



*“They are trees planted by streams of water; they bear fruit; their leaves do not wither; in all that they do they prosper.” Ps 1:3*

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**The Theme for 2018: “LISTEN AND OBEY” Jas:1:22 & Lk:8:21**

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## LET NOT ANGER CONTROL YOU

Everybody has to deal with anger from time to time. But what’s the best way to handle it? To answer that question, we must first understand what is Anger?

Anger is an emotion often characterized by feelings of great displeasure, hostility, wrath and vengeance. Many times, reacting in anger is how we express our dissatisfaction with life, be it our workplace, our home, on the street or any other place we interact with others.

### **Is Anger Sin?**

Is all anger sin? No, but some of it is. Even God Himself has righteous anger against sin, injustice, rebellion and pettiness. Anger sometimes serves a useful purpose, so it isn't necessarily always a sin. Obviously,

we're going to have adverse feelings, or God wouldn't have given us the fruit of self-control. Just being tempted to do something wrong is not sin. It's when you don't resist the temptation, but give in, that becomes sin.

God sometimes allows us to feel angry so that we recognize when we're being mistreated. We must guard against allowing anger to drag us into sin. Eph 4:26-27 tells us, *"In your anger do not sin, Do not let the sun go down while you are still angry, and do not give the devil a foothold."*

### **Let us get to the Root of the Problem**

**Learned behavior** --One of the primary roots of anger comes from the family. Angry people come from angry families because they learn from their role models and carry on the same behavior in their own lives, eventually passing it on to their children.

**Injustice**—When people mistreat us there's nothing we can do about it, we get angry because we feel it isn't fair. As much as we'd like to change the person who's treating us badly, we can't. People can't change people; only God can change people.

**Impatience**—Often produces anger when we can't get what we want and when we want it. When our progress is hindered or slowed down because of others, it's easy to become impatient.

**Abuse of any kind**—Sexual, physical, verbal, emotional or mental abuse always leads to anger. Injustice like this eventually leaves the abused feeling helpless and angry.

**Jealousy**—Anger caused by jealousy was one of the first negative emotions mentioned in the Bible. Gen:4 tells us that Cain killed his brother Abel because he was jealous to the point of being angry. Although this is one of the most extreme results of jealousy, it reminds us of how dangerous jealousy can be.

Other roots that lead to anger include **fear of confrontation, insecurity, unmet needs and feeling controlled by a job or other people and their problems.**

## Masks of Anger

Sometimes we use masks to cover up the things we don't want anybody to see. If we're harboring anger, we think masking it keeps others from knowing the real 'us'. People respect us more if we share our real self with them rather than trying to hide everything. After all, people can tell when something isn't right. We may think we are hiding our anger, but it'll eventually find a way to come out—either in voice tone, body language or attitudes.

## Take Steps toward Freedom

People are born to be free; it's a gift from God. We're not to be free from responsibility, but free to be led by the Holy Spirit. Any time our freedom is taken away or given away, we experience anger.

Are you willing to go through whatever it takes to be free, or do you want to stay in the mess you're in for the rest of your life? If you want to be free, just start doing what God wants you to do, one step at a time, and you'll eventually walk out of your mess.

## Here are some steps to deal with Anger

- **Get to the root of anger and deal with it:** Too often we spend our lives dealing with the bad fruit of our behavior, but we never dig deep enough to get to the root of the problem. Digging deep to take care of the bad root is painful, but it's the only lasting way to take care of the problem. Until the root is removed, it'll continue to produce one bad fruit after another.

When we are battling anger, we must realize that *...We wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places* Eph 6:12. When Satan makes you angry, remember that he's trying to keep you from accomplishing the will of God in your life.

- **Get rid of the masks and face the things that happened in your life that made you the way you are today:** Rom 12:21 *Do not let yourself be overcome by evil, but overcome evil with good.* When Satan attacks you, instead of getting mad, hiding your hurt or even avoiding people is not the solution. Overcome evil and anger by praying for those who hurt and abuse you. Forgive them and be a blessing to them. It may not be easy at first, but when you make the decision and stick to it, God will take care of the rest. The enemy wants to upset you with many things but responding in a positive way is the direct opposite of what the enemy wants you to do.

Our war is not with people, there is an unseen force working behind those attacks on us that come through people. If you are a child of God and if somebody hurts you or is rude to you or treats you in an unkind way it actually places them in danger as God doesn't take it lightly when His children are mistreated. That's why we need to pray for them in the same way Jesus prayed from the cross "Father forgive them for they do not know what they do."

- **Confess your sin to Christ and repent of it:** God is more than able to dig deep into our soul and uproot the sin which is causing us so many headaches. But it is up to us to confess our sins to the Lord, and also to turn away from doing them. As we confess and repent, the root of our problem gets addressed. We can ask Jesus to forgive us and He is glad to do it. After all, He died for our sins on the cross so we could be free forever.

No one has to go through life under the control of sinful anger. Instead, we can bring our sins to the Lord and be freed from both the penalty and the power of sin.

- **Admit that you can't change by yourself:** Peter tells us to be well-balanced and temperate, withstanding the devil at his onset 1 Peter 5:8-9. When you begin to feel anger, it's the perfect time to exercise the fruit of self-control. You may have a good reason to be angry, but don't use it as an excuse to stay that way. Instead of denying or justifying it, admit it, ask God to help you deal with it in a positive way. If we hang

on to anger, we're just being foolish. We must turn the anger and the people who caused it over to God and let Him take care of it.

...*"Vengeance is Mine, I will repay"* says the Lord Romans 12:19. Trust God and He will take care of you and protect you. You can't change your past, but when you give it to God; He'll use it to bring you a better future.

In 2 Timothy 4:5, Paul told Timothy to be calm, cool and to keep performing the duties of his ministry. That's good advice for all of us. When we get angry, we should calm down and start doing what God has called us to do. You can be bitter or better—it's up to you! If you're mad about something, instead of letting it ruin your life, turn it into something good.

***Leave no room or foothold for the devil. Refuse to give the devil any opportunity to get a foothold in your life through anger.***

All anger, regardless of its cause, has the same effect on our lives. Keeping anger locked inside and pretending it doesn't exist can even be dangerous to our health. Most of the time we're only hurting ourselves, and the person who angered us isn't even aware of it. So we must take responsibility for our anger and learn to deal with it. When you face your anger and decide to deal with it God's way, you can overcome it. The Holy Spirit gives us the power to be stable and walk in the fruit of the Spirit. We have the power to forgive those who do injustices in our lives and to love those who do not love us.

Let me conclude by this scripture: "Human anger does not produce the righteousness that God desires" James 1:20

- *Core Team*

## **Why do Catholics light candles?**

One of the oldest Christian practices, here we look at the reason Catholics use candles as both symbols and prayer intentions.

*Origins of candles in liturgical worship*

Fire and light have always been an important feature of worship in the

Christian and Jewish religions. As far back as the time of Exodus we hear how the people were instructed to “keep a flame burning perpetually” (Ex: 27:19-20), as “perpetual incense before the Lord from generation to generation” (Ex 30:7-8) and as a “lamp stand in the Tent of Meeting... set up before the Lord as He has commanded Moses” (Ex 40:24-25).

We see here that the ancient Jewish people used a perpetual fire to be two major things: a constant act of devotion, and a symbol of a holy space where God dwells. This practice is most clearly seen being continued by the tabernacle in every church. The tabernacle, which is the Latin for ‘tent’, is where the body and blood of Christ are kept between Masses. Just like in ancient times, a candle is kept perpetually burning beside it for the same reasons practiced back then; God is physically with us within the ‘tent’ and we wish to perpetually adore him.

#### *Additional symbolism from the New testament*

This being the basis, Christ’s coming added further dimensions to our use of candles. In John 8:12, Jesus says of himself: “I am the Light of the world; the one who follows me will not walk in darkness, but will have light and life”. The early Christians, who already saw lighting candles as an act of worship and devotion, began to also see the candle as a symbol of communion with Christ and a symbol of Him and His love in the darkness.

As the liturgy took shape, candles became a crucial symbol in many of the sacraments. While the reasons for this are now covered by reading the following scripture you can see how the Catholic use of candles in the liturgy has a very strong biblical basis: Ex 25:31-38, Ex 30:7-8, Ex 40:24-25, 2 Chronicles 13:11, 1 Maccabees 4:49-50, 2Maccabees 10:3, Matt 5:14-16, Mark 4:21-22, Luke 11:33 and Hebrews 9:2

#### *So why do Catholics light candles at statues and icons?*

With our understanding of lighting candles now as an act of devotion, a symbol of God’s presence and communion with Him through Jesus, early Christians began placing candles on the tombs of martyrs in the catacombs. They did this because they understood the martyr to be a person who, now

being certainly in heaven, was in complete communion with God. As Catholics, we believe it is only those in hell who are truly dead and that those in heaven especially are living in a higher reality.

This being so, we ask this person in full communion with Christ to pray for us in much the same way we would ask a dear and close friend. Due to their complete communion with God, their intercession is especially helpful.

In lighting a candle before a relic, statue or icon we are saying that God resides fully within that person, the person is in full communion with God and that, that person is giving perpetual glory to God. Catholics practice this not to honour the image itself, but rather the one it truly represents. When we ask this saint to pray with and for us, this light, as it is kept burning, also shows our desire to remain in God's presence as we go through our daily duties at home and in the workplace.

Lastly, when candles are lit before Christ's image, it is done to show our reverence to Him who deserves our adoration and thanksgiving and who alone can forgive our sins and bring us back into a deeper relationship with Him.

- *compiled.*

### **Miraculous Gallstone Healing – A testimony**

Before I begin my testimony, I would like to thank and praise God for what he has done for me.

Honestly, I still marvel at this healing as all doctors were saying that there is no treatment for Gallstones.

I started having acidity problem in July 2016. I took this lightly as I was on acidity medication until February 2017. Later that year, I got frequent back pain. The ultrasound showed that there was an ample amount of stones in my Gallbladder. The Doctor explained that there is no treatment for removing gallstones and the only way out is to get rid of my gallbladder. This increased my worries further. The doctor calmly explained to me that the gallbladder was an optional organ and one could live without it.

Despite all of the tension and worries, I didn't give up. I KEPT MY FAITH IN THE LORD and decided not to go with the surgery. My wife and I tried many solutions available in the internet but none proved effective.

When we went to India in July 2017, we consulted many doctors but found no positive solutions. Deep in my heart, I believed that my creator, in all his wisdom made Gallbladder quite an important organ storing the bile juice and then using it to break the fat from our body. Therefore, I was not willing to get rid of my gallbladder so easily.

In India I tried an Ayurvedic treatment which assured cure. I ordered the medicines for the period of 4-6 months and followed the diet prescribed strictly which caused in me weight loss of 8 Kgs. The ultrasound done after 2 months of this treatment showed that the condition of my liver has improved but the sad part was the stones remained the same. When I got in contact with the ayurvedic company they assured me that as the liver has improved, the stones would dissolve within the next 4 months. So, I continued with the same medicines. Six months later, the pain reduced, and I was feeling much better and hoped to find the situation normal in the next ultrasound. But the report showed stones had increased in size and numbers.

In the month of April 2018, I approached a specialist Gastro doctor who immediately suggested surgery as there was no other option. He cautioned me of the severe implications if I don't do it. The shocking revelation from the doctor that the possibility of stones slipping into my pancreas would be more dangerous situation. I had the tough choice of agreeing for the surgery within 30 minutes or risking my life. My wife and I asked the doctor if any home remedies would work, but he confidently replied saying that nothing other than the surgery would work. This got me even more worried as the surgery meant that I would have to be hospitalized for a week. But still holding on to our little faith, we told the doctor, we would return with our decision.

My wife and I kept praying. Considering my frequent business trips and to avoid any complications during these trips, with a heavy heart, we finally decided to get my gallbladder removed. Sometime before taking the



appointment for surgery, we happened to visit my wife's doctor for her other checkup. During the conversation we told her about my condition and that I have decided for the surgery to remove the gallbladder. Immediately she told me "NO – Don't do it". She advised me to try out a home remedy as it worked for some of her patients and also her family. I retorted saying the size of the stones was much larger than the size of the duct, but she further prodded me on to try out the remedy. In the end I decided to go ahead with her advice, a decision I would not come to regret for the rest of my life. She gave me details of the treatment suggested by Luke Coutinho, a well-known Dietician and Nutritionist (Video Youtuber). While watching his videos, I found out that Luke even though he was not having this problem, himself tried and found some gallstones discharged. This filled me with immense confidence and on the 13<sup>th</sup> of April I decided to do the 'home remedy'.

Yes, after going through all this, my prayers were answered. The remedy proved extremely effective as stones that were 7-8 times larger than the duct got removed. My wife, daughter and I were filled with so much joy that we started crying tears of joy for we knew that it was a miracle. Happiness filled me and my family once again. When doctors could not find a solution, the Lord led me to this simple home remedy (Epsom salt, Water, Extra Virgin Olive Oil and Lemon Water) that brought me comfort. I repeated this treatment once more and some more gall bladder stones got removed. Even though I have still not done my ultrasound, I believe that I have been healed.

By God's grace, today my health has improved, and I've experienced no more pain till date. I really want to thank my Savior Lord Jesus for healing me. I am thankful to my family and the larger family of the prayer group for the support and prayers. PRAISE YOU JESUS. THANK YOU JESUS. ALL GLORY AND HONOUR TO YOU ALONE.

*Bernard Fernandes*

### **Seeking Godly Wisdom**

In the last issue of the Oasis , I wrote an article entitled “ *Discerning the voice of God .*“ Just to recap, this article was all about having a humble disposition as a pre-requisite to hearing or connecting with the Lord .

**Another absolute necessity for us to know God's Will both for the moment as well as for the big decisions is having Godly Wisdom.**

Right from our conception, our mind is programmed to behave according to the experiences we have had. For every behavior or experience we have had, a pathway is created and a single behavior maps out a dirt road. As behaviours are repeated this dirt road becomes a high road or a strong hold. For example, if I have had a dominating parent while growing up, the thinking that all authority is dominating will be an automatic thought pattern for me. This negative mindset could be a block to relating to others in authority.

Therefore we have to commit daily to the renewing of our mind by the power of the Word of God. The only way we can get rid of our negative mindset is by confessing the WORD of GOD.

It is important for us to realize that for any particular issue or idea, circumstance or situation that we encounter, there will be 2 perspectives: **my human perspective influenced by the carnal mind** and **God's perspective or God's mind**. Having ***GOD'S PERSPECTIVE on the situation is having GODLY WISDOM***. Of course, it takes a lifetime of practice to train the human mind to think and act in a manner that is pleasing to God. But it is not impossible and moreover this is what God desires of each and every one of us.

**Wisdom** isn't simply intelligence or knowledge or even understanding. It is the ability to use these to think and act in such a way that is **pleasing to God**. It means choosing to be **directed** by the Holy Spirit rather than be **driven by** human instinct/emotions/feelings.

### **Why is it so important to get Godly Wisdom?**

There is a huge difference between Earthly Wisdom and Godly Wisdom. Earthly Wisdom is really no wisdom at all because **1 Corinthians 3:19** says **"The wisdom of this world is folly with God"**

**Proverbs 28:26** says **"Whoever trusts in his own mind is a fool"**

So the Bible is very clear that it's really foolish to depend on our carnal

mind. We should not rely on earthly wisdom because we can often be misled. Moreover the evil one will try to make us rationalize and reason that we are justified in our thinking. He often puts false perceptions on our imagination or mind and when we believe them to be true, all our thinking and decisions will be contrary to the will of God because unknowingly we will be listening to his lies rather than what God wants us to do. Therefore it is so very important to seek Godly Wisdom in all our decisions however big or minute they may be, **because this pleases God and brings abundant blessings.**

Another reason why we should always operate in Godly Wisdom is because the Word of God instructs us in **Proverbs 3:7 that Wisdom is Supreme; therefore acquire wisdom. Wisdom is the Principal Thing; therefore get wisdom.**

So then if Wisdom is so very important, it can be disastrous if we go through life without seeking wisdom from above because it is foundational and it should be the basis for everything else.

**To be continued in the next issue.....**

### **QUIZ CORNER - Quiz on Gospel of John Ch. 1 to 3**

*Refer the New Revised Standard Version Catholic Edition Bible*

**Tick ( ✓ ) the right answer**

1. Who did some think John the Baptist was?  
a. Elijah b. Isaiah c. Malachi d. Moses
2. We all know John 3:16 - To whom was Jesus speaking when he said this?  
a. The Pharisees b. Peter c. Nicodemus d. Zacchaeus
3. Who came as a witness to testify to the light?  
a. John the Apostle b. John the Baptist c. Peter d. Zachariah
4. John mentions the money-changers and traders being cast out of the temple by Jesus. During what feast?  
a. Feast of Weeks b. Feast of First fruits c. Passover d. Pentecost

5. Who was invited by Philip to come and see Jesus, after he asked, "Can anything good come out of Nazareth?"  
a. Nicodemus b. Nathanael c. Simon d. Zacharias
6. Which of the following characters is mentioned only in John's Gospel?  
a. Nicodemus b. Joseph of Arimathea c. Salome d. Zaccheus
7. In him was life, and the life was the ----- of all people.  
a. breath b. Light c. way d. source
8. The light shines in the darkness, and the darkness did not \_\_\_\_\_ it.  
a. Behold b. Comprehend c. Reject d. overcome
9. "No one can receive anything except what has been given from heaven"  
: whose words are these:  
a. Jesus b. Peter c. John the Baptist d. Nicodemus
10. After the wedding at Cana Jesus and his mother and his brothers and his disciples went down to..... and remained there a few days  
a. Jerusalem b. Capernaum c. Nazareth d. Galilee

### **ANSWERS FOR THE QUIZ ON James Ch. 1 to 4**

- 1) c. Servant of God 2) a. Waves of sea 3) d. The Father of Lights 4) c. listen 5) b. Mirror 6) c. You shall love your neighbour as yourself 7) a. Body without the spirit 8) c. Perfect 9) c. spring pour forth from the same opening both fresh and brackish water 10) d. A, B & C 11. c. Cravings 12. b. Friendship with the world

**Hearty congratulations to Susan Pinto, Judith Lobo and Brenda Netto, Juliet D'Souza and Ethel Fernandes** for the correct answers. We also appreciate Jessie Fernandes, and Nancy for participating.



***MIPC Prayer Meeting: Every Thursday at 8:00 pm in the Parish Hall.  
General Intercessory Meeting: First Monday of every month at 8:00 pm.***