

Jambo You(th) is a weekly news letter aimed at helping the Youth in molding their daily lives in Christ.

Our vision consists in two phrases:
'GOOD CHRISTIANS' and
'HONEST CITIZENS.'

jamboyouth.multiply.com

jamboyouth@yahoo.co.uk

EDITORS: Anastasio Sdb & Shyjan Sdb



CONTENTS:

Pep Up.....	2
The Young & the Bible.....	3-4
FAQs by Youth.....	5
In Figures.....	6
Would You Believe.....	7

PEP UP


WHAT'S REALLY IMPORTANT.

A few years ago at the Seattle Special Olympics, nine contestants, all physically or mentally disabled, assembled at the starting line for the 100 meter dash. At the gun they all started out, not exactly in a dash, but with the relish to run the race to the finish and win.

All, that is, except one boy who stumbled on the asphalt, tumbled over a couple of times, and began to cry. The other eight heard the boy cry. They slowed down and paused. Then they all turned around and went back. Every one of them. One girl with Down's Syndrome bent down and kissed him and said, "This will make it better". Then all nine linked arms and walked together to the finish line.

Everyone in the stadium stood, and the cheering went on for 10 minutes .

Lesson: Have concern even if it cost you dearly!



the
YOU
NG
&
the
BIBLE

GOD'S PROMISES
2 ME.

I will always guide you and satisfy you with good things. I will keep you strong and well. You will be like a garden that has plenty of water, like a spring of water that never goes dry... **(Isaiah 58:11)**

God is able to give you more than you need, so that you will always have all you need for yourself and more than enough for every good cause... **(2Cor. 9:8)**

Come to me, all of you who are tired from carrying heavy loads and I will give you rest... **(Math. 12:28)**

Do not be afraid, for I have ransomed you; I have called you by name; you are mine. When you go through deep waters and great trouble, I will be with you... **(Isaiah 43:1-5)**

"I will ask the father, and He will give you another helper, who will stay with you forever. He is the Spirit who reveals the Truth about God..." **(John 14:16)**

Continued on Page 4...



the
YOU
NG
&
the
BIBLE

...continued from Page 3

GOD'S PROMISES 2 ME.

“Those who trust in the Lord for help will find their strength renewed. They will rise on wings like eagles; they will run and not get weary; they will walk and not grow weak...” **(Isaiah 40:31)**

“Let not your hearts be troubled; believe in God, believe also in me. In my father’s house there are many rooms; if it were not so, would I have told you that I go to prepare a place for you?...” **(John 14:1-3)**

“Ask and you will receive; seek and will will find; Knowck, and the door will be opened to you, for everyone who seeks will find; and the door will be opened to him who knocks...”
(Math. 7:7)

FAQs

by

YOU

TH

Q. What should I do if someone tells me they are thinking about suicide?

Ans. If someone tells you they are thinking about suicide, you should take their distress seriously, listen non-judgmentally, and help them get to a professional counselor. People consider suicide when they are hopeless and unable to see alternative solutions to problems. Suicidal behavior is most often related to a mental disorder, frustration, depression, addiction to alcohol or other substance. If someone is in imminent danger of harming himself or herself, do not leave the person alone. If you are incapable of helping the person, report the matter immediately to people who can intervene.

Q. What do you think is the reason why Young people think of attempting suicide?

Ans. Personally I think people commit suicide due to accumulated frustrations. to avoid the same one should try and release the tension and anxiety that is within; talk to someone about whatever is bothering you and you'll feel better. Think positively despite the problems, remember others could be worse off than you and avoid negative thoughts.

(Ans. by: Esther Nduta, Nairobi, Kenya)

In FIG URES

THE FACTS OF LIFE

- ◆ At least five people in this world, love you so much even they would die for you
- ◆ At least 15 people in this world love you, in some way
- ◆ The only reason anyone would ever hate you, is because they want to be just like you.
- ◆ A smile from you, can bring happiness to anyone, even if they don't like you.
- ◆ Every night, SOMEONE thinks about you before they go to sleep.
- ◆ You mean the World to someone.
- ◆ Without you, someone may not be living
- ◆ You are special and unique, in your own way.
- ◆ Someone that you don't know even exists, loves you.
- ◆ When you make the biggest mistake ever, something good comes from it.
- ◆ When you think the world has turned its back on you, take a look, you most likely turned your back on the world.
- ◆ When you think you have no chance at getting what you want, you probably won't get it, but if you believe in yourself, you probably sooner or later will get it.
- ◆ Always remember compliments you received, forget about rude remarks
- ◆ Always tell someone how you feel about them, you feel much better when they know.
- ◆ If you have a great friend, make them know that they are great.



Would YOU BELIEVE...

- ◆ Every 40 seconds someone commits suicide
- ◆ 90% of all cases of suicide are due to mental disorders, particularly depression and substance abuse.
- ◆ South Africa has one of the highest suicide rates in the world, more than 20 people attempt every day.
- ◆ In Malawi, a week hardly passes without someone killing themselves.



WWW.SACREDSPACE.IE

SITE
SEE
ING

This Website invites you to make a ‘Sacred Space’ in your day, and spend 10 minutes, praying here and now, as you sit before your computer with the help of On-Screen-Guidance and scripture chosen specially everyday.

“Daily Prayer
Online by Irish
Jesuits”



Attention!

Send your feed back and suggestions to jamboyouth@yahoo.co.uk
We welcome your questions, contributions, comments

For further information and back Issues of the News letter log on to
www.jamboyouth.multiply.com