Today is World ‘NO TOBACCO’ Day.
A fully burnt Cigarette Ash said...
Today it’s Me,
Because of You,
Tomorrow it’s You,
Because of Me....

Risks from Smoking

Smoking can damage every part of the body

Cancers
- Head or Neck
- Lung
- Leukemia
- Stomach
- Kidney
- Pancreas
- Colon
- Bladder
- Cervix

Chronic Diseases
- Stroke
- Blindness
- Gum infection
- Aortic rupture
- Heart disease
- Pneumonia
- Hardening of the arteries
- Chronic lung disease & asthma
- Reduced fertility
- Hip fracture
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This publication is solely supported by the subscription and voluntary donations of its readers and well wishers. Your contributions - intellectual and financial are most welcome.

EMPOWERING THE NEW GENERATION

Volume 11 Issue 07 May 2013
The link between smoking and lung cancer is clear.

- Ninety percent of lung cancer cases are due to smoking.
- If no-one smoked, lung cancer would be a rare diagnosis – only 0.5 per cent of people who’ve never touched a cigarette develop lung cancer.
- One in ten moderate smokers and almost one in five heavy smokers (more than 15 cigarettes a day) will die of lung cancer.

If you smoke, the risk of contracting mouth cancer is four times higher than for a non-smoker. Cancer can start in many areas of the mouth, with the most common being on or underneath the tongue, or on the lips.

Other types of cancer that are more common in smokers are:

- Bladder cancer
- Cancer of the oesophagus
- Cancer of the kidneys
- Cancer of the pancreas
- Cervical cancer

**COPD**

Chronic obstructive pulmonary disease (COPD) is a collective term for a group of conditions that block airflow and make breathing more difficult, such as:

- Emphysema – breathlessness caused by damage to the air sacs (alveoli)
- Chronic bronchitis – coughing with a lot of mucus that continues for at least three months.

Smoking is the most common cause of COPD and is responsible for 80 per cent of cases.

It’s estimated that 94 per cent of 20-a-day smokers have some emphysema when the lungs are examined after death, while more than 90 percent of non-smokers have little or none.

COPD typically starts between the ages of 35 and 45 when lung function starts to decline anyway.

In smokers, the rate of decline in lung function can be three times the usual rate. As lung function declines, breathlessness begins.

As the condition progresses, severe breathing problems can require hospital care. The final stage is death from slow and progressive breathlessness.

**Other risks caused by smoking**

- Smoking raises blood pressure, which can cause hypertension (high blood pressure) – a risk factor for heart attacks and stroke.
- Couples who smoke are more likely to have fertility problems than couples who are non-smokers.
- Smoking worsens asthma and counteracts asthma medication by worsening the inflammation of the airways that the medicine tries to ease.
- The blood vessels in the eye are sensitive and can be easily damaged by smoke, causing a bloodshot appearance and itchiness.
- Heavy smokers are twice as likely to get macular degeneration, resulting in the gradual loss of eyesight.
- Smokers run an increased risk of cataracts.
- Smokers take 25 per cent more sick days in a year than non-smokers.
- Smoking stains your teeth and gums.
- Smoking increases your risk of periodontal disease, which causes swollen gums, bad breath and teeth to fall out.
- Smoking causes an acid taste in the mouth and contributes to the development of ulcers.
- Smoking also affects your looks: smokers have paler skin and more wrinkles. This is because smoking reduces the blood supply to the skin and lowers levels of vitamin A.

**Smoking and impotence**

For men in their 30s and 40s, smoking increases the risk of erectile dysfunction (ED) by about 50 per cent.

Erection can’t occur unless blood can flow freely into the penis, so these blood vessels have to be in good condition.

Smoking can damage the blood vessels and cause them to degenerate: nicotine narrows the arteries that lead to the penis, reducing blood flow and the pressure of blood in the penis.

This narrowing effect increases over time, so if you haven’t got problems now, things could change later.

Erection problems in smokers may be an early warning signal that cigarettes are already damaging other areas of the body – such as the blood vessels that supply the heart.
Who can Eliminate the Problems of this World?

We are living in a changing world, but we have to hold on what is true, real and eternal. Sufferings, pain, sorrow, sweat, crown of thorns, death, returning to dust- the seven problems remain the same in the world since the dawn of civilization. Man is trying day and night to eliminate the above seven problems from the face of the earth, but he utterly failed why? A child is trying to find consolation by reaching the breast of his mother, dry land to water, river to sea, fire to the sun, deer pants for water brooks, then why can’t we pant for our creator who made Heaven and Earth.

Accept the first sentence of the scripture- Bible.

“In the beginning God”- that denies ‘atheism’ with its doctrines of ‘No God’ “In the beginning God”- that denies ‘polytheism’ with its doctrine of ‘many gods.’

“In the beginning God”- that denies ‘fatalism’ with its doctrine of ‘chance.’

“in the beginning God”- that denies evolution with its doctrine of ‘infinite’ becoming’

“God created Heaven and Earth” – that denies ‘Pantheism’ which makes God and universe identical.

God created Heaven and Earth”- that denies materialism which asserts the eternity of matter.

How did the problems of man arise? – it is because of disobedience of man. God created man with freedom of choice. All other creatures are made for specific orders. Man chooses what he wants to eat and drink. Eating is the main problem of human beings since the beginning of man. God placed two trees before him one, tree of life and the other, tree of death. Fruit of the tree of death is beautiful to the eyes of man, desirable to eat and that may give pride of life- but leads to death. God said, never eat from the tree of death. Man disobeyed and was subjected to curse resulting in sin.

Sin produces sufferings, pain, sorrow, sweat, thorn and thistles, death and returning to dust from where he was taken. Thus man is separated from the fellowship of God. Man’s science and technology never enabled him to cross the line of death. God said “it is appointed for man to die once and after this comes judgment. If man can cross the line of death then scripture is false.

In order to solve the problems of man God sent His only begotten son, Jesus to this sin–ridden earth to reconcile man with God. He suffered, sustained pain, plunged in deep sorrow, His sweat came out as droplets of blood – He was crowned with crown of thorns – He fell in the dust and died on the cross for the penalty of ‘sin’ that caused the seven problems of man.

The risen Christ is asking only four things:-

1. Believe in me (a person).
2. Believe in a plan (I am the way, the truth and the life).
3. Believe in a place (Paradise).
4. Believe in a promise (Second coming of Jesus).

If you and me will obey His demands we will be finally collected to the place where there is no more suffering, pain, sorrow, sweat, crown of thorns and death.

Oh, you weary and heavy laden come to Jesus. He is our constant companion, comforter, counsellor, confidence, our in–dwelling sympathizer, sustainer, sanctifier, satisfier, our never-failing refuge in every crisis, disappointment or loss or trial, our secret source of strength and cheerfulness for day–today humdrum routine and testing. He guides and guards us. He shares his life with us through sunshine and shadow lining every cloud of sorrow with heavenly gold and painting a rainbow of a reassurance over every stormy sky. Through all our pilgrim way, he is a friend that sticketh closer than a brother with glorious love surpassing that of Jonathan for David.
Spiritual food from Luke

About Humility and Exaltation

Luke places much emphasis on humility and exaltation. The publican was brought low in repentance before he was exalted (18:13,14). So was the prodigal son (15:13-24). Just the opposite is true for one who seeks to exalt himself. The Pharisee who boasted of all his good works was abased. He did not go back to his house justified (18: 9-12,14). Cross bearing is humiliating, but it exalts one as a disciple of Christ (9:23,24). This is the paradox. The way “up” is “down”. The way to “victory” is “surrender”, but it is God’s way of true blessing. We must ever be learning the truth that

Whosoever exalts himself shall be abased (14:11)

If we would rise high, we must lie low, for before honour is humility. We are all prone to exalt ourselves, and to justify ourselves in doing so. There is very much pride remaining in our hearts and it often lies concealed under our most humiliating expressions. We need to be stripped daily, to be emptied from vessel to vessel; for if we are not, self-will will soon puff us up. Every Christian should aim to exalt his God, to honour the Lord Jesus, and to leave his own reputation in his Saviour’s hands. Honour follows the truly humble even like his shadow, but it flies away from the proud like a bird. Pride must be abased. The proud professor must be laid low. Every doctrine of the Gospel, and every precept of God’s law, is opposed to our pride. If therefore we swell with self-conceit, if we make much of ourselves, if we set ourselves up before, or above our fellow men, God will bring us down; for whosoever exalts himself shall be abased, but he that humbles himself shall be exalted. May we be daily clothed with humility.
Most people know that smoking can cause lung cancer, but it can also cause many other cancers and illnesses.

**How do cigarettes damage health?**

Cigarettes contain more than 4000 chemical compounds and at least 400 toxic substances.

When you inhale, a cigarette burns at 700°C at the tip and around 60°C in the core. This heat breaks down the tobacco to produce various toxins.

As a cigarette burns, the residues are concentrated towards the butt.

The products that are most damaging are:

- Tar, a carcinogen (substance that causes cancer)
- Nicotine is addictive and increases cholesterol levels in your body
- Carbon monoxide reduces oxygen in the body
- Components of the gas and particulate phases cause chronic obstructive pulmonary disorder (COPD).
- The damage caused by smoking is influenced by:
  - The number of cigarettes smoked
  - Whether the cigarette has a filter
  - How the tobacco has been prepared.

**Smoking affects how long you live**

Research has shown that smoking reduces life expectancy by seven to eight years.

The number of people under the age of 70 who die from smoking-related diseases exceeds the total figure for deaths caused by breast cancer, AIDS, traffic accidents and drug addiction.

Non-smokers and ex-smokers can also look forward to a healthier old age than smokers.

**Major diseases caused by smoking**

**Cardiovascular disease**

Cardiovascular disease is the main cause of death due to smoking.

Hardening of the arteries is a process that develops over years, when cholesterol and other fats deposit in the arteries, leaving them narrow, blocked or rigid. When the arteries narrow (atherosclerosis), blood clots are likely to form.

Smoking accelerates the hardening and narrowing process in your arteries: it starts earlier and blood clots are two to four times more likely.

Cardiovascular disease can take many forms depending on which blood vessels are involved, and all of them are more common in people who smoke.

- Coronary thrombosis: a blood clot in the arteries supplying the heart, which can lead to a heart attack. Around 30 per cent are caused by smoking.
- Cerebral thrombosis: the vessels to the brain can become blocked, which can lead to collapse, stroke and paralysis. Damage to the brain’s blood supply is also an important cause of dementia.
- If the kidney arteries are affected, then high blood pressure or kidney failure results.
- Blockage to the vascular supply to the legs may lead to gangrene and amputation.

Smokers tend to develop coronary thrombosis 10 years earlier than non-smokers, and make up 9 out of 10 heart bypass patients.

**Cancer**

Smokers are more likely to get cancer than non-smokers. This is particularly true of lung cancer, throat cancer and mouth cancer, which hardly ever affect non-smokers.

(Contd on page........04)
On Men and Women – a look at the deeper issues

Women See Relationships, Men See Body Parts

Men want sex, and women want relationships. Men want flesh and women want love. Just as boys wanted balloons, toys, and carburetors, girls have always wanted contact, and communion, and company. The female mind is organized to place priority on relationship, the male on achievement. Men keep a tally of their sexual conquests. The female brain is not organized to keep sex in a separate compartment. This is a male model-as if his brain has a specific filing cabinet for sex, completely unrelated to emotion.

This ability to compartmentalize is why a man can put his involvement with pornography in one compartment or cellular-memory group in his brain and his relationship with his wife in another. He may consider the two to be completely unrelated. Many men can’t understand why their wife makes such a big emotional fuss when she finds out he has been viewing pornography.

The structure of the male brain vs. the female brain is very different. As a result, men and women and teenage boys and girls, do not react to nor view sexuality and intimacy the same ways. Pornographers approach the male and female markets differently. What seems harmless, uninteresting, or meaningless to a woman may be extremely powerful and addictive to a man or vice versa. We must be aware of what materials, stimuli, and circumstances make men and women and teenage boys and girls, most vulnerable and at greatest risk when it comes to pornography, chat rooms, movies, TV programs, etc.

How Internet Pornographers Target the Male Brain

Internet pornographers are some of the most cunning, degenerate marketers and salespeople in the entire world-physical or virtual. They know their craft and have devised laser-focus techniques to capture each of those markets. Based on the structure of the male brain, how do Internet pornographers market to men and teenage boys?

1. Vision is the key perceptual sense in males - they “like to look.” They respond with far more vigor and speed to visual stimuli than females typically do.

2. Pornographers specifically target the male mind body in the design and marketing of their materials. If they can’t lure the male viewer in through one method, they have a dozen others uniquely geared to his physiology.

Men and teens must be very careful not to be lulled into the complacency trap that says, “That stuff doesn’t attract me at all - I can handle it with no problem.” There are literally thousands of different varieties of porn on the Internet from all over the world. If such an individual engages in viewing Internet porn long enough, eventually he will encounter something that does push his button, triggers arousal, and has a high potential for addiction.

Women View Pornography differently than men do

Internet pornographers know full well that they cannot have any significant degree of success marketing to females using the same techniques they use for the male market. Male and female brains are different; the Internet pornographer’s marketing approach must also be different.

It is obvious that Internet pornographers, some of them women, have openly chosen to pursue the female porn market.

The key perceptual sense for females is not vision, or any one sense. Instead, females place high priority on all the senses as a whole. No one sense is given significant value over the others. Most women would consider it absurd that they could ever be addicted...
to such “disgusting trash” as pornography. They must understand that pornographers market very differently to females as opposed to males. Young girls as a group are fast becoming one of the most vulnerable to pornography of any category. There are certain times in a girl’s development when she is more impressionable and sensitive to outside stimuli. When cellular-memory groups and neural pathways are laid down during these times, these negative influences get etched in their minds. The girl’s attitudes, emotions, self-esteem and core beliefs are swayed for life.

1. The same female mind body characteristics that can attract a woman to romance novels can also lure her into cybersex chat rooms, Internet pornography, and eventually sex and/or porn addiction. Women are attracted by romantic words, images, and themes in films and stories. Women’s sexual fantasies include more affection and commitment. Women often dwell on their own emotional reactions. And they also think about their partner’s emotional characteristics. The process is much more subtle and seemingly innocent than that of male addiction, but just as (or more) debilitating and devastating.

2. With all of the movies, TV, magazines and other media constantly bombarding them with a “male dominated” presentation of sexuality, women must be very careful not to adopt a narrow male-like mindset. Girls are constantly being sent the message through magazines, television, movies, comedy, and pornography that teenage boys and men are after sensuous and voluptuous female bodies.

What shall we conclude based on Research Findings compiled by Mark B. Kastleman?

It is quite obvious that significant differences exist in the brain wiring of men and women. We need to base our code of ethics and patterns of behavior based on these scientific facts which are part of our makeup. God, the creator knows the best about us. It is impossible for us to address these issues, without following the manufacturer’s manual - the Bible. Every device is designed for a specific task and it is a common understanding that the device would malfunction, if it is overloaded. Hazards can be avoided, only if instructions in the manual and safety standards are adhered to.

In the context of sexual promiscuity, listen to these verses in Proverbs 6:27,28; “Can a man take fire to his bosom and his clothes not be burned? Can one walk on hot coals, and his feet not be seared?” You cannot carry the fire of the passion of an illegitimate relationship on your bosom, without getting burned! Well, what then are the precautions that can be taken, in the light of all these?

Precautions for Men

1. Be watchful about your thoughts: “Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things” Philippians 4:8. Note: Negative thoughts trigger negative actions.

2. Be careful about what you see: “You have heard that it was said to those of old, ‘You shall not commit adultery.’ But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart” Jesus says in Matthew 5:27, 28. Note: Visual stimulation could lead you to unreasonable actions.

3. Flee from provocative situations: “Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart” 2 Timothy 2:22 Note: It is safer to accept your limitation and run away.

4. Avoid bad company: “Do not be misled: Bad company corrupts good character” 1 Corinthians 15:33 Note: Bad company can lead you to various addictions.

5. Fear God and yield to His instructions: “Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man. For God will bring every work into judgment, with every secret thing, whether it is good, or whether it is evil” Ecclesiastes 12:13-14 Note: We are accountable to God for all our actions. Fear of God is tested in the secret thoughts of the heart.

Precautions for Women

1. Know that you are precious in God’s sight and find security in Him: “Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you! See, I have engraved you on the palms of my hands; your
waller are ever before me” Isaiah 49:15-16 “Yes, I have loved you with an everlasting love; Therefore with loving kindness I have drawn you. Again I will build you, and you shall be rebuilt...” 4 Note: When you are secure in God’s love, you will not long for security in the so called ‘love’ available elsewhere.

2. Renew your mind and overcome anxiety: “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is-his good, pleasing and perfect will” Romans 12:2 “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus” Philippians 4: 6-7 Note: Only a renewed and peaceful mind will be able to make the right choices at decisive moments.

3. Be careful about secret communications: “But I am afraid that, as serpent deceived Eve, by his craftiness, your minds will be led astray...” 2 Corinthians 11:3 Note: Secret private communications could lead you astray.

4. Be wise and discerning – be a wall and not a door: “Be wise as serpents and harmless as doves...” Matthew 10:16. “If she is a wall, we will build towers of silver on her. If she is a door, we will enclose her with panels of cedar” Songs 8:9 Note: One can easily walk through a door, but will have to rebound on reaching a wall.

5. Fear God and be modest: “Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised” Proverbs 31:30 “I also want women to dress modestly, with decency and propriety” 1 Timothy 2:9 Note: You are accountable to God for all your actions and need to be considerate.

Respect your makeup and take precautions

We are shell shocked at the tragic torture of many girls. We also need to take note that many of those men involved were addicted to sex and violence depicted in the porn sites. It might also be true that at least some of those innocent victims were too simple to have thought about the dangers lurking round the corner.

We ought to respect the wiring of our brain and take appropriate precautions, lest we lose ourselves and our society. Think again, before you send out that personal SMS with a tinge of seduction. Think again, before you share your thoughts and feelings to the person of the opposite sex (over voice or text). Think again before you pat and pet. Think again, before you take that liberty to get too close. Think again, before you click on the mouse, falling prey to the addictive wares of the Porn Industry. Think again, before you go ahead and pollute your mind with those erotic novels. A stitch in time saves nine. Applying a little thought now, would save you from a lot of tears later. “Guard the thoughts of your heart with all diligence; your life is shaped by your thoughts” Proverbs 4:23 GNT/NIV. I have learned most of these lessons, the hard way. You need not be intimidated by your past failures. Probably, you are reaping the consequences of some of your wrong choices and carelessness, now. Do not be disheartened. All that is required is to be ruthlessly honest with you. The first step to freedom is to acknowledge that you are in bondage. Come to God with remorse and a genuine longing for freedom. He will help you through. “So if the Son makes you free, you will be free indeed” John 8:36.

Yes, the issues are deeper than what are being portrayed by the media. Transformation of the society is to begin in the mind and actions of individuals. Let us do our part in this journey forward...

March 8, is being celebrated as International Women’s day and the UN theme for the year 2013 is “A promise is a promise: Time for action to end violence against women”. Here is a poem that I wrote for all our dear Women.

To our precious women

You are so precious in God’s sight
We too value you so great
A safe working environment is your right
I promise to make it for you bright
Free to wake and walk
Free to pause and praise
Free to laugh and lark
Free to work and talk
You can move ahead with confidence
Free from stares and cares
To fulfill the purpose of your creation
With discernment and courage.
‘I call to remembrance my song in the night’ (Psalms 77:6)

“Our sweetest songs are those

That tell us of our saddest thoughts”…

Many people never learn to sing until the darkling shadows fall. ‘Ode to a nightingale’ is one of the finest poems of John Keats, the famous English poet. The fabled nightingale carols with its breast against a thorn. The angelic song was heard in the dark night. There is the fable of a little bird that will never sing the melody while his cage is full of light!

Just like this, it is doubtful if a soul can really know the love of God in all its richness and glory until the skies are black. Light comes out of darkness and morning out of the womb of the night. The fragrant roses are gathered in the darkest hours. It is noted that forty percent of the fragrance of roses disappear in the light of the day!

The road ahead may be too rough and instead of flowers, there may be thorns in plenty. The skies over may be too dark. But when we walk with the Great Lord, the journey will turn out to be so sweet and sparkling with inward joy. He is the light of the world…..

There is a divine purpose behind every dark night through which we pass. He will not only give a new song in our mouth during the night, but also provide a beautiful morning ahead.

“And he shall be as the light of the morning,

When the sun riseth, even a morning without clouds; as the tender grass springing out of the earth by clear shining after rain (2 Samuel 23:4).

“When peace like a river, attendeth my way,

When sorrows like a sea billows roll

Whatever my lot thou hast taught me to say

It is well, it is well with my soul……”
Youth Ministry, the need of the hour

Young people all over the world are a significant segment of society. Though India is an ancient country it is becoming young because more than half the population is young.

Today’s kids live in a culture that changes almost by the minute (Ticlog President, youth Specialties). It is a necessity to present a vision for how youth ministry needs to change to meet the needs of students not only now but for some five to ten years. We want Inter Collegiate Prayer Fellowship (ICPF) to move from mediocrity to a ministry of that is life changing and world impacting. Our student ministry should be purpose-driven, having clear vision, outward focus, compassion for lost people, worship, and prayer, evaluating for effectiveness and impacting the world. Youth Ministry is a specialized one. Youth minister must be proficient in the knowledge of youth culture, youth psychology and youth problems. The following are the minimum qualification for youth or student minister.

First the youth minister should follow the principle of “walk the talk.” In other words we must practice what we talk about Christ likeness should be the goal of every minister who is involved in youth ministry. The kids always look for a role model.

Secondly he must be a man of prayer “Mastering the art of prayer, like any other art, will take time and the amount of time we allocate to it will be the true measure of our conception of its importance. (Oswald Sanders). Can you pray one hour each day apart from ‘quiet time’ and family altar!

Thirdly, accountability. Every Minister of God especially youth minister should be under the discipline of his senior authorities.

Finally beware of fatal flaws that can ruin a man of God like pride, immorality and greed for money. There are several other snares a youth worker can fall into. A true youth worker is the need of the hour.
I. ക്ലാരിനോ സാക്ഷരതയുടെ ഭാഗമാണ് മജാമന്നൽ തൊഴിലാളികളുടെ (ഇ. 8:1,2) 

ഇന്ന് എല്ലാ തമാശകളും പല ഉയർന്നന്തരിച്ചിട്ടുള്ള പ്രശ്നങ്ങളെ പരിഹരിക്കുന്നതിനായി ജനങ്ങൾ പ്രത്യേകിച്ചു ചുമതലകളിൽ കരിക്കുന്നതിനാണ് സാക്ഷയുമായി പ്രവര്‍ത്തിക്കുന്നത്. ഉയർന്ന നല്ല നാമ മാത്രമാണ് പൊതുജനങ്ങളുടെ സ്വയംഭരണത്തിന്റെ ഭാഗമാണ് സ്വാഭാവികവും. കൃത്തവും ആലമ്മയും ഉദാഹരണമാണ് സ്വാഭാവികവുമായി പരിഹരിച്ചിട്ടുള്ള പ്രശ്നങ്ങളെ പരിഹരിക്കുന്നതിനാണ് സാക്ഷയുമായി പ്രവര്‍ത്തിക്കുന്നത്. 

II. ക്ലാരിനോ സാക്ഷരതയുടെ ഭാഗമാണ് മജാമന്നൽ തൊഴിലാളികളുടെ (ഇ. 4:19) 

ജനനായി പൊതുജനങ്ങളുടെ സേവനത്തിന്റെ ഭാഗമാണ് ക്ലാരിനോ സാക്ഷരതയുടെ വലിയ ഭാഗമാണ്. പ്രത്യേകിച്ചു പൊതുജനങ്ങളുടെ സേവനത്തിന്റെ ഭാഗമാണ് ജനനായി പൊതുജനങ്ങളുടെ സേവനത്തിന്റെ ഭാഗമാണ് നല്ല നാമ മാത്രമുണ്ടാകണമെന്നാണ് ജനനായി പൊതുജനങ്ങളുടെ സേവനത്തിന്റെ ഭാഗമാണ് ക്ലാരിനോ സാക്ഷരതയുടെ വലിയ ഭാഗമാണ്. 

III. ക്ലാരിനോ സാക്ഷരതയുടെ ഭാഗമാണ് മജാമന്നൽ തൊഴിലാളികളുടെ (ഇ. 19:1,2) 

ഇന്ന് എല്ലാ തൊഴിലാളികളുടെ സേവനത്തിന്റെ ഭാഗമാണ് ക്ലാരിനോ സാക്ഷരതയുടെ വലിയ ഭാഗമാണ്. ജനനായി പൊതുജനങ്ങളുടെ സേവനത്തിന്റെ ഭാഗമാണ് ക്ലാരിനോ സാക്ഷരതയുടെ വലിയ ഭാഗമാണ്. ജനനായി പൊതുജനങ്ങളുടെ സേവനത്തിന്റെ ഭാഗമാണ് ക്ലാരിനോ സാക്ഷരതയുടെ വലിയ ഭാഗമാണ്.

IV. ക്ലാരിനോ സാക്ഷരതയുടെ ഭാഗമാണ് മജാമന്നൽ തൊഴിലാളികളുടെ (ഇ. 20:11) 

ഇന്ന് എല്ലാ തൊഴിലാളികളുടെ സേവനത്തിന്റെ ഭാഗമാണ് ക്ലാരിനോ സാക്ഷരതയുടെ വലിയ ഭാഗമാണ്. ജനനായി പൊതുജനങ്ങളുടെ സേവനത്തിന്റെ ഭാഗമാണ് ക്ലാരിനോ സാക്ഷരതയുടെ വലിയ ഭാഗമാണ്. ജനനായി പൊതുജനങ്ങളുടെ സേവനത്തിന്റെ ഭാഗമാണ് ക്ലാരിനോ സാക്ഷരതയുടെ വലിയ ഭാഗമാണ്.
ICPF has spread its wings to one of the Caribbean Islands, St. Lucia. The first ICPF prayer group was conducted on 6th April 2013 from 10 am. To 11.30 am. At American International Medical University, St. Lucia. The meeting was started with the prayer by Betty Mathew. Singing session was led by Justin T%. Paul. Gifty Benny has shared the testimony session and a short meditation was made by Joel S. John. The meeting was attended by medical students.

They have decided to conduct the prayer group regularly from May for 45 minutes during the lunch break from 12.15 to 1 pm.

This prayer group will be a forum for students to share prayer requests, intercessory prayer for school faculty, administration and other students with a quiet time to reflect on portion of scripture.

They have also decided to hold music meets on Wednesdays where a live local Christian band comes into play music and this will help to reach out to the local Caribbean students too. Kindly pray for the events in St. Lucia Island.

Betty Mathew
(Student Leader)
A General Principle

Aristotle said, "The whole is greater than the sum of its parts." (General Principle)
General Principle (Leviticus 11:17) showed that the highest level of spirituality (Higher level of spirituality) is reached when one is able to see the handiwork of God. The handiwork of God, as seen through the creation of the universe, is a reflection of His glory. This glory is seen in the Psalmist's words, "Your kingdom endures forever, Your throne is established forever" (Psalm 45:6).

Prosperity (Deuteronomy 8:9-11) is a result of obedience to God's commandments. When we follow the path God has laid out for us, we are able to experience His blessings. This is true for all areas of our lives, including our relationships, our work, and our personal growth. When we place our trust in God, we are able to see the handiwork of His glory in our lives.

The handiwork of God is not just limited to the physical world, but also extends to the spiritual realm. When we seek to follow God's will, we are able to see the handiwork of His glory in the hearts of those around us. This is true in the life of the Psalmist, who said, "I shall greatly rejoice in the Lord, my soul shall be exalted in God" (Psalm 45:10).

In conclusion, the handiwork of God is seen in the physical world, the spiritual realm, and in the hearts of those who seek to follow Him. When we seek to follow God's will, we are able to see the handiwork of His glory in our lives. This is a message that we should all strive to remember as we go about our daily lives.
Doha: The year 2013 was remarkably a memorable year for ICPF Doha chapter because the theme of the camp “DETOX 5.23” marked profound spiritual awakenings among the youth. The theme “DETOX” meaning to live clean, fully devoted and dedicated to God in a contaminated world taken from the book of 1 Thessalonians 5:23. Around 270 students from different states of the Indian Community residing in Qatar attended the camp. Those who attended the camp were really blessed. Of the attendees, nearly 60% of them were adolescents and they were the main focus group of the camp. The camp was held in the IDCC complex and it encouraged and empowered young Christian people to pursue Jesus Christ with a zeal that would impact their generation. It was a new experience for the students from the traditional Christian background and they enjoyed the presence of the Lord and learnt a lot from the Bible.

Dr. D Joshua, (Vice President), Br. Jiffy Yohannan, (Student Counsellor in Eranakulam) and Br. Jerin Sankaramangalam, Gulf Region Student Counsellor were the resource persons. The kids section of the camp was managed by the local resource team; Br. Denish Raju, Br. Tinu George and Br. Blesson John. Various enjoyable programs viz action songs, story, games, video clips, worship and devotion captured their interest and they enjoyed the camp life.

Pr. John Thomas, IPC Faith Center, Doha officially inaugurated the ICPF camp on Thursday morning. The camp started with a heart warming Praise and Worship led by Br. Jiffy Yohannan with the support of the ICPF Doha choir and all the campers enjoyed the singing sessions and felt free to worship God. The theme discussion (1 Thess. 5:23) by Br. Jerin Sankaramangalam made a good impact on teens in the beginning of the camp itself through his emphasis on Sanctification process in our spiritual life. This session made them to understand the theme “how to get rid of poisonous substance from our body to live a clean life in this contaminated world” that touched the hearts of many students. The revival broke through on the very first day itself and God was moving powerfully among the students that led to 34 of them deciding to part with all evil ways and take a stand for Jesus.

The programes included of ice breakers, group activities, video clips with Christian theme, games and of course the inspirational and spirit lifting messages which fulfilled its mission of providing opportunities for spiritual birth, growth and renewal. Group activities helped to keep every teenager involved and break the ice for those who did not know each other. Most of the students were influenced by the video clips shown during the sessions of Br. Jerin on overcoming temptations (Luke 4: 1-14). These messages were incredibly effective in shaping their life and the greatest thrill was observed among the younger generation for the reality of God and a deep desire to walk in God’s ways.

Br. Jiffy Yohannan shared divine truths with the students on obeying HIS commandments to abide in HIS love (John 15:10-11), long vision for the kingdom of God (1 John 1:9) and significance of water baptism (Mark 16:16-17) that led 51 students to take decision for water baptism. After ministering the word of God on importance of a spirit led life and infilling of the Holy Spirit to be HIS witness (Acts 2:41), the consuming fire of the Holy Spirit swept through the place as the youth soaked in the magnificent presence of the Almighty God and 37 students received the baptism of the Holy spirit and spoke in other tongues.

The messages of Dr. Joshua to the youth were quite effective. He explained the importance and necessity of quiet time (1 Pet 2:2 & John 15:5) and discipleship (Acts 11:26). The last session was a special one for the campers and they will never forget as they attended the class of Dr. Joshua on mission challenge “Whom shall I send? Here Am I, Send me” along with bibliographical sketches of renowned missionaries that led 15 students to take decision to be in full time ministry.
The detailed statistics of India highlighted the urgency of young missionaries in India for Evangelism among the youth. Students listened with rapt attention as Dr. Joshua expounded the word, eager to go and impact the youths in their institutions.

It was evident from the decision of students mentioned in the feed back forms that there was a real transformation among them:

- 34 students accepted Jesus Christ as their personal Saviour
- 51 students have taken decision to take water baptism
- 37 teens were filled in the Holy Spirit with the sign of other tongues.
- 15 teens surrendered their life for full time ministry
- 80 youngsters decided to do student ministry
- 19 teens for one year mission work

This year, for the first time, there was a leadership training program for the student leaders prior to the camp and 22 committed students from various churches attended this program. The session by Br. Jerin on the Moravian Prayer Movement that started 600 years ago by John Hus was a very informative and encouraging session for the student leaders to revive their decisions. As a result, these student leaders hand in hand with Senior officials shouldered the responsibility of managing the camp. It was also planned that a website for ICPF Doha would be established so that teen campers can express their good views and share their ideas for HIS glory.

God does not call the equipped, HE equips the Called ones. We give all glory and honour to God for the mighty revival among the youth in Qatar.

**THE ICPF DOHA CHAPTER**

Chandigarh: ICPF Chandigarh organized a student Leader’s Meet and Fellowship on 12th May after noon at Hotel Royal Palace, Phase-X Mohali. CGPF Treasurer Mr. Victor Sagaya Raj took main session on Discipleship and Mr. Cheriyan Mathew handled the session which led the youngsters towards re dedication. A list of educational institutions at Chandigarh and Mohali was preapared and prayed for each of the colleges. Fellowship meal was served and all enjoyed the day by praising and giving all glory to God.

*Babu James*

(Student Counselor, Chandigarh)
33rd ICPF Annual Camp
October 11-14, 2013
Mount Olive Counselling Centre, Muttumon

Annual get together of students and seniors of ICPF

Guest Speaker:
Dr. Sam Skariah (Wilson College, Mumbai)

Camp Fee:
Students - ₹ 300
Seniors: - ₹ 500
(Room charges extra)

Seats limited to 300 students
Pre registration begins on August 5th, 2013

Camp Co-ordinator:
Bro. K.I. Mathew - 0481-2423796, 0469 - 2668225

ICPF Student Leader’s Meet-Chandigarh