



PURE AT HEART

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WHY LIVE PURE ?

Ushering into the new millennium, today's society has become more and more tolerant of liberal ideas. Beliefs on sex, relationships, and purity have been gravely distorted by media, creating a consciousness that is, in many ways, void of true Christian value. With the surge of Western ideas permeating our youth pop culture, by way of the digital age, it suddenly became widely accepted among young people to rush into all sorts of intimacy with the opposite sex without having to consider the consequences of their actions. Media has portrayed pre-marital sex as liberating, fulfilling and downright pleasurable. Unknowingly, this mindset debases the true value of sex and promotes a sexually promiscuous lifestyle.

Whether we remain oblivious to the facts or not, values are being corrupted in almost every institution (family, school, friends etc.) we are a part of. The foundations of morality are becoming loose every single day. Statistics will reveal to you staggering rates of teen pregnancies, abortion and sexually transmitted diseases (STDs).

With all these things happening around us, we cannot just sit around and choose to be passive or silent. We cannot lose young people to the false promises of the world. It is our mission to challenge this twisted mindset no matter how daunting the current realities are. We have to make known to everyone God's view and true purpose for love and sexuality.

Pope John Paul II addressed this need during his Wednesday Catecheses in St. Peter's Square between September 5, 1979 and November 28, 1984 and spoke about the human person and human sexuality. John Paul II says that these catecheses could be called "Human Love in the Divine Plan" or "The Redemption of the Body and the Sacramentality of Marriage". In the midst of the profound sexual crisis that is wreaking havoc in both the secular world and in the Church, the

Theology of the Body offers the hope of healing and restoration we all so desperately need, enabling everyone to rediscover not only the meaning of our creation as male and female, but through that, "the meaning of the whole of existence, the meaning of life". In Theology of the Body, John Paul II intends to establish an adequate anthropology in which the human body reveals God. He examines man and woman before the Fall, after it, and at the resurrection of the dead. He also contemplates the sexual complementarity of man and woman. He explores the nature of marriage, celibacy and virginity. The central thesis of John Paul's Theology of the Body is that "the body, and it alone, is capable of making visible what is invisible: the spiritual and the divine. It was created to transfer into the visible reality of the world, the mystery hidden since time immemorial in God, and thus to be a sign of it."

In a world which continues to promote hedonistic lifestyles (promiscuity, drugs etc.) as the answer to man's deepest longings, we are all called to Live Pure – to live a life which embraces chastity as the sure way to happiness. This calling goes beyond our membership to any religious or charismatic community, for it is inherent to us being sons and daughters of God. To live a pure lifestyle is our way to attaining the life God desires and dreams for us – a life of real freedom, true love and total happiness.



COUNTRY SERVANT - JIMMY XAVIER



LIVE PURE-LIVING COUNTER-CULTURALLY

It is so easy to go with the tide in the world today, and unfortunately, in the prevailing tide, it is a culture of sexual permissiveness. The young are being massively swept up in it. Propelled by social media and being woke, pressured by the need to conform, lacking parental formation, the youth of today are a lost generation.

But then, there is a reality that gives hope in a seemingly hopeless situation. It is the reality that we are created in God's image and likeness. And much as the world has set God aside, God is still the ever-powerful Creator and Almighty. What God wills, God can do. God has had His plan from the very start. We are to live our lives in accordance with His ways, to be a holy people.

And so there is the Live Pure work of MFC, whose members commit to a life of purity. They strive for purity of mind, eyes, speech and body. It is radical in its total commitment of one's whole body to purity and chastity and self-control. Only in such total commitment can one hope to overcome the strong influence of a world steeped in sin, together with the weakness of one's own flesh.

As such, to live pure it is counter cultural. It goes against the grain. It does not give in to basic impulses.

- In a world of widespread pornography, available at the click of a finger, one who lives pure determines to keep his mind free of impure and lustful thoughts. He will not look at pornography. He will avoid all other ways that

show explicit sexual content, such as in movies, television, print, pictures.

- In a society where speech is defiled, used to curse, to slander, to lie, to promote sexually-driven thoughts, to demean the name of the Lord, one who lives pure will only speak with grace. He will use his speech to upbuild, to encourage, to speak truth that sets free, to proclaim the Lord in all His goodness and ways.
- In an environment of permissiveness, where the human body is severely degraded, shorn of all dignity and beauty, the one who lives pure will look on and treat his body as what it truly is, a temple of the Holy Spirit. As such he will not engage in masturbation, fornication or homosexual acts.

One who lives pure desires a clean and whole life free from corruption and compromise. The desire for purity leads one to avoid and resist temptations that would pollute or weaken one's character. As purity is what leads to holiness, to live pure enables you to enter into God's holy presence. As it is said, "Blessed are the clean of heart, for they will see God." (Mt 5:8).

Striving to live pure is counter-cultural. It affects all aspects of one's life. The purity of one's life and heart will be reflected in one's thoughts, words, choices, attitudes, relationships. It will build a world around you that is pleasing to God

SERVANT GENERAL - FRANK PADILLA



"My dear young people, the Church needs you, your enthusiasm, your creativity, and the joy that is so characteristic of you."

POPE FRANCIS

THE TRUTH UNVEILED

The Truth Unveiled is a Catholic pro-life youth program, that promotes and defends the culture of LIFE and leading young people to a life of purity by sharing the good news of Love, Sex and Chastity

VISION: We are Catholic and committed to a life of purity, leading young men and women in pursuit of life's true meaning according to their destiny in Christ.

MISSION: We are pro-life advocates, striving for purity of mind, eyes, speech and body. We commit to share our conviction by giving young people opportunities to realize and live out the value of human dignity and fraternal relationships. This program has the following specific objectives at hand:

1. To promote a Live Pure lifestyle among the youth today.
2. To bring the cause of Live Pure to Parishes, High Schools, Colleges and Universities through Live Pure formation sessions, workshops and events.

CARING FOR THE YOUNG

Way of Beauty- The program focuses on the beauty of human sexuality based on the Theology of the body and how it can lead a young person to an understanding of self. This understanding leads to a greater conviction to see ourselves as God's masterpiece. Discovering the real meaning of love, relationships and sex inspires young people to make the right choice of striving to live pure. We use creative ways to go through the depths of young people's heart.

Power of Personal Testimony - To be a witness of the joy that comes from choosing chastity is a powerful tool to inspire young people. There is also great power in being vulnerable to young people about our own



challenges in our journey to purity as they see that they are not alone in their journey giving them hope to keep on going

An Encounter with Jesus- this is the ultimate goal in engaging youth at every program, to lead young people to encounter Jesus. The formation focuses on how the lord values us and only by His grace that living a pure lifestyle is possible. With all the brokenness and undertakings that young people go through it is in leading them to Jesus that they discover their way to wholeness.

Spread over 2 days, the program consists of various elements like prayer, sessions, group discussions, activities all focused on helping a youngster understand the truth about their Sexuality and how they can embrace their God given purpose to reflect His love through their life and vocation. The 5 sessions focus on the unique unrepeatability of every individual created in the image and likeness of God, define love, the consequences of lust and a life of impurity and answers common questions a youngster has related to dating, homosexuality, abortion, pornography, pre-marital sex etc. Youth are given practical tips to fight sin and addiction as they are encouraged to rely on the Holy Spirit through channels of Grace. They are exhorted to find freedom in Christ as the program culminates with an encounter with the healing presence of God at the confessional.



LEVEL UP

After two long years, the much awaited Regional Youth Conference, organised by MFC Youth (India), was held between the 23rd to the 25th of October, 2022 at The King's School in Margao, Goa. "Level Up!" was aptly named based on the verse from 1 Thessalonians 5:16-18, which seeks to encourage the youth to live by higher morals of always rejoicing in the Lord, praying without ceasing and giving thanks in all circumstances. The conference had in attendance youth from the South-Western regions of India, namely, Goa, Mumbai, Pune, Mangalore, Bangalore and Chennai.



The energy on Day 1 was palpable as the youth gathered together, with most of them meeting each other for the first time post the pandemic.

After completing registration formalities and collecting their conference kits, the youth gathered in the main hall where they were met with a riveting opening act that left them on the edge of their seats. The event head, Mr. Victor D'souza, then addressed the gathering and officially declared the conference open. The Music Ministry, Christ Avenue, then pumped up the youth with the conference song – Level Up. The day continued with a good mix of sessions, competitions, praise and worship, workshops and a game night.

Day 2 saw the youth come back with a higher level of

excitement and hungry for more. Along with the sessions and workshops, the second day brought with it a time for inner healing, reconciliation and adoration. There was also a talk on Liturgical Bible Study sessions to help youth understand the Sunday liturgy comprehensively. Special sessions were also held for the Youth Formators to allow for a space of discussion and sharing of their experiences and expectations. This jam-packed day ended with a fun fete night and a Catholic rendition of partying.



The last day of conference didn't see any dullness of spirit. The time of fellowship over the past two days saw a revival of old friendships and the creation of new ones. The highlight of this day was the prayover wherein the community elders prayed over the Formators who then went and prayed over each of their youth. An encouraging message from the Country Servant, Jimmy Xavier, was what everyone needed to retain their new found energy and excitement. With a whole lot of memories, new experiences and renewed spiritual vigour, the conference was brought to a close with the praise fest and the final exhilarating closing act.



TESTIMONIES

The RYC on the whole was an amazing experience by itself, but to be more specific my favourite part was the pray over session and the confession after which I felt so light and new by surrendering it all to Jesus and yes it's helping me LEVEL UP in everything I do. Praise God!



Joanna Christina Fassioms, Chennai



I was introduced to MFC and asked to go for the RYC by my mother and few of her friends.

I was really not interested to go for this convention. Since I thought I will be left alone without any friends. After a day, I started having very caring friends and also I loved the joy of that place, everyone was filled with the holy spirit and enjoying with each other. I started loving the place and all my new friends God gave me there. My relationship with Jesus also changed there, now Jesus is my best friend and I love to speak to Jesus all the time. RYC, has not only helped me understand that Jesus is my best friend but also given me a wonderful friends circle I have always wanted.

Carmel Kadabur, Bangalore

The RYC refreshed my love for God. I was able to gain a much deeper understanding about Jesus and his love for me. The sessions were so enlightening and were mixed with humor and this kept me hooked and eager to learn. I was able to renew myself through the confessions and the adoration and my favourite part- the pray over. The period in my life before the conference was a difficult one but at the conference, I just surrendered everything to



Him and I saw Him work His miracles right in front of me. I learnt to leave all my hopes and plans into the hands of the Lord and that lightened my burden a great deal. Many a times throughout the conference, I felt the presence of the Holy Spirit moving amongst all of us present and I knew that no matter what, I would be alright. It was a truly humbling experience to really see God's power and His will in my life.

Katherine Manuel, Porvorim Goa



Psalm 139 says-" You know me Lord, you know when I rise, when I sit, you perceive my thoughts from afar, before a word is on my tongue you know it lord." This RYC helped me reflect upon the fact that Our God is not just the Lord of Joy and celebration, instead he is

also the Lord of struggles, the Lord who can bring good from the worst possible situations. We just need to surrender and trust him. It was indeed an enriching experience for me, it made me feel free of all my anxieties, and above all I could get answers to my problems. I hope to go on more such retreats and grow stronger and higher in Christ.

Diya Ajay Antony, Pune

I went there having a lot of thoughts about my situation in life. Initially, I could not relate much to sessions there, but coming back from RYC I realized that I needed one thing and guess what! It was JOY. So I slowly started to shift my focus from my situation in life to GOD. By the grace of God I started to be eternity minded, started thanking God during the trials in my life and it showed results. I was able to remain calm where otherwise I would be anxious and I'm still working on it.



Macwil Crasta, Mangalore

TRUTH UNVEILED

Here are few testimonies from MFC Singles, Mangalore who attended the Live Pure program conducted on the 25th of February, 2023



The program deepened my understanding of our calling to live a chaste life no matter what our vocation. In a world moving rapidly with both modern technology and thoughts, the session cleared my doubts on various aspects especially on that of marriage as a vocation. I did some introspection into the kind of friendships I share with people, the three categories being useful, pleasant and virtuous friendships of which virtuous friendships had to be the top priority as such friends lead us to God and deepen our faith. What I loved the most was the Q & A session and the definition of LOVE being TFFF i.e total, free, faithful and fruitful.

Andrea

Live Pure 2023 was a really beautiful experience. I would really love to attend one of these growth camps once again. I learnt a lot about our sexuality, understanding of the body and soul, and the teachings of the church. It helped us reason out and ask questions to help our faith grow stronger. The sessions were an enriching experience. The best part was the adoration and confession which helped us grow closer to God. I'm so glad I made the decision to come for Live Pure 2023.

Rachel



It was a much needed rejuvenating experience. On a more personal level, the two days away from the everyday chaos, at a place such as Divine Call Centre which was radiating with His presence, helped me to look within myself and discover areas that required healing and grace. The sessions about our sexuality

and uniqueness helped strengthen self-image and appreciate the other. The sessions about love and Christian dating were eye-opening and challenged modern notions on these topics. To sum it up this camp lived by what we preach at MFC: Fun, 'Faith', Fellowship.

Olinda



My experience at the Live Pure was really amazing. Even though I had attended a similar session before, it was definitely refreshing to attend it again and understand the value of our sexuality as a gift. It also benefitted me to have my doubts clarified and get a

deeper understanding of the teachings of the Church regarding sexuality.

Valesh

The program has given me a core understanding of my existence which is LOVE. A Free, Total, Faithful and Fruitful love. It has cleared several misconceptions which I had with regards to Love, Lust, Catholic Marriage, Physical intimacy, Procreation, Abortion, suffering and more. The team did a great job in letting the thoughts and doubts of the participants lead the direction of the discussion while also actively covering the pre-selected concepts. Certain concepts with regards to physical intimacy were explained and discussed in such minute detail that it kept no room for misunderstanding or misinformation to arise in the future.



The program has laid down a very concrete foundation for me to live a Pure and Chaste Catholic life. It has provided me with the required guidance and tools in times where my faith is tested.

Neel

TRAINING & EVANGELIZATION



Christian Life Seminar

5 Couples and 7 handmaids participated in the program on the 24th and 25th of September at Holy Spirit catholic church, Rajpura, Jammu.



Youth Intake Camp

31 youth attended the camp conducted on the 30th of September to 2nd of October in Joglowani Village, Tezpur.



Youth Intake Camp

27 youth attended the camp conducted on the 30th of September to 2nd of October in Padumoni Village, Dibrugarh.



Youth Camp

72 youth attended the retreat on the 31st to 2nd of October in Mangalore.



Outreach Program

33 Couples attended the program conducted on the 2nd of October at Moodbidri Church.



Christian Life Seminar

4 Couples attended the program conducted on the 2nd of October in Bangalore.

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TRAINING & EVANGELIZATION

Prayer for Missionaries

Heavenly Father, we lift up to you all missionaries working in Your vineyard. Lord, you have called them away from home to follow You to fulfil Your will in their lives and in the lives of those they come in contact with.

Father, we ask you to protect them and keep them safe. We pray that all those whom they reach out to may be open and willing to receive the beautiful and life-altering truth of Your Son, Jesus Christ. We pray for all those missionaries who feel discouraged. Comfort them with your assurance that their labour is not in vain.

We pray for missionaries rendering their tireless services during the COVID-19 pandemic. Help them act with your wisdom and guidance during these times. Grant them good health. Father, as many are quarantined, we pray that outreach via the internet or other forms of communication may be all the more powerful. Help them to connect even when not in person and to truly represent You well during these tense days, so that they may bring your message of joy, love and peace to everyone. Amen



Campus Retreat

120 students attended the retreat conducted on the 2nd and 3rd of October at St Francis da Sales School, Gudgaon.



Youth Intake Camp

43 youth attended the camp conducted on the 3rd to 5th of October in Koriapani Village, Miao.



Youth Intake Camp

121 youth attended the camp conducted on the 3rd to 5th of October in Baghjan No.9 Village, Dibrugarh.



Outreach Program

6 Couples attended the program conducted on the 8th of October at Kasargod Church.



Couples Retreat

10 couples attended the retreat on the 15th and 16th of October at Divine Retreat Centre, Mulki.



Youth Intake Camp

46 youth attended the camp conducted on the 7th to 9th of October in Keyhung Kakojan Village, Dibrugarh.

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Christian Life Seminar

3 couples attended the program on the 29th of October conducted in Dubai.



Campus Retreat

A retreat was conducted for 400 students of St. Joseph Evening College on the 31st of October.



Christian Life Seminar

A program for the Singles was conducted for 5 participants at Church of Immaculate conception, Kanhai, Gurgaon on the 5th of November.



Chosen

A program for the Singles was conducted for 15 participants at Yuva Vikas, Bangalore on the 19th of November.



LIVE LIFE

In His Image

75 people including couples and handmaids attended the program on the 5th of February at Nav Sadhana,



LIVE LIFE

Live Life

A one day program was conducted for the couples in Bangalore on the 19th of February.

LIVE CHRIST SHARE CHRIST

A Lay Response to the Call of Nw Evangelization.

It is a movement for evangelization and renewal based in the parish and workplace.

This work is FOR, OF, and BY the parish. It does not compete with but complements the existing Church groups or ministries.

It aims to re-evangelize the participants and encourage them to share Christ by being involved in their parish, be members of the various ministries or organizations in the Parish and become active evangelizers.

**The 5 Pillar Programs:
Live Pure- Chastity program for the youth.**

Live the Word: Liturgical Bible study.

Live Life: Defends faith, family and life.

Live Full: Work with the Poor

Live the Faith: Catechesis

TRAINING & EVANGELIZATION

CONSECRATION TO OUR LADY OF VICTORY



O Blessed Virgin Mary, you with your Son Jesus crushed the head of the serpent.

In the spiritual war that continues to rage in the heavens and on earth, you have already won the victory.

Your holy warriors stand before you, dear Mother Mary.

We consecrate ourselves to the cause of your Son Jesus, the Redeemer of the world,

and to you as his Co-Redemptrix. We dedicate ourselves to the task of winning souls for the Kingdom.

We commit to battle against all evil forces.

Cover us with your mantle of protection as you send us forth under your banner. Amen.

Mary, Star of the New Evangelization, pray for us.



LIVE PURE Truth Unveiled

36 participants attended the program conducted on the 25th and 26th of February at Divine call centre, Mulki.



LIVE PURE Truth Unveiled

60 participants attended the program conducted on the 26th of February at St. Francis Xavier church, Mumbai.



Christian Life Seminar

7 couples attended the retreat on the 5th of March in Bangalore.



Campus Retreat

1200 students attended the retreat for students of Christ College, Bangalore on the 6th and 7th of March.



LIVE LIFE In His Image

11 couples and 3 singles attended the program on the 12th of March at St. Thomas Matriculate School, Chennai.



Christian Life Seminar

25 couples, 22 handmaids, 4 servants attended the program from the 13th to the 19th of March at Tinuskia, Assam.

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www.facebook.com/mfcsinglesindia

www.facebook.com/mfcyouthindia

www.facebook.com/mfckidsindia

www.facebook.com/mfchandmaidsindia



www.instagram.com/mfcsinglesindia

www.instagram.com/mfcyouthindia



<http://www.youtube.com/c/MFCIndia>

www.mfc.org.in



Have a Blessed Lent 2023