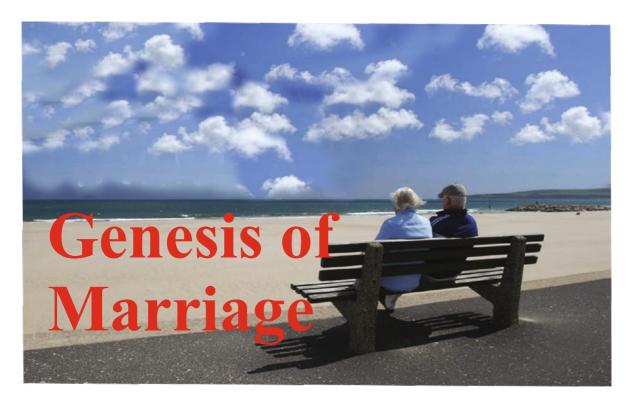
him to wait for some time. Then at 8 O'clock the church was thickly packed with fervent, enthusiastic and zealous catholics. This trend continued till the end of the retreat. At last the parish priest has told Fr. Elias the history of the parish.

This parish is situated in a very degraded and depressed area. In fact, it is a very dangerous area full of mafia, violence. prostitution, drugs, alcohol, homosexuality etc. This parish priest knew nothing about this parish before his arrival. Since the bishop has appointed him the vicar of the parish, he went and took charge of it. The next day morning he went to the church for celebrating Holy Mass. But there was nobody in the church. For eight days, including Sunday, nobody came to participate in the Holy Mass. So the parish priest was deeply upset, dejected and depressed. He went and told his bishop to give him a transfer to another parish where people come and participate in the services. But

the bishop told him to go back to the parish and remain there for some more time and pray for the parishners. He came back and started praying for his parishners. Everyday morning at 7 O'clock he came to the church and exposed the Most Blessed Sacrament on the altar and started praying for his people till 9 O'clock in the evening. When he was tired of praying, he slept for some time in the presence of his Divine Master, read the news papers and telephoned to his friends. But most of the time, he spent in prayer for six moths.

After six months, a drug addict entered the church. Then the parish priest asked him why he has come to the church. Then he told the vicar that somebody has powerfully pushed him into the church. Then he told the man to go to the presence of Jesus in the Most Holy Sacrament. Then the drug addicted man told the vicar that he doesn't know how to pray. Then the parish priest told him that it is enough that he remain silently before the Lord for some time. He remained there for some time and went back to his home. The next day he came. On that same day a prostitute came for prayer. Slowly, everyday people began to come to the church one after another. Within a short time all the parishners began to flock into the Chruch and that parish has become the most vibrant parish in Sicily. Because the parish priest has remained and prayed for his parishners for six months, the Lord has brought his faithful to the church.





Joseph Kalangara

arriage is a human reality but at the same time it actually points to a divine reality. To understand this we need to get to the beginning of the Holy Bible, because Jesus refers to it in Matthew 19 in the discussion, also St Paul in Ephesians 5 refers to the same beginning. A careful study of Genesis helps us not only understand the views of marriage but also understand views of how a human person finds happiness. However, the problem is that many of us don't know how to read and understand Genesis and so we discard it by treating its content as just stories. Due to this attitude we are left with nowhere to look for answers about life's important questions.

In Genesis 2:18 God said it is "not good" for man to be alone. Seven times before this whatever He created God said it was "good" and in Gen 2:18 He looked at man and said it's not good. Why? Because after this God comes up with a seemingly disparaging comment saying "I'm going to make a helper fit for him". The question that should come up is "what does man need help for?" Man is made in the image and likeness of God. To unravel this we need to understand who is God. God is three persons who live in the divine relationship of reckless exchange of love holding back nothing and giving everything. Hence man who is made in the divine image of God (who is love and is relationship) must be made for love and for relationship. Why did God say it is not

good for man to be alone? Because as per traits of God, man has to be in love and be loved. Which means man needs another person who is like man but yet not like man a distinctive identity. All of sudden God brings the woman and Adam looks at her and says Wow "this at last is the bone of my bone and flesh of my flesh"(Gen 2:23). And in naming her "Woman" he names himself man. In other words, the man did not know his own identity until the man saw the woman. His life had no meaning, no purpose. But when the woman came into his life he suddenly found the meaning of his life and the purpose.

Man cannot live without love. He remains a being that is incomprehensible for himself,

his life is senseless, if love is not revealed to him, if he does not encounter love, if he does not experience it and make it his own, if he does not participate intimately in it (Redemptor Hominis, Ch 10). Every human being is made to be loved and to love. Nothing from this world satisfies the human heart. What satisfies the human heart is entering into a relationship and marriage is the fundamental relationship, a relationship which is total, exclusive and generative.

Tragically we also get to read in Genesis something St John Paul II refers to as limited experience. Why did he say that? Because there was a time when man and woman were naked and knew no shame (Gen 2:25). Imagine what it would have been like then. No one was being used for ulterior motive. no selfish desires, no suspicion. no objectification, no fear. They just knew that both of them were made to give oneself to each other and by doing so they were going to be happy. This was the stage of original love, communion, innocence, in fact it goes beyond all that. It was what we call the covenanted relationship. This is the foundational truth about marriage. Indeed, the Lord Jesus, when He prayed to the Father, "That all may be one... as we are one" (John 17:21-22) opened up vistas closed to human reason, for He implied a certain likeness between the union of the divine Persons, and the unity of God's sons in truth and charity. This

likeness reveals that man, who is the only creature on earth which God willed for itself, cannot fully find himself except through a sincere gift of himself (GAUDIUM ET SPES, 24)

Genesis therefore reveals that one does not need to be anxious, nor be afraid, nor grab for all one can. No one is alone. If a person is here it is only because God has willed it to being. Why did God will it to being? Simply because God really loves the person. So every human being is here for a reason and is headed somewhere and everything along the way has meaning and purpose. That is a totally different way of living life. If life has no meaning, which unfortunately many people think, what does one do when things go bad, nothing but despair. Genesis is laden with the fact that everyone matters and they exist because the Creator knows the person, every hair on the head of the person is counted, knows the person's name, knows what is on the mind, what time the person woke up, what the person is thinking about. Our Creator cares, and the person is in His victorious right hand and as we go through scriptures to what and who marriage is pointing to this truth becomes even more fantastic because the one to whom it matters and made the universe for us is going to walk on the stage wed us to Himself and even lav down His life for us. This information should profoundly change every one of us when we come to the realization that this is true.

Then came the fall, and the time when all went wrong. It was a rebellion that was provoked by satan who hates marriage and us. Genesis reveals not just what happened but also what always happens. The enemy has the same message God is not good, He does not care, He is holding out on us, He keeps something for Himself. This is the heart of every temptation. Constantly making us doubt God is not a good Father and always cast Him in suspicion. The evil one is a liar and a murderer. He is lying about the truth of love in order to murder us not our physical life but our spiritual life by making us commit mortal sin. Significantly satan targets marriage and family life because of his hatred for God is so intense that every good thing must be destroyed especially when God called it "very good".

It's poignant to note the coincidence that end of Genesis 2 deals with marriage which is followed in Genesis 3 by the evil one destroying that marriage which God deemed "very good". Similarly in Ephesians 5 towards the end St Paul talks about rules of marriage and in Ephesians 6 he talks about spiritual warfare against the evil one instead of the bliss of marriage. The message is clear that after the bliss of marriage satan will be lurking like a roaring lion to

GRACE ABOUNDS MUCH MORE

Thomas Mundonayil

Te read in psalm 32.3 "While I kept silence my body wasted away". Sin draws us away from God's love. "Happy are those whose transgression is forgiven, whose sin is covered" (Psalm 32:1). The sacrament of reconciliation brings us back to God. Recollecting the sins committed, repenting about them, resolving not to sin again, confessing before a priest and completing penance are the requirements for a good confession. Then one is filled with God's merciful love and grace. The church expects every faithful to go to this sacrament. You are absolved of your sins if your confession is true. The sacrament of reconciliation is a sacrament of repentance. St John Vianney calls it a sacrament of tears. We need help from Holy Spirit for a true confession. "When Holy Spirit comes He will prove the world wrong about sin, righteousness and judgement" (John 16:8). By confessing, all our sins till date are forgiven and we are filled with Godly Grace which Jesus attained by His death on

Through the sacrament of Reconciliation we are filled with God's grace. When baptized we were endowed with all the rights that are due to

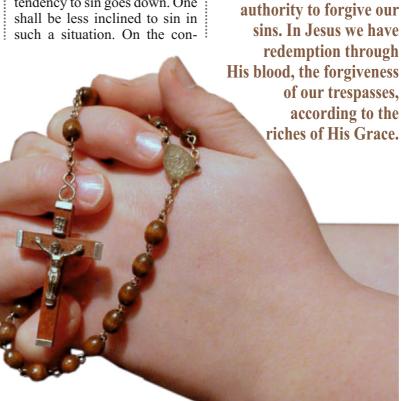
the cross.

the children of God. "So if anyone is in Jesus Christ, there is a new creation, everything old has passed away. See everything has become new (2 Cor 5,17). God invites us through Isaiah "Come now, let us argue it out, says the Lord, though your sins are like scarlet, they shall be like snow" (Isa 1:18).

How does the grace we receive through the sacrament of reconciliation work in our life? I understand like this, in a glass half filled with water, other part shall be air. In the same manner when the level of Grace goes up in our life the tendency to sin goes down. One shall be less inclined to sin in such a situation. On the con-

trary when the level of Grace goes down in our life the tendency to sin goes up. A person with a depleted level of Grace is more inclined to fall in times of temptation. The lack of Grace allows sin to grow in us. When we confess our sins to a priest our sins are forgiven and we receive the grace to lead a life according the will of God. According to a spiritual author by going to confession we obtain a blank cheque from God. We can write any amount of Grace we need on that blank cheque.

Only Jesus has the



Word of God reminds us, "Where sin increased God's Grace also increased" (Rom 5:20). So, confessional is the place where sin is converted into Grace. Psalm 32:5 states "Then I acknowledged my sin to you, and I did not hide my iniquity, I said, I will confess my transgressions to the Lord and you forgave the guilt of my sin". Jesus told the paralytic, "Son your sins are forgiven" (Mk 2:5). Only Jesus has the authority to forgive our sins. In Jesus we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His Grace (Eph 1:7). Every confession is a ladder for sinners to climb to heaven. It is Jesus who instituted the sacrament of confession in the Church.

Jesus had come to call not the just but sinners. Every sinner can approach confessional without hesitation. God is waiting there for the repentant sinners. He is Jesus. You may be a sinner. You may in bondage. You may be broken. You may be sick. You may be in a crisis. Just turn to Jesus and make a good confession. Rest assured: Everything is going to be alright. Once you live under the grace it is God's work to fix everything and keep us under his providence.

Let us Pray: Lord Jesus, help me to approach confessional with deep faith and trust in your mercy. Please set me free so that my heart may experience your happiness. Once again let me experience the freedom of a child of God, Amen.

Genesis of Marriage Continued From Page 8

It is easy to love the people far away. It is not always easy to love those close to us. It is easier to give a cup of rice to relieve hunger than to relieve the loneliness and pain of someone unloved in our own home.

- St Teresa of Kolkatta

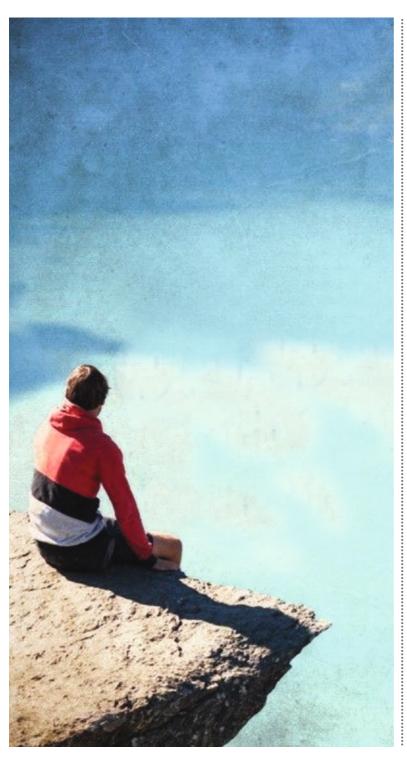


destroy the marriage. Just like the irony of Judas betraying Jesus with a kiss and shocking him, "Judas, is it with a kiss that you are betraying the Son of Man?" (Lk 22:48). The kiss which is the symbol of love was used as a symbol of betrayal. Similarly, marriage which symbolises selfless love, the evil one comes and destroys the

emblem of love by sowing in many of the families loads of hatred, discord and rivalry. Satan destroys the beautiful plan of God, marriage. The barometer being the percentage of divorces, number of live in relationships, court cases between siblings and relatives thus destroying domestic church and harming society. Sanctity of marriage has diminished. The question in the minds of many of the youth today is, why marry? All this because people do not know the genesis of marriage.

We who are disciples of Jesus have our task cut out to evangelize and destroy the works of the evil through the grace we received at the time of our marriage. How? Let your light shine before others, so that they may see your good works and give glory to your Father in heaven (Matt. 5:16). Our married life and families need to be the beacon of light in this era of darkness. St Teresa of Kolkatta says "It is easy to love the people far away. It is not always easy to love those close to us. It is easier to give a cup of rice to relieve hunger than to relieve the loneliness and pain of someone unloved in our own home. Bring love into your home for this is where our love for each other must start." Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin.

HUMBLE YOURSELVES



M.A.Jose

braham is called the father of the faithful. It was his deep faith in God that helped him leave his birth place and proceed to an unknown country. He was strong too. When his nephew Lot and his family members were taken away as captives by alien kings he confronted them, fought them and defeated them. But his power didn't prevent him from being humble and polite to others. He did not use his position for unlawful or unjust gains. When friction developed between his herders and those of Kin Lot, he gave a choice to Lot. "Let there be no strife between you and me. Separate yourself from me. If you take the left hand I will go to the right, If you take the right hand Then I will go to the left (Gen 13:8-9). It was within the powers of Abraham to take what he wanted. He could have captured the best land, best pastures. But he allowed Lot to select the well watered plain of Jordan. Many things that may be pleasing to our eyes need not be pleasing to God. The humility of Abraham was pleasing to God. God appeared to Him and told him "For all the land that you see I will give to you and your offspring forever" (Gen 13:15). Surely Abraham made a wise decision to keep his deposits in heaven.

The Book of 1 Samuel narrates an incident in the life of David. He was wandering through the wilderness to escape Saul who was after him. David and his men used to watch over the sheep of a rich man named Nabal. David sent his servants requesting for some food, to Nabal as a return favour. Nabal insulted and sent them back. David was furious and was about to destroy the family of Nabal. Abigail, wife of Nabal came to know about it and proceeded to pacify David. She prostrated before him, sought his forgiveness, and cautioned him not commit a misdeed about which he will have to repent later. David relented and told her "Blessed be the Lord, the God of Israel, who sent you to meet me today. Blessed be your good sense, and blessed be you, who have kept me today from bloodguilt and from avenging myself by my own hand (I Sam. 25:32-33). The timely action by Abigail saved the lives of her family members. By humbling herself before David she also saved him from committing a crime about which he would have to repent all through his life. Many a crimes are committed in the heat of the moment. By keeping silence and patience one can prevent many untoward incidents from happening.

Hannah was barren and constantly insulted by her husband's other wife. She went to the Temple Shiloh with tears in her eyes. She sat in the Temple before the Lord and emptied the bundle of her sorrows before Him. The priest



When every door closes God opens a door. When all the paths are blocked God shall open a new one for you.

Eli was seated behind and mistook her demeanour for drunkenness. He chastened her. But instead of getting offended, and flaring back at Eli she replied "No my lord. I am a woman deeply troubled. Do not regard your servant as worthless women. "Her humility touched Eli. He didn't know what were her problems or what

for she was praying. He just blessed her and said." Go in peace, the God of Israel grant the petition you have made to him." And surely God heard the request of this humble lady and Prophet Samuel was born to her.

The Syro-Phoenician woman, was desperate as her little daughter was under the influence of an unclean spirit. She went to Jesus. But he dismissed her prayers with these words "Let the children be fed first, for it is not fair to take the children's food and throw it to the dogs. (Mk 7: 27). When every door closes God opens a door. When all the paths are blocked God shall open a new one for you. When there is darkness all around you, God shall light a lantern for you. It seemed the end of road to the women. The merciful God is turning His face against her and insulting her. Her last resort of hope was crumbling. But she was persistent. The woman reminded Jesus that even dogs have rights: the right to have the crumbs that fall from the table of their owners. She was reminding Jesus, that even though a gentile she was also His child. She also had a right to approach him. Jesus was impressed with her humility and strong faith. And Jesus told her that her child was cured. And so she went home, found the child lying on the bed, and the demon gone (Mk 7:30). Do nothing from selfish ambition or conceit, but in humility. Regard others as better than yourselves (Phil 2:3).



Maria Shruti

That is what we understand from the Bible. "Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping" (Mathew 8:24). If we turn to Jesus during sleepless nights He can help us. "When you lie down, you will not be afraid; when you lie down, your sleep will be sweet" (Proverbs 3:24).

One of my favorite moments in the day is the few minutes of peace and quiet right before I fall asleep for the night. The house is still and I finally have some time to process my thoughts and feelings in the cool dark room. I believe that one who keeps the vigil at night goes out of himself to find God. A real disconnection from the created world and reconnection to the Creator is what happened there. I so much feel night vigil is the time for me to think about God and by it the understanding is exalted, the thought is collected and the mind takes flight and gazes at spiritual things. I love the prayers offered in the night. Just God and me.

One of the ways to hear the consoling whisper of God is to read the Bible, specifically the Psalms, I can't explain how wonderful they are. The beautiful poetry of the Psalms mixed with the power of God's Word puts my nerves to rest so I

can get some sound sleep. If you sometimes need help getting to sleep, I want to share with you my favorite psalms to read to help me surrender to rest.

Psalm 116:7, "Return to your rest, my soul, for the LORD has been good to you". This scripture reminds me that God is with me and that gives me a peace that relaxes my mind, body and soul.

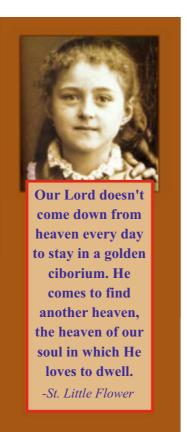
Psalm 4:8, "In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety". There is nothing worse than trying to fall asleep on anxious thoughts. It's during these times I love to pull out Psalm 4. It always reminds me God is in control, He is my protection, and I can trust Him. Now that's some truth I can sleep on.

Psalm 91:1,5,11, "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. You will not fear the terror of night, nor the arrow that flies by day. For he will command his angels concerning you to guard you in all your ways."Psalm 91 reminds me God will not only protect me, but He will defend me as well. It reveals that my fearful thoughts don't even come close to the power my God.

And leaning on His truths, even on sleepless nights, I feel like God Himself is rocking me to sleep. So the next time you have trouble falling asleep go ahead and give these Psalms a try.

It is my prayer that the truth of God's word produces a peace in your soul that may lead to many nights of good sweet sleep.

Come to me, I will give you rest Continued From Page 6



The parish priest told Fr. Elias Vella the benefits of sitting before the Blessed Sacrament in these words: "I believe that if you go in front of God, even if you don't think about Him, you get changed just the same." And he gave two examples to keep in mind. We take a bucket full of water and put our soiled clothes in it. Even though the water doesn't move, bit by bit, the water removes the dirt from the clothes. Another example, the Europeans go to the sea-shore for a sunbathe for one week during the summer holidays. They lie flact on the beach in the summer sunshine. They read papers and books and speak with other people.

They don't think about the sun or its powerful rays even for a second. But the sun works powerfully in their bodies and make them extremely beautiful and healthy. This is the persopnal experience of Sr. Briege Mckenna, a fameous retreat preacher for priests from America. She used to spend at least three hours everyday in the presence of the Eucharistic Lord. One day our Lord told her in a vision that even if she remains in his presence and sleep the whole time she would receive all the graces she needs for her pastoral ministry. Similarly, if we remain some time in his presence every day He will effect wounderful changes in our lives and take away all our worries and tensions

Near our houses we have our parish churches, religious houses and convents where the Most. Bl. Sacrament is preserved. There our divine Master, the supreme Comforter, Healer and Companion is present. St. Little flower has said: "Our Lord doesn't come down from heaven every day to stay in a golden ciborium. He comes to find another heaven. the heaven of our soul in which He loves to dwell." He waits for us. Why don't we go and pay a visit to Him every day and remain in His presence for some time? We are supposed to remain in his presence for all eternity. Why don't we start it now itself?

Youth Vibes Can of Canal Canal

Brunell Fernandes

aith in God can move the mountains,/ Trust in him can calm the sea,/ He's my Fortress,/ He's my stronghold,/ He's the Rock who rescues me....We often sing this wonderful hymn which deepens our faith and trust in Jesus who always cares for us. In the book of Daniel chapter 14 we see, how Daniel stood firm for his faith in God. He denied worshipping the dragon and as a result he was put into the den of lions. But Daniel trusted God. God came for his rescue and he was miraculously saved from the den of the lions.

Today's youth are also put into the den of lions which can be understood as a trying experience. In the den they need to prove one self. The true identity of a person is tested and revealed there. When they have the den of lions experience many fall into obsessive habits that cause a great deal of stress and unhappiness. Addiction to alcohol, drugs, use of foul language, wrong relationships in order to be accepted in their friends circle are examples for such situations. Their sense of sin may wane away leading them to depression and suicidal tendencies. They become helpless and try to come out of this den with their own power and insight which is futile. Finally many are eaten by the lions and they perish in the den.

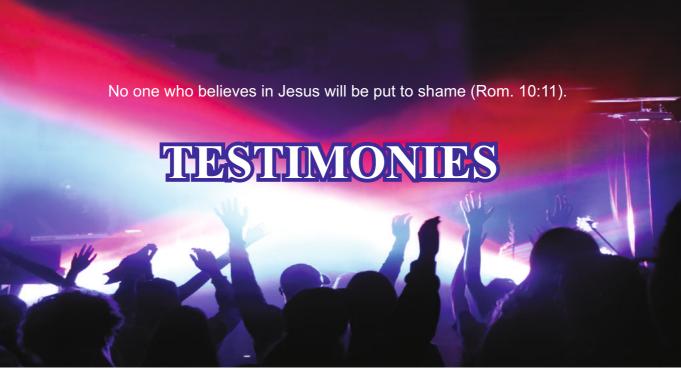
But our Lord teaches us in Proverbs 3:5-6, "Trust in the Lord with all your heart, and do



not rely on your own insight. In all your ways acknowledge him, and he will make straight your paths." St. Ambrose once said, "The devils snare doesn't catch you unless you are already nibbling on the devil's bait". Renounce the evil lifestyle and turn to Jesus. God doesn't want us to perish in the den of the lions. He has a plan to save us and give us eternal life.

Pope Francis reminds us, "The joy of the Gospel fills the heart and lives of all who encounter Jesus. Those who accept his offer of Salvation are set free from sin, sorrow, inner emptiness and loneliness. With Christ, Joy is constantly born a new"

Like Daniel, Am I ready to stand firm for my Faith amidst afflictions? If I am ready, God will send his angel and shut the mouths of the lions and he will give me the strength to overcome them. God created us not to fail but to succeed and the enemy no matter how strong he may be, is doomed to fail.



Sr. Ansanna Pinto

Protection

Having received the assignment to proceed to Tanzania as a missionary I was looking forward for a retreat at Tabor Ashram. I did have a beautiful experience and received numerous graces. The most important of all was the miraculous escape of my family members. During the last anointing session Father concluded by saying that all who attended the retreat will he blessed mightly even on their way home. True to his words spoken by the Lord himself I was thunderstruck when I heard of the miraculous protection of our mighty Lord and Mamma Mary when my mother, sister and nephew were saved from a major disaster after the ceiling of the living room suddenly collapsed and came down piece by piece. They had just moved out of that room minutes before the false ceiling came crumbling down. And this happened exactly during the anointing session. I am short of words to express my whole hearted thanks to our mighty Lord and Mary our blessed mother. Thank you, Jesus. Praise you, Jesus.

Suman D'costa

Blessing

I prayed earnestly at Tabor Ashram for the success of my daughter Rachel D'costa for her success in the SSC examinations and to get the desired percentage for admission in a near by college. The good Lord not only blessed her with an excellent score but also made her the topper of her school with 96.40%. Thank you, Jesus. Praise you, Jesus.

Salvation

Healing

Jesus touched me and made me free me from skin diseases. My face would become white because of allergic problems. I was so upset about it. But When I attended a retret at Tabor Ashram a priest announced some people got cure from skin disease. I experienced that healing true in my case and I don't have any problem now. Thank you, Jesus. Praise you, Jesus.

Rheanna

Healing

I would like to testify that I was diagonised with psoriasis which is a non-curable disease. After the service of adoration at Tabor Ashram I feel changes in me and my skin. I would like to thank God for curing me. I have

been having this problem for the past 4 years. Thank you, Jesus. Praise you, Jesus

Dr. Tina Cardoza

Success

I attended to give my FRCEM which consists of 3 exams and I thought how can I study this after 10 years. But I kept hearing an inner voice that Jesus would help me. Before the exam I attended a retreat at Tabor Asrhram. I even placed a small chit with exam roll number under the blessed sacrament. By the blessing of Jesus I completed my entire exams. In 1008 people around the world 300 have passed. By God's abundant blessings I cleared the exams and got my FRCEM. Thank you, Jesus. Praise you, Jesus.

Kitty

Blessing

I was in a lot of mess. One of my catholic friends used to come for Tabor night vigil and he told me (since I am a noncatholic) to just listen to the prayers at 2 p.m. and pray. I did as he said and prayed over the mobile. Then my life started changing and I started building trust on Jesus. I began to visit Tabor Ashram to attend retreats and prayer services. I got a job and my problems started getting resolved. Jesus also taught me to pray for other. A few days ago one of my family friends due to loss in business tried to committed sucide. I just went to chapel and prayed for him and prayed a Rosary and he was out of ICU on the 3rd day and now he is well. Also, I got an appraisal in my job and was awarded as a good performer. Thank you, Jesus. Praise you, Jesus.

Rashmi

Blessing

Tabor retreat is an eye-opener, heart and mind opener too. It is amazing the scriptures explained has penetrated my heart. I realized so many mistakes done in my life which I never thought I made. I really felt sorry form them and cried for the mercy of Jesus. I got answer for so many questions of my life. I realized, through the Word of God that bitterness and hatred may make me sick. I learnt forgivenss from my Lord Jesus Christ. My faith is strengthened in Christ, I thank Lord Jesus for transforming me. Thank you, Jesus. Praise you, Jesus.

Rosalina Caetano

Healing

I had a severe back pain from last year. I was not able to sit for a long time, I was not able to drive a two wheeler, I got a terrible pain. During deliverance retreat at Tabor Ashram I got a healing from back pain and I could sit comfortably without pain. Thank you, Jesus. Praise you, Jesus.

Venita Goes

Blessing

I attended a retreat at Tabor Ashram. I had placed my prayer intention for U.K. visa as it was

Do not be overcome by evil, but overcome evil with good (Rom. 12:21).

rejected once. Through the intercession of Mother Mary and all the saints the Lord Jesus granted me my U.K. visa. Thank you, Jesus. Praise you, Jesus.

Pushpa Behra

Healing

My eight years old giddiness and vomiting got healed after coming to Tabor Ashram and attending prayer services. My husband Ashok Kumar Behra met with accident and broke his right hand. He too got healed in the name of Jesus. Thank you, Jesus. Praise you, Jesus.

Joswin

Blessing

I was very weak in studies. After my poor performance in my term exam. i was very disappointed. My mother used to attend prayer services in Tabor Ashram. As a result of prayers I got enthusiam to study and I got 78% in my board exams. Thank you, Jesus. Praise you, Jesus.

Elvira

Healing

I write this testimony on behalf my Aunt Veronica residing. She had developed a blood clot in brain. Due to her heart conditions she could not be operated. I came at Tabor Ashram and attended the First Friday services. During one of the services the priest prayed for those admitted in hospitals, I lifted my Aunty in prayers. To our surprise, she was miraculosly healed within 3 months only by pills. The doctors were very surprised for this healing. Thank you, Jesus. Praise you, Jesus.

Clifton D'souza

Blessing

I have been coming to Tabor since last 20 years and since 2 years I was searching for a job in cruise. I attended First Friday service every month and made special prayers. Lord Jesus answered my prayer and blessed me with a job in U.S. cruise ship. Thank you, Jesus. Praise you, Jesus.

Fernandes

Conversion

I thank Jeus for delivering me from a sinlful relationship. The intesity of the lustful attraction was so much that I lost the love for my wife and was ready to live seperately with this woman. The woman was using me for spending my hard earned money and my position for her favors. Even though I was aware I just could not get away

But Jesus looked at them and said, "For mortals it is impossible, but for God all things are possible" (Matthew 19:26).

because she used sex as a means of making me feel dependant on her. My wife noticed the changes in me but I never gave up. She prayed for my conversion attending Night Vigil in Tabor Ashram. Her prayers changed me. I too had to pray really hard and yes, Lord heard my prayer. My old partner in sin kept on calling me but there came a time when I literally received the power of the Holy Spirit to say no. I realise God helped me and I destroyed the simcard on the spot and promised Jesus that I would never contact with her in my life again. Thank you, Jesus. Praise you, Jesus.

Magdaline

Success

My daughter was studying in 12th. She was sufferingfrom a skin probelm and because of that she could not attend the college and classes properly. Every Saturday I attended the one day retreat service in Tabor Ashram and I prayed for my daughter to get pass in 12th. Almighty Lord heard my prayers. My daughter got pass in 12th. Thank you, Jesus.

Venessa D'souza

Healing

I was suffering from Migrane for past many years. The cause of my migrane was coming in contact with the sun. I had many sleepless night and I would cry because of paine. When I came to Tabor Ashram for the retreat I forgot to carry my medinces. I was upst and was worring what if I get headache. But as the retreat progressed I noticed it has been four days and I have no headache. I aslso had disc extrusion, neck pain, severe nerve pain in my left arm and numbness in my fingers. There was time when steroids stopped working on me but the word of God came for my help. Psalm 147:3, "He heals the brokenhearted and binds up their wounds". I just kept reciting the Word of God and I noticed that I was able to sit for all four days without my cervical collar and in pain I just prayed Jesus I am healed by your wounds. I believe in coming days I will be able to do my daily activities as usual. Thank you Jesus, Praise vou Jesus.

Elitheia

Inner Healing

I had a lot of sufferings in my heart. I am a child of divorced parents. Also I recently came across a worst betrayal of my life. I was in love with a boy for two years and he betrayed my trust by opening up everything to my family and he tried to make them against me too. I was really heartbroken and shattered. It was really difficult

for me to forgive all these people. I came to Tabor Ashram and during the inner heaxling session I received the gift of forgiveness from Jesus. I thank and Praise you Jesus from the bottom of my heart for this beautiful gift.

Princita Gonsalves Healing

I came to Tabor Ashram with a bagage of worries. There was unforgiveness in my heart. I couldn't forgive a person over a decade and that had taken a toll on my spiritual life. During the inner healing session I had tears in my eyes and I could forgive that person and the peace I felt is unexplainable. I also had fear of failure and I was freed from it. When I walked into Tabor I had back-ache and on the second day it just worsened. I found it very difficult to stand, sit, kneel, bend and at the end of the day during the adoration I was relieved of all the stiffness. Thank you, Jesus. Praise you Jesus.

Noella **Blessing**

When I came for my first retreat at Tabor Ashram, I was going through a bad break up. At the same time I had lost my job. After the first retreat, God blessed me with a wounderful job a job that allowed me to travel the world. Also God helped me cope with the break up in such a miraculous way after the retreat I was completely out of that pain. Thank you, Jesus. Praise you, Jesus.

Lionel Correya

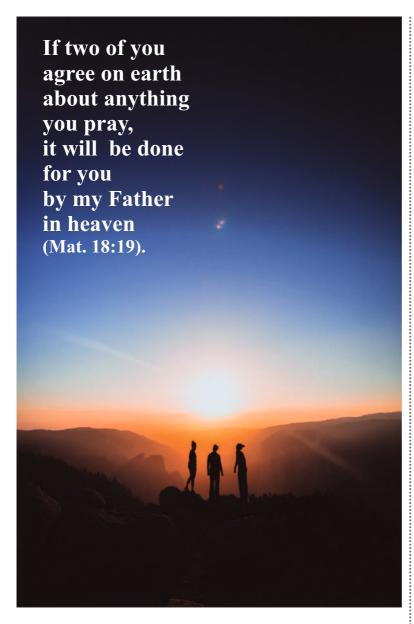
Healing

For the last 6-8 months I have been suffering from my lower back issue near my spinal cord. I had discomfort when kneeling and a strain in my back, so I could not kneel for long. During the healing service at Tabor Ashram, I could kneel down and pray without any discomfort. Secondly there was stress, doubt and anxiety about my job. There was heaviness in the heart but again in God's plan. I felt like a log or a heavy object been removed from myself. I feel light, happy and peace after the the retreat. Thank you, Jesus. Praise you, Jesus.

Mary George Healing

I was falling sick with Asthma and was on medication. But the medication would make me so ill and lifeless. It was my teenage son who came to Tabor for a retreat, and he came and told me, "Mumy why don't you attend a retreat? Jesus can heal you." But I was not a person who valued prayer, Sunday mass and that was it. I started praying, "Lord please give me a chance to come for a retreat." Two years I had to pray. Then I got a chance to come for a retreat. My life changed I was cured of my Asthma today I am not on any medication. I was





financially in trouble always, even though I was working. But now everything has been changed. The Lord has been merciful and blessed me. Thank you, Jesus. Praise you, Jesus.

Jerry A. Baptista Healing

I was having a teribble pain in my left leg heel. I could not sit or stand for a longer time. But the day I came to Tabor Ashram and started to climb the ramp to come up to book a room. I was limping but by the time I reached up the limping had stopped. Again in thar night I had the pain when I got to bed. And even in the morning when I woke up. During the Inner healing adoration while praying I could not feel the pain again.

Then father announced that some people is delivered from this kind of pain and I acknowledged it by putting my hands up. From that time till now I feel no pain that could give me a limp. Thank you, Jesus. Praise you, Jesus.

Leanne Pereira

Blessing

We, my husband, son and myself were living in Norway. My son had just completed one year of age. Once the Child protective services made their usual monthly visits and at that time, my son David was ill. I was giving him children's liquid medicine from India. Child p. Services thought I was drugging my boy and took him away from me. David was put into foster care. We lost 2 court cases that year, but before the 3rd we went to Tabor U.K. and made our prayers. In the next next court appearance Jesus turned it in favour of us and David came home. This last court case was to put david for permanent adoption till he was 18. God saved our child and gave him back to us. Thank you, Jesus. Praise you, Jesus.

Leena Fernandes Healing

Jesus healed me from my body pain, knee pain and my skin allergies during my retreat at Tabor Ashram. Even my heart beat problem was healed. Also I got the grace of a forgiving heart. Thank you, Jesus. Praise you, Jesus.

Mary

Healing

A year back I was diagonised with multiple fibroid in the uterus. My condition was very critical due to heavy bleeding as my heamoglobin went down to 4 m.g. the doctors could not operate due to low Hemoglobin thereafter 6 blood pint transfusion was given which count came to 8 to 9. Hemoglobin and so I kept my trust in the Lord in times of suffering I called Tabor intercessory group and Lord heard our prayer. Ther operation was successful. Jesus restored and resuced my life and recovered me from my illness and gave me speedy recovery and good health. Thank you, Jesus. Praise you, Jesus.

Anthony

Blessing

I came to Tabor Ashram with a heavy heart. At the end of the retreat I could gladly proclaim His holy name. The Lord delivered me by giving the grace to forgive people in my family. Thus lifting up the burden I had in my heart and the other favour God granted me was to accept a job offer which otherwise I was confused what to do. Thank you, Jesus. Praise you, Jesus.

Dorothy Alphonso

Blessing

I attended a one day Saturday service at Tabor Ashram and did a good confession. I cried in front of blessed Sacrament praying, "Jesus please bless me with a good life partner". After 2 days I got a propsal of a boy and we got married with the blessing of our parents. I thank God for blessing me with a life partner, understanding supportive. God blessed us with a baby girl too. Thank you, Jesus. Praise you, Jesus.

Liane Almeid

Blessing

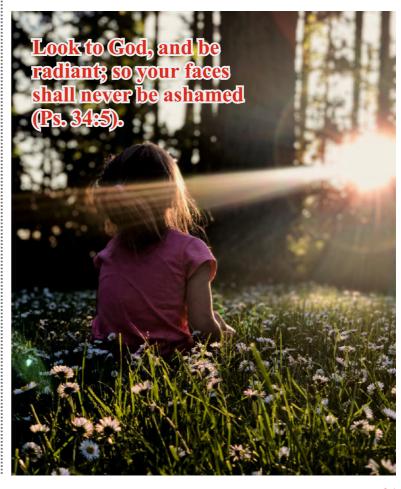
I was healed of the pain I was experiencing around my waist when I attended the Deliverance retreat at Tabor Ashram. I also got an increased interest to pray for others and an immense desire to spread the Word of

God. Thank you, Jesus. Praise you, Jesus.

Lovina

Blessing

There were many areas in my family which required attention and prayer. We got lot of hope, mercy in mysterious ways by attening a retreat at Tabor Ashram. My husband said after hearing halleluiah that he would run away. Thank God as the sessions started my husband started enjoying and taking active participation in the retreat. Thank you, Jesus. Praise you, Jesus.



TABOR ASHRAM

FAQs

Please tell me a little about TABOR ministries.

TABOR ministries are administered by Vincen-tian priests. We conduct evangelization retreats worldwide.

Could you please tell more about the Vincentian Congregation?

The Vincentian Congregation is a clerical society of the Catholic Church with the status of pontifical right. St. Vincent De Paul is the Patron of the Vincentian Congregation. The Congregation has taken as its motto, "He has sent me to proclaim the Good News to the poor" (Luke 4:18) and tries to realize it through Popular Mission retreats, preaching ministry, missionary works and charitable, social, educational and media apostolate.

Do you accept only Christians for retreats and prayer services?

Jesus accepted all, we too. "I will not reject anyone who comes to me" (John 6:37).

What do you mean by residential retreats?

A) Residential retreats are a time for prayer, reflection and renewal of life. B) It is a time to move from the daily routines of everyday life and journey in meditation of the Word of God to deepen relationship with God. C) The participants of the retreatshave to live in Tabor Ashram from Sunday 4pm to Wednesday 4pm. D) Food and accommodation will be provided by the Retreat Centre. E) The prayer services and preaching of the Word of God during retreat days are from 6am to 9.30 pm.

Are there some special rules for the Residential retreats?

Yes. A) Silence is to be kept during the retreat. B) Cell phones and electronic gadgets must be switched off from beginning to the end of the retreat. C) Use and storage of alcohol, cigarettes, tobacco or any other stimulant will not be allowed. D) The retreat badge should be worn at all times. E) Punctuality and complete participation are necessary.

F) Obedience, co-operation and mutual respect are expected from the participants.

I have a small baby, can I attend the retreat with the baby?

It is not convenient for mothers with small babies to attend the residential retreats.

I am mentally sick, can I attend the retreat?

We are sorry. We do not have the facility to give you special attention. You are advised not to attend residential retreats

B Do I need to bring personal care items?

Yes. You have to bring toiletries, bed sheets, blankets, pillow cases, towels and other personal care items. During monsoon season please bring an umbrella too.

Is there a chance to make confession during residential retreats?

Yes. There will be priests to hear confessions. We also

conduct examination of conscience service.

Do I need to register for residential retreats?

No. Prior registration is not required. You can walk in, register and join the retreat on any Sunday.

11 Where do I register?

On Sundays as you walk in there will be registration counters. Tabor team members are ready there to help you.

Can I attend Sunday Holy Mass at the Retreat Centre?

You have to come for the retreat after attending Sunday Mass in your parish where you are a member. Tabor ministries always promote active participation in parish services.

Can I get a Bible there?

Yes. The Holy Bible, Prayer books, rosary, CDs, notebooks, pens, religious articles are available here.

When do I have to come for the retreats?

The retreats start on Sunday 4 pm. You are requested to arrive on Sunday afternoon. Please collect your retreat badge upon arrival. Then just follow instructions with an open heart and have a fruitful retreat. If you need any help, please approach our zealous team members who are always happy to serve you.

Please tell me about one day pray services.

One day prayers services and night vigil services are free entry spiritual events, open to all. The programs include Praise and Worship, Preaching of the Word of the Word of God, Holy Eucharistic adoration

with healing and deliverance prayers, Confession and Holy Mass. For more details please visit our website-tabor ashram.org

16 How can I reach there?

Tabor Ashram is located along Kalyan-Murbad Highway. It is 50 km away from Mumbai international airport and 8 km away from Kalyan Railway station. The nearest local railway station is Shahad. You get taxis, buses, share-autos to reach here.

Do you have an office to contact?

Yes. Our office is open every day from 9.00am to 5.00 pm. The telephone numbers are 0706 128 129, 0731 679 168. You can also get the information through email-tabor ministry@gmail.com

FOR YOUR KIND ATTENTION

- 1. When Tabor retreats are conducted at any other place, they would be conducted exclusively under Fr. Martin Chittadiyil V.C., Fr. Jacob Arimpur V.C., Fr. John Erambil V.C., Fr. Jacob Vattaparambil V.C. and Fr. Augustine Padinjarekutt V.C.
- 2. Counselling services are conducted only inside Tabor Ashram and we have not authorised anyone to conduct these services outside. Similarly, family visits and
- telephone prayersare not authorised by us and under any circumstance Tabor Ashram cannot be held responsible for the outcome of any action of anyone.
- 3. If you are inspired to make an offering towards the Evangelization ministry of Tabor Ashram kindly send them in favour of MARY MATHA VINCENTIAN SERVICE SOCIETY to the following address: The Director, Tabor Ashram, Kamba Village, Varap
- P.O. Kalyan (w), Thane Dt. Pin 421 103.
 - 4. Donations can also be handed over personally at Donation Office of Tabor Ashram. We have not authorised any individual or institution at any other place for receiving donations.
 - 5. Please let us know your concern, feed-back and suggest ions through taborministry @gmail.com.



his copy of TABOR VOICE reaches your hand at a discounted price. We would like to thank all of our many donors and supporters without whom our ministry would not be possible. In particular, TABOR VOICE owes a great debt of gratitude to the following supporters who made this edition of TABOR VOICE and many of our works possible. Your support is not simply a charitable contribution but also a witness and testimony to the joy of the Gospel that brings people closer to Jesus. Trust in God's promises and know that no gift will go unrewarded because, "God loves a cheerful giver" (2 Corinthians 9:7). The contributions you make will be acknowledged here by the mention of your name.

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TABOR PROGRAM 2019

ONE DAY PRAYER SERVICES

First Friday Service with Fasting Prayer

English, Malayalam & Tamil at Tabor Ashram, Marathi & Hindi at Tabor Bhavan 8.30 a.m. to 4.00 p.m.

Saturday Prayer Service

English & Hindi: Every Saturday at Tabor Ashram Tamil: Every 4th Saturday 9.00 a.m. to 4.00 p.m.

Tabor Youth Fellowship

Every 1st Saturday at Tabor Ashram 9.00 a.m. to 4.00 p.m.

Sneha Sangam

Every 2nd Saturday at Tabor Ashram 9.00 a.m. to 4.00 p.m.

Night Vigil

Every 2nd Saturday at Tabor Ashram English, Hindi, Malayalam & Tamil 9.30 p.m. to 5.00 a.m.

RESIDENTIAL RETREATS

English : Every Week
Hindi : Every Week

Marathi: 2nd & 4th Sunday of

Every Month

Malyalam:1st Sunday of every

Month

Sun. 4.00 p.m. to Wed. 3.00 p.m.

Tamil Retreats

October 20 -23, December 15 -18

Youth Retreat

October 20 -23 Sun 4.00 p.m. to Wednesday 3.00 p.m.

Priests & Religious Retreat

October 27 - November 01 Sunday 7.00 p.m. to Friday 8.00 a.m.

English Special Retreats

October 13-17: Marian Retreat November 10-14: Inner Healing Growth Retreat Dec. 08-11: Advent Retreat

Malayalam Special Retreats

October 06-09: Marian Retreat December 01-04: Inner Healing Retreat

Konkani Retreats

September 15-18 Marian Retreat November 17-20 Inner Healing Retreat

Tabor Outreaches

If you wish to organize a Tabor Retreat in your parish or institution please contact taborministry@gmail.com

Silent Retreats

If you wish to make a silent guided retreat we welcome you.

Please contact taborministry@gmail.com

Perpetual Adoration & Intercession

All those who have attended two retreats at Tabor can join these programme.

12 days discipleship Programme 40 days with Jesus Programme

FOR DETAILS

Call during office time: From 9.00am to 5.00 pm. Tel. 0706128129, 0731679168. Email-tabor ministry@gmail.com



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