

THE SECULAR CITIZEN

A NATIONAL FAMILY WEEKLY

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**Why are we classified
on basis of our faith?**

Model Bank Customer Meet



Model Co-op. Bank Ltd., held its customer meet on Friday, 13th February 2015 at Hotel Kohinoor Continental, Andheri East, Mumbai. It was attended by over 300 depositors, account holders and borrowers, etc. The Chairman Mr. Albert W. D'Souza, welcomed and addressed the gathering. Others spoke on the occasion are Mr. John D'Silva, Mr. William Sequeira, Mr. Vincent Mathias, and General Manager Mr. Francis Vaz. The programme is compered by Additional Gen. Manager Mr. Herold M. Serrao. Many customers from the audience also expressed the excellent service by the bank and gave suggestions for improvements. Mr. William D'Souza, Addl. Gen. Manager proposed Vote of Thanks. This financial institution will celebrate its centenary celebration next year 2016.

Mumbai, Dalit activist Arun Ferreira thrown out of university

In India "the situation of freedom of expression and thought is worsening day by day. And the worst thing is that those responsible for this decline are the security forces, and academic institutions, that should protect it. The pressure from the government, which even wants to 'Hinduize' education, has become unsustainable", denounces Arun Ferreira, a Dalits and tribals activist to AsiaNews. The activist was prevented from presenting his book in a University of Mumbai.



Imprisoned for four years on false charges, from 2007 to 2011, he was repeatedly the victim of torture in prison. Released and cleared of all charges, he has written a book - ["Colours of the Cage", which can be found here ed] - which tells the story of a prisoner sentenced to life imprisonment who has spent several decades in prison.

The text is a denunciation of the prison and legal system, and the general climate of political intolerance of contemporary India. The story is that of a fellow prisoner, a Muslim serving a life sentence. Ferreira highlights the discrimination suffered by religious minorities, the ideological abuse and

violence not only from guards, but also of the other prisoners. All themes, he tells AsiaNews, "unwelcome to the current government."

Invited by the Tata Institute of Social Sciences in Mumbai to present the book in the afternoon of 11 February, Ferreira was warned at the last minute of the cancellation of the event. The students who had contacted him explained that the police had entered the campus that morning and said that the activist "is under investigation on suspicion of being

a Maoist" and therefore could not speak in public. Accusations, the man emphasizes, that are "completely false."

What happened, he says, "is unfortunately not an isolated case. Directors and Deans of prestigious academic institutions throughout the country are being forced by the various wings of the State to tow a totalitarian line which crushes dissent, freedom of speech etc. Much of this is linked to the new government at the center and in Maharashtra. For this government changing the syllabii in education, sankritisation, etc are extremely important parts of their agenda."

Thought for the week

What I have cannot be measured, nor can it be timed. You cannot put a number on it. Willpower and heart are what take me to the next level.

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India-Pakistan Matches: Just A Sport?

by Varun Ramesh

The over-hyped ICC World Cup 2015 Indo-Pak cricket match has just come to its usual end with India winning.

In the midst of the jubilations of defeating our "rival" country, let's take a couple of minutes off and take a look at how Indians (and Pakistanis) feel about the sport.

One may feel otherwise, but I think India heaves a collective sigh when a cricket match with Pakistan is drawn up. The cricket match is not just another sport. It is a much needed outlet for both the sides to channelize their unbridled aggression against each other without the threat of nuclear annihilation.

The first India-Pakistan cricket match was held in the, still sore, aftermath of the Partition in 1952. The two sides seemed natural rivals on the pitch as pressure began mounting on both them. Perhaps the players, then, were not accustomed to the meta-soldier roles their nations expected of them – the first few test series commonly saw highly defensive playing that resulted in more draws than wins. Though it was not long ago that the two teams were one, the players often got rattled by the crowd's fury when they lost a match.

Of course, since then the matches have grown positively electric. Players enter the pitch as gladiators stepped into the ring – aware that they could either perform or (watch their careers) die.

Cricket diplomacy became a tool for the leaders of both countries, as they found the ringside seats, a good place to restart engagement with each other. An engagement that was often cancelled in the wake of wars or terrorist attacks, as well as matches between the two.

Indeed, an Indo-Pak match is actually best enjoyed with an Indian and a Pakistani, for the added humanity of being face to face with your rival in fandom. At a newspaper office in Saudi Arabia, many years ago, both sides would separate and watch it huddled against their own TV's, each trying to out-cheer the other. At a country where Indians and Pakistanis struggle alike to make a

(Contd.. on p. 4)

(Contd.. from p. 3)

living and return remittances to their families at home, violent demonstration of jingoism is no option. So, the losing side buys the winning side a plate of Biryani, and everybody feasts in the end.

The Indian cricket team has a personal spot in the heart of the common man.

For, whenever the times have been bad; the economy gloomy and leadership in shambles, and little in the way of hope for the country's stable and successful future – then did the men in blue walk out to the pitch and truly won it for us. 1986 and 2011 were not high points for India, but they were moments when world cup victories tasted the sweetest.

In Pakistan too, people must be glued to their TV sets, hoping against hope for some hope on the pitch, if nowhere else.

In a first for the PMO, Prime Minister Modi had individual tweets of encouragement for each player in the Indian Cricket team on Thursday. It was the most tweets he'd given to a single topic on Thursday, out shadowing his meeting with the US Treasury Secretary and the controversy over a temple being built in his name. Clearly, the recent Indo-Pakistan World Cup match was not just a sport, like always.

PRAYER TO THE HOLY SPIRIT



“Holy Spirit, thou who makes me see everything and shows me the way to reach the ideal. You who gives me the divine gift to forgive and forget the wrong that is done to me and are in all instances in my life with me. I, in this short dialogue want to thank you and confirm from you once more that never want to be separated from you, no matter how great the material desire may be. I want to be with you and my loved ones in your perpetual glory. Amen”.

— **Adrian Ferriera
Malad, Marve**

Catholic priest falls into grave at burial in Brazil

Brazil – A Catholic priest fell into a grave while praying at the burial of one of his parishioners in central-western Brazil, police say.

A police statement on Tuesday said the Reverend Alex Novais de Brito reported that as he was praying over the coffin at a cemetery near Brasilia, the ground suddenly gave way and he and three others at the funeral service fell into the grave.

No one was seriously hurt.

Police said they were investigating what caused the ground to give way during the service Saturday. They did not provide further information, reported the new zealand herald.

The priest was not immediately available for comment but he was quoted as saying the incident “ruined the moment”.

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What a Catholic learns from Delhi election?

Sr. Jane Joseh

Congratulations to the people of Delhi for foreseeing future.

This was what came to my mind when news flashed on the T.V screen, "Broom storm sweeps Delhi" as the Aam Aadmi Party (AAP) registered a massive victory in Delhi state elections on Feb 10

Media vied with each other to give present the news in different ways, forms and versions such as landslide and tsunami.

Great! A huge, a very huge unimaginable result, indeed.

Finally people's cry was made visible and it led to abundant fruit. Once again people have proven their belief and trust in our political system. They took a step forward in the right direction, giving a fledgling party high margin victory.

Modism has come to an end, not fully but partially. This is really called "U turn" or return or over turn."

Anyway it brought smile on the faces of millions of people around the world and in Delhi in particular. This will be a beginning, beginning of new era.

As history was being written in the national capital, I remembered the words of my master, Jesus: "Take care; be on your guard against the yeast of the Pharisees and Sadducees (Mt 16:6)."

The verdict is a blessing from above for all specially Christians in Delhi. Five of their places of worship were vandalized in just two months and when they tried to protest peacefully, they were bundled into police vehicles and taken to police stations. It made them feel like second class citizens, who have no right to protest injustice.

They can now breathe peacefully. Their anxieties, fear and threats have subsided a bit. But be careful, "Be as clever as serpent and as simple as dove." This is also a warning for priests/Religious throughout the world particularly in India.

Arvind Kejriwal, Delhi's Chief Minister-elect, is a down-to-earth person, with not much experience, basics, or wide knowledge. But his simplicity, simple approach, simple living and giving bore much fruit, fruit in abundance.

Kejriwal's victory teaches us that anyone, even priests and nuns, can make a big difference even if they are small in number, but have the heart to join hands.

Let us wait and see a new pattern and anew form emerging in the Indian political scenario as described in the book of Revelation, "The new heaven and the new earth" (Revelation 21:-4), like one shepherd and one flock.

The Shepherd will wipe away all tears from people's eyes. So be happy and contented people who silently suffer for good causes and others who take advantages of them.

The Gospel says, "Whatever is covered up will be uncovered" (Lk: 12:2),

and every secret will be made known."

Everything will be brought to the broad light, so don't get panic or worry about the decline of vocations or death of religious life. If God had started it, it will continue until the end of the world.

Pope Francis has given the clarion call: Wake up World." Let us be witnesses of doing things in different ways, It is possible to live differently in this world. Although we are small in number, we can be like dough in the leaven (Mt 13:33).

In olden times the Religious believed in blind obedience but it has undergone changes. As such archaic rules took different patterns, roots and forms, Religious survived. We have to adopt new ways in this fast moving world.

Like the people of Delhi, Catholic Religious like me have to be ready to read the signs of times and adopt changes and challenges.

(Sister Jane Joseph belongs to Sisters Adorers Handmaids of the Blessed Sacrament of Charity. The nun in her late 50s, currently works among the poor in Kerala. Earlier, she was engaged in pastoral work, especially helping high school girls, in Odisha. She has also worked in Mumbai and Goa, looking after the education of orphan girls and women in red-light districts.)

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AAP In Delhi: What Delhi Voters Were Quick To See, What BJP Should Have Avoided

by Sakshi Abrol

What Delhi Voters Were Quick To See:

Psephologists are quick to point out that the histrionics created by BJP in the course of this election did not go too well with Delhiites who are now tired of rhetoric and do not want to be impressed. They do not get enamoured by leaders standing on a higher pedestal basking in the glory of doing 'big things'. They are neither carried away by the panache with which a leader executes himself during high-profile visits by VVIPs from across the globe. On the contrary, they heap scorn and turn their noses in disdain to a leader who chooses to call himself a 'leader of the masses' while ostentatiously dressing up to greet a foreign President, staging a monumental affront to all the people who can barely afford to cover their skins. Clearly, the elitist suit that Modi donned did not go too well with the voters who are no longer delusional but are aspirational. Of course, what Mr. Prime Minister wears is his personal choice and since he is on the losing end, there will be all sorts of allegations raised against him including the one criticizing his attire! The fact, however, is that there was a greater metaphorical meaning attached to such actions by the Prime Minister that mere symbolism can narrate and the mature voters of Delhi were quick to pick it up.

What the BJP ought to have Avoided:

The man who was seen as a humble 'son of a chai-wala' and an outsider to the establishment during the Lok Sabha elections had suddenly become a 'superior being' talking from the top while his opponent was reduced to being an 'ordinary man' speaking from amongst the people. The 'Pradhan Sevak' for whom the people voted in the Lok Sabha had suddenly become arrogant and elitist and the people chose to find refuge in a party that seems to offer an alternate form of politics. A form of politics sans the exclusionary VIP culture, coming from the people, where there is no hierarchical relationship between the 'governing class' and those who are 'being governed'; this was what the AAP came to be associated with.

The Mature Electorate:

It is not just the BJP but also our dexterous psephologists who couldn't gauge the voter sentiment correctly. It was assumed that the battle would be neck-to-neck between BJP and AAP but as it turned out to be, the victory for AAP was decisive. A crystal clear mandate coming from the voters is an articulation of the fact that they do not want to repeat the previous mistakes and lose out a year. The political maturity exhibited by the denizens of Delhi is something to cheer about. The last few weeks

in Delhi have been electric and have given people the much needed entertainment relief. They cheered and laughed along when the self-proclaimed gurus and saadhvis reduced Hindu women to child bearing machines and spoke about 'gharvapsi'. It is always fun to listen to fanatics speaking but you can't take them seriously, can you? Calling Kejriwal names and coming out with colourful posters castigating AAP only helped BJP make Delhi voters laugh at those silly jokes. It clearly did not do anything to change their minds in favour of the celebrated face of BJP in Delhi- Madam Kiran Bedi. The voters of Delhi were smart enough to let this be an entertaining affair for them while BJP thought it would woo them with histrionics alone.

Hope in the Politics of AAP:

AAP on the other hand was structured on a more resonating spirit of 'volunteerism', the same spirit that RSS was once a champion of. AAP valiantly mastered the art of 'positive campaigning' with a number of vision documents, mandates, Delhi durbar etc., which none other party could clearly do. BJP tried to build castles in mid-air while its local political unit in Delhi lay in shambles. The volunteers of AAP on the other hand, came from within the people and thus reached out to them. Political analysts may regard this as a revolution in Indian politics.

An ordinary Delhiite is not interested in such hypothesis. Most people just want a safe and clean city with sufficient drinking water, affordable electricity, less congested roads, co-operative police officials who do not demand bribes and are more approachable. They don't have much to do with changing political consciousness of a rising social democracy and hence they have pinned their hopes on the Aam Aadmi Party. The elections could or could not be a revolution yet, but can definitely be the beginning of one in the capital of India.

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The Common Man Lives on ...

On the 26th of January 2015, the 'Common Man' in the form of R.K. Laxman, the cartoonist, made his exit from this world. R.K. Laxman truly understood the struggles of the common man and portrayed it to the public through the Times of India, day after day. He immortalized the Common Man and he himself will remain immortal.

Around Fifteen days later, another Common Man in the form of Kejriwal through the AAM Admi party (which again means, 'Common Man party'), made his Entry into the Delhi Assembly, with a 'Landslide' victory in the Delhi Assembly Elections. Here is a man who has probably understood the common man, his suffering, his hardship. A large number of poor people, and the middle class in Delhi seem to have reposed their faith in Kejriwal and the AAM Aadmi party. They look up to him as their saviour. Arvind Kejriwal indeed has a huge and difficult task ahead of him and how far he would be successful, only time will tell. **In the meanwhile, let's wish the 'Common Man' & the 'Common Man Party', All the very Best ! The Common Man nevertheless, Lives on in the hope of a better future !**

—Melville X. D'Souza,
Orlem, Malad.

I Am Enriched

Here are a few sample feedbacks given by various participants of the Gem Online Environment Contest held recently.

"I was not aware at all, with most of the things mentioned. Going through the PowerPoint Presentation one by one has enriched me. I have already made up my mind to get involved in this project, with the people in our society first". - Dorothy D'Souza Borivali.

"The Battle To Save Environment Is Not Just Any Battle. It is the battle for the future of the planet. Every one of us can do something, in our local area, every day. We must not regret on what we have lost but FOCUS ON WHAT WE CAN STILL SAVE" - PARSHVI DOSHI,



Bhayander

"Most important is a change in attitude which only each one can do for oneself – we see things being taught/learned from textbooks and then it is shut and same wrong practices are being done by teachers, parents, and therefore children"- Dr Pratima Sasindran, Panvel

"It was a very refreshing experience to solve this Quiz – some new facts came to light which I was totally ignorant of. SAVE Environment has become a very serious issue, especially for our future generations..." - Ancy Sabu, Panvel

For above and many more interesting and eye opening comments given by the participants of Gem Online Quiz Contest 2015 read the latest issue of GEM.

Visit www.stfrancisxavierpanvel.in, go to GEM E-NEWSLETTER section and click GEM-5/41-I AM ENRICHED.

As environmentally concerned citizens/leaders of various groups including churches, schools/colleges, NGOs, housing societies or any other groups, you are welcome to bring awareness amongst the masses by conducting similar quizzes or other awareness sessions. For PPTs and other resource materials please visit www.stfrancisxavierpanvel.in and go to GEM section.

—Fr Felix Rebello,
Editor, GEM E-Newsletter

Christ's Crucifixion Continues...

There is a concerted attempt to convert Christians to second class citi-

zens inspite of their colossal contribution in the fields of education, healthcare and social services.

The communal antics of *ghar wapsi*, love jihad, *ramzade-haramzade*, vandalism of five Churches and verbal abuse of Christians have left people of goodwill crushed. PM Modis's deafening silence has made his slogan, 'Sabka Saath, Sabka Vikas' a sham; and led to the near eclipse of the BJP in Delhi.

The Persecution Watchdog, 'Open Doors' has revealed that Indian Christians have suffered about 150 violent attacks over the last few years which include physical and sexual assaults, murder and desecration of places of worship and graveyards.

Times News Network (Feb 11,2015, pg 16) reported: 'Did Obama's parting shot queer pitch for BJP?' Surely, for he convincingly correlated: India will succeed so long as it is not splintered on religious lines//Your article 25 guarantees the right to freely profess, practice and propagate religion//No society is immune from the darkest impulses of men, and too often religion has been used to tap into those instead of the light of God//Gandhiji would be 'shocked' at the state of the country he helped liberate.

However, we have the crowning consolation of the 'Crucified Christ'! "Source of life, wisdom from God, the righteousness, the sanctification, and the redemption" (1 *Corinthians*, 1:30).

—Dr Trevor Colaso

Treat Minorities Well

Just because we Christians are peace-loving people and do not retaliate, it does not mean that the government and the police can take an upper hand of us. Churches are being burnt and desecrated. And no action is being taken with those involved in these dastardly acts.

Christians are being defamed in the name of 'Ghar Wapsi' (Home Coming) and Muslims in the name of 'Love Jihaad'. This was the reason why flower lotus was cleaned by the broom It is high time that the BJP thought about the minority communities (Christians, Muslims, Sikhs and Parsees) or they will be swept away from the country soon.

— Jubel D'Cruz

The Art Of Ventriloquism

Ventriloquism is a performance art where the ventriloquist (sometimes called a puppeteer), projects his or her voice to an object to make it sound as if the object is speaking and not the performer. A ventriloquist does this by learning to manipulate the sounds of his or her speech and by learning to speak without moving his or her lips.

Ventriloquism is a mind trick, first and foremost. The ventriloquist uses a prop in the form of a dummy, using his or her voice and to maneuver the mouth of the dummy. Doing these tricks, the audience or the viewer believes that the sound comes from the dummy's mouth, when actually it comes from the ventriloquist's mouth.

Ramdas Padhye is the one and only professional Indian ventriloquist, puppeteer and puppet maker who have performed his widely acclaimed ventriloquial acts in India and abroad during the last 40 years.

He inherited the art of ventriloquism from his dad, the Late Prof. Y. K. Padhye who was the pioneer Indian ventriloquist who used ventriloquial dolls in his acts since 1920.

At the age of eight, Ramdas performed his first professional ventriloquism show with his father and thereafter made prolific use of vent and other puppets in stage performance, films, radio, television and advertisements. His puppet was even used in the Marathi film, 'Zapatlela' which was a hit in Maharashtra.

After his marriage to Aparna, he and his wife gave traditional Indian puppets and ventriloquial doll the technical edge by promoting them to international standards without losing their Indian identity and universal appeal.

Ramdas Padhye has a son who is also into the show business and assists his dad and mom whenever they perform on stage.

On May 27, 2012, Ramdas Padhye became the first person to represent India in the world puppetry festival in Chengdu, China. The week-long festival featured a total of 74 puppet the-



BY JUBEL D'CRUZ



atres representing different countries.

Ventriloquism is an ancient art of projecting or 'throwing' the voice so that it appears to come from a source rather than the mouth of the speaker. Egyptian priests have used it to fool people into thinking that stone gods could speak. The Greeks and the Romans thought that it was the work of demons. They believed that the sounds came from the stomach. This belief persisted for many centuries.

The word 'ventriloquism' comes from two Latin words, 'ventri', meaning 'stomach' and 'loquis', meaning 'to speak'.

Today, we know that the stomach plays no role in ventriloquism. The performer throws his/her voice by using his/her tongue in a particular way and modifying the sounds by the use of the muscles of his/her throat and palate.

Ventriloquism was first practiced around the 6th century B.C. Many historians have concluded that the act of ventriloquism originated as a means to communicate with the dead. By communicating with the stomach, it was believed that information could be passed from a human being to the dead from beyond the grave.

Historically, necromancy (study of dark magic) was illegal in many places around the world and anyone

found practicing ventriloquism was sentenced to death.

According to British journalist, Angela Mabe in her report: "Ventriloquism: A Dissociative Perspective", ventriloquism made a comeback during the 16th century A.D. as a form of amusement in England, and by the 18th century, it was a form of entertainment in both Europe and North America.

Although popular, many people have believed that ventriloquism was a supernatural gift rather than a talent. Today, it is a form of entertainment.

As a budding ventriloquist, the first thing you need to learn is how to speak without moving your lips. It sounds hard, and it really is. The vowel sounds are the easy part, so let's try that first.

1. Close your mouth.
2. Relax your jaw.
3. Now only very slightly part your lips, rest your bottom lip against your teeth just a bit to keep it steady.
4. Say the vowels – a, e, i, o, u. First, say them very slowly. Then a little fast, and then add accents of all kinds.

The rest comes with practice and it's almost like learning to speak all over again. Just remember to relax your jaw, only very slightly part your lips, and the rest will come automatically.

'SOLIDARITY RALLY' by Christians

✍ Don Aguiar



For all the popularity of the BJP government there was constant concern that it fostered communal bonding. Our community in India is experiencing a violent, volatile period seemingly devoid of rules. It remains to be seen whether the BJP government will see the light as it struggles to reconcile the contradictions in which it is trapped because of the actions of their parent organization RSS & VHP.

We all grew up being told that it's more noble and blessed to give than to receive, so most of us elevate one act to a place of goodness and kindness while the other is denigrated. And while it's true that this teaching safeguards us from becoming self-centered, we neglect to see that to want to always be the giver has more than a touch of insecurity or arrogance, reflecting a sad lack of humility and graciousness. Living with a rhythm of giving and receiving keeps us and others balanced and whole.

With the continuous persecution

of our community members as well as damaging our Churches, Holy places and our institutions all over India, two of our community NGO's in Mumbai saw the requirement to gather our community in one place to hold a protest rally to uphold their rights as laid down in the Constitution of India.

Several hundred Christians led by community NGOs Indian Christian Voice and The Bombay Catholic Sabha gathered at Azad Maidan on Monday 9th February 2015 to protest the attacks on churches in New Delhi.

Representatives from various factions of the society and NGOs including speeches by Muslim maulanas expressed their support to uphold the rights of minorities in the protest, which lasted for three hours from 3pm to 6pm. According to press reports the solidarity rally 'saw a gathering of around 1,500 to 2,000 people comprising mainly Christians. The speakers held up US President Barack Obama's comments on "growing religious intol-

erance" in India but denounced the anti-conversion Bill.

The Auxiliary bishop Agnelo Gracias thanked Abraham Mathai for proposing this solidarity rally' as well as for getting most of the permissions and said the attacks were not isolated incidents. Equating attackers of churches across India to 'Nazis', the Auxiliary bishop slammed the govern-

(Contd.. on p. 10)

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(Contd.. from p. 9)

ment for being silent and allowing such attacks to continue. "On the surface, such attacks look like a campaign against a small, peace-loving minority that would scarcely pose a threat to anyone. Are these isolated incidents or are they part of a systematic plan? Today, it is an attack on Christians, a soft target, but will it stop there? Or will it move soon to other targets? The Nazis had followed the same tactics — the isolated attacks that moved on to another attack. We will soon see that happening here. There is an attempt to make India a homogenous unit — the home of one religion," said Auxiliary Bishop Agnelo Gracias, speaking on behalf of the Bombay Archdiocese. The Auxiliary Bishop cited examples of churches being vandalized, Christian prayer meets being disrupted and Bishops refused visas to India to show a 'pattern'. The Auxiliary Bishop called the silence of the 'political party that was voted to power' post these attacks as the reason for such attacks to continue. "Is the silence of the government coincidental or deliberate? Is not this silence a strategy or studied silence indicating consent with what is happening? If these people are continuing to attack with impunity, it is because the government is silent," he added.

Sunil Mantode, pastor, Christian Faith Centre said, "If we don't shout, the government won't listen. The government must give justice to Christians in Delhi."

Father Frazer Mascarenhas, principal, St Xavier's College, appreciated the city police for their support in holding the event. "Many Christians voted this government for a change and good governance, but it is not paying attention to the community. I ask for the protection of all minorities. It is our constitutional right," he said. Shouts of 'burning churches is bad governance' followed St Xavier's College principal Dr Fraser Mascarenhas's speech. Protection for all, upholding constitutional rights of minorities were among his demands from the Centre and state.

Senior Shia Cleric Maulana Zaheer Abbas Rizvi said, "Attacking religious places is highly deplorable. These



monsters that call themselves religious and attack churches, masjid, gurudwaras, have nothing to do with religion."

Abraham Mathai of the Indian Christian Voice and former vice-chairman of the Minorities Commission said, "We support PM Narendra Modi's Swachh Bharat Abhiyan but he also needs to initiate a Swachh Dil Abhiyan."

According to Admiral Vishnu Bhagwat, former chief of the naval staff, such attacks are an attack on the foundation of the country.

Janet D'Souza highlighted the contribution of Christians to education, welfare and health sector and condemned the arrests of Christian protestors in the Capital.

Gordon D'Souza, BCS president, said, "The state government should convey our message to the Centre. They should immediately arrest and punish the culprits of these attacks." He will present a memorandum to CM Devendra Fadnavis urging him to seek the PM's intervention.

Presenting a memorandum to CM Devendra Fadnavis much after the rally is useless and in some ways is worst than not having presented a memorandum at all. It gives false hopes to the community as wanting to present a memorandum to CM Devendra Fadnavis any time after this rally is

pointless. After the NGO putting much time and effort in organizing the protest rally - will anything good come out of it as the CM & the government would wonder why the Christian community held a rally without presenting any of their demands to them - what were they protesting for and to who they were protesting to? Without presenting a memorandum to the CM the government cannot act and the government does not take in and action everything the press reports especially if it is in regards to the minority community. This paints a bad picture of our community not only with the CM and the Government but with the other communities too.

To prohibit the community from wanting to know the facts of the various aspects of organizing the rally and feeding the community with whatever is suitable to one's needs merely because the community might criticize the actions of the NGO or make adverse comments on the NGO, is to impose restrictions that smack of totalitarian regimes. Dubbing such criticism as being anti NGO is really stretching the term beyond all reasonable limits. If anything, it is such intolerant behavior by the NGO that can do immense damage to our reputation as a mature liberal peace loving community.

Quoting Pope Francis - "Another of the sins was how cliques can 'enslave their members and become a cancer that threatens the harmony of the body' and eventually kill it by 'friendly fire'. As well as how the 'terrorism of gossip' can 'kill the reputation of our colleagues and brothers in cold blood'

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Why are we classified on basis of our faith?

During elections, I feel intensely resentful when politicians classify the likes of me as a minority in the country. That is because I was born to catholic parents, a major sect of the Christianity. On many occasions, when party workers campaign door to door, they step into our house and promise that they would protect and work for the benefit of our community. But, I have wondered, why we need seasoned politicians to protect and preserve us? **Why are we labeled as a minority in a secular democratic country?** These questions have hounded me since childhood and I am yet to find an answer.

Christians in India make up around two percent of the population and other religions like Islam and Sikhism make up fourteen percent and five percent of the total population respectively. In other words, those people who do not practice indigenous beliefs 'Hinduism' are all referred as minorities. Although, I reject all religious claims and prophecies and see myself as a Humanist in thought, nobody cares, and am still referred as a minority. So, despite of one's independent thought, government census consider family names as imperative to classify people into religion. This has put most of our youth in state of confusion. When we become adults at eighteen in the eyes of law, we get the right to vote and eligibility to own driving license, at twenty one we get the legal right to marry, but we don't get to choose our faith.

There has been a religious revival among all the religious faiths in the country. Adherents of every faith, have started a fashion of wearing religion on their sleeves. This is one way of showing a strong contempt to opposite faiths and demonstrating a statement on religious lines. Everybody wants to boast about their faith and claim their faith is immune from all

criticism. The increasing obsession towards one's personal faith has been widely termed as 'Religiosity' and this has led to faith becoming a public display rather than spirituality.

To make matters worse, India has a delicately secular constitution, which expresses deep respect for every faith in the country and states that State shall not interfere in religion. Although, it is bold and pragmatic in its essence, Secularism is almost impracticable in the real world, and in a country religiously obsessed as ours. India's secularism is a sharp contrast to French Secularism, which adamantly draws a line between state and religion and assertively separates religious intrusion in politics. In India, Political parties take direct advantage out of this. In the name of secularism, people of the country have been sectionalized on the basis of their faith. Every child has been relegated to different communities. The very idea of secular politics has bred communalism in the country. Most politicians, have a very ordinary academic background, and hence do not understand the depth and definition of secularism. And the concept once celebrated in the nehruvian era has been ripped apart and died down to Appeasement and tokenism.

There are political parties who advocate secular policies in their tagline and slyly promote casteism and sectarianism. Some of them have used the religious minorities as political football, during times of communal tension, playing the famous trick is the carrot and stick approach.

What has seriously gone wrong sixty seven years down the line, despite of having a Secular constitution and a secular political empire for the most period is the extent of communal divide. Lack of cultural exchange between the communities has left a huge disparity. As a result, Communities have developed suspicion and



by Chris Emmanuel D'Souza
mistrust.

Most people do not have the faintest idea on why these classifications were actually made. They were actually made by the party in power soon after Independence, in order to have a substantial hold in the Indian politics. This was a well thought out strategy, to proceed with the British Raj policy of divide and rule. And since then, decisive politics has played a despicable role in segregating people on the basis of community. In recent times, throughout the country, people tend to identify themselves on the basis of religion and naturally add an element of superiority complex. Gone are the good old days of social and cultural integration and religious commonality, and those positive aspects have been replaced by isolation and dissimulation. A nail on the coffin, to human progress and modernity.

There is a need for an emergency bell, to unite people and shun their religious differences. People need to be educated that the tags of majority and minority stamped on their foreheads is a political poison. If India has to achieve intellectual progress in the near future, it has to abandon communal differences and religious dogmas and move towards scientific temper and free thought.

Learn from Your Grandmother ...

If you want to simplify your life, boost your physical and emotional health and save some money, then just read on and find out more about those effective habits you should pick up from your grandmother.

There are a lot of useful things you can learn from the generation that hasn't been bombarded with consumerism, that hasn't lived surrounded by chemicals and all the technology that exist now days. That generation, also known as the "grandma era" is famous for its common sense, for its clean and healthy lifestyle and for its wealth of practical solutions. Here are 7 habits you should pick up from your grandmother since they are too valuable to be lost:

Don't Eat Fake Things

If you want to stay healthy, try not to eat anything that your grandmother wouldn't recognize as food. If you can, nurture your own garden. The size really doesn't matter; it's important to nurture something and raise it until it can be harvested to eat. This way, you'll have something natural to consume and you'll also enjoy the numerous benefits of this therapeutic hobby.

Go for a Walk

Walking is one of the most efficient exercises that will help you stay in shape and boost your mood too. Just leave your car at home for at least one day per week and walk to do your errands. You can also take a walk in the evening after dinner or even in the morning after breakfast. There are a lot of benefits walking can bring you, so if you have the chance to do it more often, just go for it.

Write Letters

This is such a nice habit that you should pick up from your grandmother.



There are a lot of habits that you should borrow or even steal from your grandma if you want to learn how to live a healthier and cleaner lifestyle and if you want to improve your well-being.

Try to write a letter once in a while and send it to one of your friends who lives far away. You'll also make your friend very happy since they will be glad to receive something in their mailbox that isn't a catalogue or a bill.

Use Natural Remedies

There are a lot of natural remedies that you can use for minor problems, so try them before going to the pharmacy to buy something that it's made of synthetic chemicals. For example, there are a lot of studies that show that "honey is more effective in treating a cough than cough syrup".

Take Care of Your Clothes

Take care of your clothes and don't

toss them away at the first sign of wear or tear. Try to mend them or turn them into something else. If you treat them with care, your clothes will last longer and you'll enjoy them more. Paul Dillinger, the head of global product innovation at Levi's advises us "to treat our clothes like flowers" and you must admit that he really does have a good point.

Clean Your Home with Things You Can Eat

From time to time you could replace the chemicals you use to clean your home with more natural products. They will offer you the same amazing results and they will be less toxic. For example, you could use baking soda or vinegar to clean your kitchen. These products are safe, they are cheaper and they do an amazing job too.

Cook from Scratch

Even if you don't have so much free time and you often come home from work extremely tired, try to give cooking a shot. There are a lot of quick recipes that you can make, it can be very relaxing and pleasurable and it's healthier too, since you can actually control the ingredients that you will use.

Ways to Teach Your Kids about Charitable Donations

if your children get into a habit of donating to a charitable cause, they can learn generosity at an early age. Helping kids share their good fortune with others may be the most important lesson of all



happy" also volunteered. This correlates with a British study that found "people in general felt happier when they were asked to remember a #time when they bought something for someone else."

Teach Kids to Appreciate What They Have

Charitable donations are not only beneficial because you can write off the amount you donate, they also encourage generosity. As an adult, you may already recognize the importance of donating to a charity or organization, but your children may not. Donating may not come natural to your young children or teens, but there are easy ways to teach your kids about charitable donations.

Set the Example

If you want your children to be generous and give back to the community or donate to organizations, you have to set the example. If you're not donating items or money, your children may follow in your footsteps. It isn't enough to tell children they should make regular contributions or donations, they need to see you drop off items at a donation center or write a check to an organization.

Explain What It Means to Be Charitable

For younger children, you might have to explain what it means to be charitable. You can explain how the items you donate go toward assisting those in need. You can explain how some families don't have enough money to buy furniture, clothes or toys for their children. When they donate items, they help these families get the items they need.

Explain How Organizations Help People

Different organizations help people in different ways. Once your children understand what it means to be charitable, you can pick an organization, and then explain to your children how this particular donation helps people. For example, if you donate items to Goodwill, the organization uses proceeds from sales to help others find jobs.

Explain the Happiness of Giving

Children may not realize this at an early age, but research prove there's a connection between happiness and generosity. One study reveals "Americans who describe themselves as very

If your children are reluctant to donate some of their old toys or clothes to charity, help children appreciate how fortunate they are to have an abundance. Explain how other children aren't as fortunate, and by donating old items these children have the opportunity to get clothes, electronics, books, and toys.

Encourage Donating

If your children don't want to donate, don't give up. This doesn't suggest making your child go through his or her room and donate a bunch of stuff. Start with one item to get your child used to the idea. The more he donates, the sooner he'll understand the importance of giving to others.

To help your children acquire the habit of charity, consider implementing as a family the following

Donate Clothes: Periodically go through your closets rooting out clothes you haven't worn in awhile, which be given to charity. Encourage your children to do the same.

Help needy: Regularly engage in a service oriented project. Rake the leaves of an elderly couple. Bake cookies for a serviceman or servicewoman. Bake bread and deliver it to the homeless feeding station in your community.

Give blood: Take your children with you so they see you as a model for giving. Talk to them about why you choose to donate blood and what you hope it will accomplish by doing so.

Make birthdays charitable: Set up birthday parties as a time for giving to others. For a birthday party you can choose a NGO as venue as well.

Include pets: At regular intervals, buy dog or cat food and take it to the humane society. Allow your children to spend some time with the recipients of the gift.

By implementing some of the ideas above or others like them, you will be teaching your children that charity is not reserved only for emergencies. You will be helping them appreciate that reaching out to others in need is a way of life,

Now Vehicles Can Run With Coconut Oil, Impressive Mileage Of 22.5km



Kochi: In a joint experiment, scientist and engineers from SCMS Institute of Bioscience and Biotechnology Research and Development and SCMS School of Engineering have successfully transformed coconut oil into an effective biofuel which can be used to drive vehicles.

The group of scientists in their experiment on a four stroke diesel engine of TATA ACE mini truck has found that the biofuel gives a mileage of 22.5 kilometer per liter(kmpl) whereas it provided 16 kmpl when it ran on diesel

Scientists who have been running the four-stroke diesel engine of a light pick-up truck on coconut oil for the past one year have approached the union government to commercialize the biofuel.

"We purchased this brand new vehicle a year back. By now, it has done 20,000 km and has proved beyond doubt that coconut oil can replace diesel," said C. Mohankumar, who heads the team of six scientists.

He further said that they have already applied for US patent and have also approached the Central government for making commercial use of this biofuel a reality. The emission of harmful gases from this biofuel is much lower compared to diesel. Explaining the process, Mohankumar said 760 litres of biofuel can be produced from the oil of 10,000 coconuts.

"There are also five other by-products. This includes 5,000 kg of husk, 2,500 kg of coconut shells, 1,250 litres of coconut water, around 1,200 kg of cake (that can be used as cattle feed) and 70 litres of glycerol," said Kumar. "Each of these products has a market value and that's how we are able to commercially supply this biodiesel at Rs.40 a litre," added Kumar.

"We have conducted numerous tests on this coconut biofuel that are for anyone to see. It shows that all the parameters are much lower than other biodiesel products," he further added. The study was published in the December 2014 issue of the journal 'Fuel'.

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From the **Get-together Data-bank**, we select the matching boys and girls from time-to-time and invite them for the **Get-together**. **The dates are not announced but communicated individually.**

Once your entry is included in our Data-bank, You will be contacted when there are sufficient choices to include you in a particular **Get-together**.

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Humor And Freedom Of Speech

by Francis Lobo

Comedy, cartoons, humor are serious matters. If you are looking for a good laugh, while reading this piece, you can stop right here. Writing a humorous piece requires more hard and serious work than writing a serious piece. It is tough because you got to get a message across, get people to change the silly and senseless things that they say and do, without hurting feelings and creating a turmoil. I have tried to capture what goes on in society in a series of articles titled "Silivilization". Comedy must have content and Sarcasm must have sensitivity.

Cartoons have resulted in 12 staff of a cartoon magazine being gunned down in Paris. This was followed up by the terrorists being tracked down and killed. In Mumbai F.I.Rs. have been filed against the organizers of All India Bakchod for the production of a program whose vulgarity upset the Christian Community. Theatres were attacked and posters burnt to prevent the screening of the movie PK. Hours have been taken up of TV time debating whether humor can be gagged. Is it not against one's fundamental right of freedom of speech? People must be free to say what they want to say and artists and actors must be able to use their creative in the process.

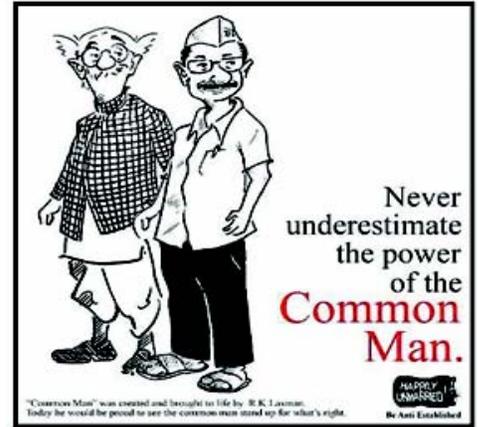
To prove this point an artist in one of the programs showed a picture of herself nude to make the point of her confusion every morning about what to wear. I found nothing funny in the picture but I didn't laugh because it would be impolite, as I would then be laughing at the artist not the picture. From ancient times artists and sculptors have brought out the beauty and grace in the human body as something to be admired but not to be



laughed at.

Human beings are tool using animals where tools help them to do things with less effort and more effectively. Communication is one of the tools humans use most. In the tool kit of Communication humor is one of the most effective which one must learn how, when and where to use. Humor is not something everyone can appreciate. It is something to be taught and learnt. A good form of humor is to crack jokes about oneself. It resonates with more people without causing offence.

Humor has many uses. As a form of Entertainment it gives you relief when you see that others go through the same embarrassing situations that you go through. You chuckle when in a quiet moment you recall the funny incidents just as you hum a tune to put yourself in a good mood. True entertainment makes you enjoy the acting, expressions, dialogue, situations, twists and turns, unexpected endings, misunderstandings. It uplifts the spirit. On the other hand vulgarity debases the spirit and makes us seek pleasure in undesirable acts and words



Freedom of speech is required because there is right and wrong continuously going on around us. So when something wrong is said or done, we must speak out. Silence is not an option if it permits perpetuation of the evil. Silence is often applied to avoid an unpleasant situation, to prevent an argument which one may not be able to stop, to remain popular and acceptable, not to hurt feelings. Pope Francis put it beautifully when he said if someone said something bad about his mother a blow awaits him dealing a mock blow in the direction of the aide who was organizing the Vatican tour and who had raised the question of cartoons and freedom of speech. Handling Difficult Conversations is something we all got to learn how to do — Not keeping silent where there is a need to speak up, knowing the right things to say, how and when.

There are many unusual things going on every minute which can be the subject of our humor without resorting to those elements that people are sensitive about, like their looks, shape, appearance, color of their skin, beliefs, backgrounds, parentage, etc. The cartoonist R.K. Laxman, who died recently found the Uncommon in the life of the Common Man. He got important messages across even to the high and mighty.

The Scourging Of Jesus

by Ella Almeida

***His super humanly heroic act of Redemption
His horrendous sufferings
His infinite love for us***

The greatest criminals, the six ruffians who scourged Jesus resembled wild beasts or demons. They appeared to be half drunk. Several servants of the High Priests gave the brutal executioners money. They also gave them a large jar filled with a bright red liquid which quite inebriated them, increasing their cruelty tenfold towards their innocent victim.

Jesus was dragged by the cords with which He was pinioned. The cruel executioners struck Him with their fists. Jesus followed them without offering the least resistance. They barbarously knocked Him down against the pillar where He had to be flogged.

The ruffians tore down the mantle with which Jesus had been clothed in derision at the court of Herod and almost threw Him prostrate again. How Jesus trembled and shuddered! How He groaned! His hands were bloody and swollen. The only return Jesus made when the brutal executioners struck and abused Him, was to pray for them in return, in supplication, in the most touching manner by His mild but deep groans. Jesus turned His face once toward His Mother who was standing overcome with grief. The look of her Precious Son unnerved her and she fainted.

The feet of Jesus were bound to the pillar. He stretched His arms around the pillar. The archers tightly dragged them to such a height, to be fastened to the iron ring in such a manner that His feet scarcely touched the ground. The Holy Of Holies violently stretched without a particle of clothing on a pillar!

Two furious ruffians who were

thirsting for the blood of Jesus commenced their barbarous act of scourging Jesus from



head to foot. Their whips and scourges were composed of the sinews of the ox or of strips of leather or a species of flexible white wood.

After striking Jesus for 15 minutes and entirely covering His body with black, blue and red marks, the cruelty of the Jews was not satiated. The next two executioners commenced scourging with the greatest possible fury. Their rod was a species of thorny stick covered with knots and splinters. The blows from these sticks tore the flesh of Jesus into pieces. His blood spouted out so as to stain their arms. Jesus groaned and prayed and shuddered.

The third two fresh executioners had scourges composed of small chains or straps covered with iron hooks which penetrated to the bone and tore off large pieces of flesh at every blow.

Three quarters of an hour of scourging had turned the body of Jesus into one wound perfectly torn to shreds. Their cruelty not satiated, the barbarians turned the body of Jesus. He could not support himself in an upright position. He was tightly bound into the rings, under the arms, around the waist and above His knees. This scourging had greater fury. He was constantly struck on the face with a rod. With eyes filled with blood Jesus looked at his torturers as if entreating mercy but their brutality appeared to increase and His

moans each moment became more feeble.

It was the relative of the blind man whom Jesus had cured, who approached the pillar with a knife exclaiming in an indignant tone to the executioners, 'Cease, Scourge not this innocent man unto death.' The drunken miscreants were taken by surprise and stopped. The stranger unbound the cords which bound Jesus and disappeared.

At the termination of the scourging Jesus fell at the foot of the pillar and was led away by the archers. Mary came to herself again and saw her son all torn and mangled. Jesus wiped his eyes filled with blood that He might look into the tear filled eyes of his Mother. She stretched out her hands towards Him and continued to look at the bloody traces of His footsteps. She then knelt down on the ground near the pillar and wiped His sacred blood.

What a silent sufferer Mother Mary! She was the first to make the stations of the cross, following the spots where the precious blood of her son fell, kneeling down and kissing those spots.

***Dearest Jesus and Mother Mary,
Help us Thank You Enough
for all your sacrifices for us.
Help us never to hurt you by
our thoughts, words or deeds.***

Flower-bearing, Fruit-laden Desert

by Leon Bent

The desert is charged with the presence of God's fire. It has the imensity and grandeur of a great cathedral, amidst its harshness and aridity. It helps one in "dying into life!" (John Keats). Quite ironically, this hostile expanse of geography is a place of God's rest, where the Spirit lives, and provides "a still point of this turning world" (T.S. Eliot). An aura of robust mystery looms large amidst bizarre realities. It is conducive to the prayer of quite rising out of solitude. It is a meeting place of the divine and human, and offers a simple, humble, lowly prayer in which we experience our total dependence on God, and an *awareness* that we are in God. Henry Vaughan described it as "a dazzling darkness", the "valley of tears where God lives." Vintage contemplative spirituality is all about making this divine, quintessential beauty our own! Pure magic, indeed!

In this quiet melieu one's inner life is enriched. A Voice speaks to us from the depths of our own stillness, as the Voice spoke to Moses from the burning bush. It was when Moses was in the wordless silence of the Sinai desert, that God came to him, and the great Prophet experienced an abiding sense of the divine Presence. The way God came to him changed Moses' life, for it set his silence on fire.

The desert suggests an attitude, a state of being - beseeching, searching, begging. It is relating to God in a condition of instability, risk, total vulnerability. It means living continually on the edge of nothingness, nevertheless, enveloped in the splendor of God. This contact with

the Almighty can be experienced in a household or market-place, not necessarily within cloistered or monastic walls. The highly favored ones are completely removed from their work-place or worldly scenario.

When we are in this particular environment our prayer is more like that of Jeremiah, which did not come from any prayer leaflet or prayer book. His communion with the Most High God came right from his heart.

It is in moments of grace that we are one with God, one with humanity and one with the cosmos. We need nothing to get anywhere! This is radical abandonment: where I am God is, or more precisely, I am where God is. There is no better place to be in. I become alive to this in prayer. In such circumstances, it is not enough to behave better; one must see reality differently. The simple logic of a contemplative view of reality is that since I am in union with God, I am also united with my sisters and brothers, at-one with all that IS. In this context, as Thomas Merton states, "leaving the world" is at best a metaphor, and, at worst, an illusion. We are all bound together in a network of interlocking relationships, and this is what true contemplation creates: a social consciousness.

Spiritual discrimination is very dangerous for our spiritual health, for it tends to limit spirituality: restricting it to certain "holy places" and "sacred times." This approach privatizes our contact with God. It separates God from His creation and from His people. True contemplation involves "total emptiness" of sin, pickled in whiskey and twinkling with lechery, and "total fullness" of God our Creator, Jesus our Savior and the Holy Spirit, our powerhouse. Thomas Merton states emphatically, that there is no division between God and me, at all times, and there is no need to make any statement or use words about God or myself. He is! This simply absorbs everything else. This is speech of the deepest silence.

Contemplation is "waking up," it is "coming alive" to this most important reality of my existence. In moments of silence, quiet, emptying prayer, this awareness may surface anytime in my life, and I grow close to God. Apart from God I am nothing. It is important

to know that times of such deep and intense experience do not necessarily come at the time we have set aside for prayer. They may very well emerge without warning, when we are in the midst of people or in the shade of nature's beauty. Our prayer should always be: "Lord, help me live in Your saving Presence, whenever, wherever...! May I experience the Joy of Life in Your Presence!" Like Moses in chapter 3 of Exodus, this experience plants a person at the very heart of the redemptive process.

Indeed, whatever brings true joy into our lives - making friends and making love, being a writer, a singer, a dancer, a husband, a wife, carrying out a liturgical role as priest, lector, or any other minister, being a part of parish associations, involvement in community, being committed to one's career, using the gifts and charismas we are gifted with, and everything else we delight in - are, or can be, aspects of that experience of "being saved." We bask in the exuberance of these states and say with confidence, the prayer: "May I experience the Joy of Life in Your Presence (Ps.116:8).

The desert experience creates a big balloon of caring. Three attitudes spring forth: first, a willingness to enter into *dialogue* with people who do not agree with us; second, a profound sense of *compassion* - the ability to see a need and fill it, feel a hurt and heal it; and, third, an option for *non-violence* in all our relationships. Then, we will be able to "walk in the Presence of the Lord in the Land of the Living." In short, we must dare to hope, learn the grammar of justice and the syntax of mutual solidarity, acquire an enduring spirit, doing nothing, simply waiting, and adopt a stance of genuine compassion and unconditional love.

In the desert of our own hearts, "The Kingdom of heaven is lying like a treasure buried in a field" (cf. Mt.13:44). Every wasted moment, every false step we take, hides the "pearl of great price." Each one of us is invited, this Lent 2012, to sell all that we have to buy this treasure. This was Jesus' signature theme.

The last word: We must sight a procession of spring flowers, exotic fruits and birds nesting in the sparse, struggling-to-survive trees in the wilderness. Then, liquid, sparkling gold, with a touch of ambrosia will flow from our hearts!

Leon Bent writes because, with the rise of the web and its quick dispatches, people are hungry for profound thought, for depth, for insight, for sustained description and the touch of the divine.

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The Art of Cleaning Clothes

Women have to shoulder the responsibility to do most of the chores, especially laundry. Follow these tips to make your coloured clothes look brighter and white

With a few simple items that you likely already have in your home, you can boost your efficiency at doing laundry and help keep clothes looking new. Here are a few quick tips

To Prevent Fading or Keep Colors Bright:

- * Add 1/2 cup vinegar to a load of laundry during the wash cycle.
- * Color Protector: Soak new items in a straight solution of vinegar to protect dyes from running. You can also try soaking them in lightly salted water for the same effect.
- * Soak new garments and items in a mixture of 1 tsp Epsom salts mixed with one gallon of water. Will help prevent fading and dyes running.
- * One-half cup of household ammonia added to rinse water will help brighten colored clothes. Do not use ammonia if bleach has been used.
- * Turn clothes inside out before washing to help prevent fading (especially helpful for black garments).
- * If line drying outdoors, colored items should be dried in the shade to prevent fading.
- * Pour two cups of strong tea in the rinse cycle to restore dark colors.



Tips For Whiter Whites:

- * Mild bleach: Add 1/4 cup of lemon juice and 1/4 cup baking soda to load along with your regular detergent and launder as usual.
- * Add 1 1/2 cups of vinegar to the rinse cycle to whiten clothes.
- * Restore Whites: Fill a large stock pot half full with water and 1 cup of vinegar, bring to a boil. Remove from heat, add garments and let soak overnight. Launder as usual.
- * Add 1/2 cup of powdered dishwasher detergent to the washing machine, allow machine to fill with water to dissolve the powder. Add clothes

when water level is about half-way and once the water has stopped filling, open the machine to stop it from running. Let clothes soak for 30 minutes before turning machine back on.

- * Dry on the line outdoors when the sun is hot and bright, the sun is nature's bleach. You'll also have fresh smelling laundry without any added chemicals!
- * To whiten laces, wash them in sour milk.
- * To brighten yellowed linens, try adding 2 teaspoons cream of tartar to a pail of water and soak items for a few hours before laundering as usual.

- * Soak clothes overnight in a mixture of 1/2 cup ReaLemon juice (or a sliced lemon) per 1 gallon of hot water. This is a great method for bringing dingy socks back to life.
- * Soak whites overnight in 1/2 cup 3% hydrogen peroxide per quart of cold water. You can also add 3/4 cup of 3% hydrogen peroxide to a load of laundry (dissolve in soapy water first before adding clothes) or try adding 1/2 cup to the rinse cycle.
- * Wash clothes with 1/2 cup Borax along with your favorite laundry detergent and then add 1/4 cup hydrogen peroxide to the rinse cycle.

Inspiration!

Things You Should Insist On

Sometimes we forget how important it is to actually listen to ourselves instead of others. Happiness is dependent upon ourselves, and there are some things in life you should always insist on doing—no matter what others have to say about it. Here is a list such things you should always insist on:

Most of us are not raised to actively seek our calling. We may not even know that we have one. As kids, we are seldom told we have a place in life that is uniquely ours alone. Instead, we are encouraged to believe that our life should somehow fulfill the expectations of others—that we should find our happiness exactly as they have found theirs. Rather than being taught to ask ourselves who we are, we are trained to ask others for permission. We are, in effect, schooled to live other people's versions of our lives. Every day is designed and developed as told to us by someone else! It's time to unlearn these lies and make changes. It takes courage to grow wiser and become who you really are. And in order to be who you are, here are things, you should insist on:

Insist on subtracting what doesn't belong in your life: There's so much you can let go of in life without losing a thing. It's called growth. Letting go of the old makes way for the new. Letting go of what isn't working makes way for what will. When the pain of holding on is worse than the pain of letting go, it's time to let go and grow. In other words, start subtracting... the habits, routines and circumstances that are holding you back. You cannot discover new oceans unless you build up enough courage to lose sight of the old, familiar shoreline. Be brave. Follow your values. Make changes. Dare to be different. And don't be afraid to like it.

Insist on chasing your dreams

Insist on being the bigger person
Insist on learning from your mistakes
Insist on sticking up for what you believe in
Insist on discarding all the drama from your life

Insist on embracing change and creativity
Insist on paying it forward
Insist on appreciating what you have
Insist on making time for yourself
Insist on living in the moment
Insist on finding time for pleasure

Insist on making passion a priority:

Purpose is the reason you journey. Passion is the fire that lights your way. Without passion, it's impossible to progress. The heart of human excellence begins to beat when you discover a pursuit that absorbs you, frees you, challenges you, and gives you a sense of meaning. Some resist this fact and think passion is just fluff. Well that's nonsense! Honestly, the saddest people I've ever met in life are the ones who don't have a deep passion about anything at all. Passion and satisfaction go hand in hand, and without them, any happiness is only temporary, because there's nothing meaningful behind it to make it last. So remember, if you cannot put your heart in it, take yourself out of it. Only passions—great passions—can elevate the soul to great heights. If there was ever a moment to follow your heart and do something that matters to you, that moment is now.

Insist on working hard for what you want most.—Sometimes you've got to create what you want to be a part of from the ground up—you've got to work harder than ever before to get more than you ever dreamed of. Be a dreamer. Be a doer. Know what is truly important to you and why. Then act on it with all your might. Dreams don't just

magically become realities; it takes a lot of determination, sweat, and hard work. And remember, tough circumstances don't last; tough people do. Most obstacles melt away when we make up our minds to march boldly through them. If you have a strong commitment to your goals and dreams, and wake up every morning with a burning passion to work toward them, anything is possible. So dare to live the life you have dreamed for yourself. Go forward and make your dreams a working reality.

Insist on saying what you need to say:

Be cordial and reasonable, of course, but don't tread carefully on every word you say. Push your concerns of what others might think aside and say what you need to say. Let the consequences of doing so unravel naturally. What you'll find is that most of the time no one will be offended or irritated at all. And if they do get upset, it's likely only because you've brought something important to their attention that forces them to think differently. Bottom line: When you don't speak up, there's a lot of important stuff that never gets said. And in the end, there's no greater sadness than holding on to the words you never had the courage to speak.

Insist on being as weird as you are:

It's human nature to attempt to mimic other humans we look up to—perhaps a parental figure or a celebrity—especially when we are feeling insecure in our own skin. But attempting to be someone else will always leave us feeling empty inside. Why? Because what we appreciate about the people we admire is their individuality—the qualities that make them unique. To really copy them, we need to develop our own individuality, and in that way, we would actually be less like them and more like our true selves. The more relaxed you become with your own differences, the more comfortable you will start to feel just being you. If you find yourself feeling like a fish out of water, by all means find a new river to swim in. But do not change who you are; be who you are.

Grooms



MATRIMONIALS

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 27 years, Ht. 5' 9", Wt. 86 kgs, Wheatish Complexion, Edn. B.Sc., IT, MCM, working as a Associate Developer. Only Child. Seeks a educated girl. Contact email : peterlobo.lapetero@gmail.com OR 9969477179 **(Regd. No. 6278)**

MUMBAI : Goan Roman Catholic Divorcee, aged 65 years, looks much younger to his age, and good health, Ht. 5' 5", Wt. 65 kgs, Wheatish complexion, Edn. SSC., Retired, well settled No issue. Seeks a suitable match aged below 40 years widow or Divorcee having one child. Contact email : francisfernandes346@yahoo.in OR 9820432560 **(Regd. No. 6048)**

MUMBAI : East Indian Roman Catholic Divorcee, aged 33 years, Ht. 5' 8", Wt. 75 kgs, Wheatish complexion, Edn. MBA., in Intl. Business from Newzealand. working as a Manager. Contact : email bnipra@gmail.com OR Mob.: 7738071111 **(Regd. No. 6047)**

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 34 years, Ht. 6' 2", Fair Complexion, Handsome, Edn. B.Com., & HTL Management, Working on Cruise Line as Supervisor, Seeks an educated, simple, Mangalorean girl above 5' 5", Email : marprop111@gmail.com **(Regd. No. 6045)**

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 28 years, Ht. 5' 9", Wt. 78 kgs, Wheatish Complexion, Edn. HSC + 3 yrs Hotel Management working as a Sr. Rest. Manager. Contact email : stanleef77@gmail.com OR 9920047343 **(Regd. No. 6044)**

MUMBAI : Mangalorean RC Bachelor, aged 30 years, Ht. 6', Fair Complexion, Edn. B.Com + IATA working as a Manager for Emirates in Dubai Seeks a humble, godfearing, educated girl. Ht. above 5' 5", age below 27 years. Contact email : rebeccasald@gmail.com OR 9619639323 / 26372210 **(Regd. No. 6040)**

MUMBAI : Goan RC Bachelor, aged 28 years, Ht. 5' 11", Wt. 65 kgs, Wheatish Complexion, Working as Marine 2nd Engineer seeks a suitable match. Contact email : annalui19@yahoo.in OR 022-24446040 **(Regd. No. 6039)**

MUMBAI : Goan RC Bachelor, aged 37 years, Ht. 5' 6", Wt. 68 kgs, Wheatish Complexion, Edn.B.Com., Working as a T.L. Operation. Having own house. Seeks a suitable match. Contact email : mq_2775@yahoo.com OR 9821952841 **(Regd. No. 6035)**

MUMBAI : Goan RC Bachelor, aged 32 years, Ht. 5' 6", Wt. 64 kgs, Wheatish Complexion, Edn. B.E., (Comp.), working as a Software Engineer. Contact email : barretto.elton@gmail.com OR 9004500088 **(Regd. No. 6034)**

Hyderabad : Roman Catholic Bachelor, aged 29 years, Ht. 5' 10", Wt. 75 kgs, Wheatish Complexion, Edn. MBA, PGDM, working as a Sales Head in Abroad. Contact Email: michelle.dominica@mylan.in OR 8008001552. **(Regd. No. 6024)**

MUMBAI : Goan RC Bachelor, aged 45 years, Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. SSC, well settled. Seeks a suitable match. Contact Mob.: 9867764737 **(Regd. No. 6022)**

POONA : Roman Catholic Bachelor, aged 35 years, Ht. 5' 5", Wt. 65 kgs, Fair Complexion, Edn. B.Sc., + Certified Fumigation Operator, Having own business. Seeks a fair good looking girl willing to settle in Poona. Contact email : nelsoncarvalho@rediffmail.com OR 9096466322 / 8600528122 **(Red. NO. 6020)**

MUMBAI : Mangalorean RC Bachelor, aged 29 years, Ht. 6' 1", Fair Complexion, Edn. BE and Masters in

Members are requested to inform us when they are settled, so that publication of their details can be discontinued.

Computers (IT) from London, working in an MNC (IT) in Mumbai, Seeks an educated, simple, mangalorean girl. Contact email : johnsonquadros@yahoo.co.in OR 28618926 / 9920631575 **(Regd. No. 6014)**

MUMBAI : Mangalorean RC Divorcee, aged 45 years, Ht. 6' 1", Wt. 87 kgs, Wheatish Complexion, Edn P.U.C., working as a A/C Mechanic in Kuwait. Mob.: 00965-65983992 / 00965-67724704 **(Regd. No. 6012)**

MUMBAI : 34 yr old mangalorean divorcee, church marriage annulled, no children, dentist by profession, own accommodation, own private clinic in mumbai, looking for spinters/divorcees upto age 32, mangalorean / goan. Contact email : job314mi4@gmail.com OR 9920059033. **(Regd. No. 6008)**

MUMBAI : Goan RC Bachelor, aged 37 years, Ht. 5' 7", Wt. 70 kgs, Wheatish Complexion, Edn. MBA., working as a Sr. Mobility Specialist International HR in Dubai. Visiting Mumbai in December. Contact immediately Email : terencedsilva1230@gmail.com OR 9869319466. **(Regd. No. 6005)**

U.S.A. : Mangalorean RC Divorcee, aged 56 years, Ht. 5' 6", Wt. 68 kgs, fair complexion, Edn. Undergraduate in US, working for Hospitality Industries, Currently in Mumbai Contact immediately. Email : gerryvegan58@yahoo.com OR 8693031883 / 9619034057 **(Regd. No. 6279)**

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MUMBAI : Mangalorean Roman Catholic Spinster aged 28 years, Ht. 5' 3", Wt. 51 kgs, Wheatish Complexion, Edn. B.Sc., coms, B.Ed., Teacher by profession. Contact email : violet_361@yahoo.com OR 9969663045 (Regd. No. 6273)

DUBAI : Mangalorean Roman Catholic Spinster, aged 25 years, Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. BMS, MBA Finance, working as a Bank Officer in Dubai, Contact email : pdsouza.acb@gmail.com OR 08970986766 (Regd. No. 6256)

MUMBAI : South Indian Roman Catholic Spinster, aged 30 years, Ht. 160 cms, Wt. Normal, Wheatish Complexion, Edn. B.Sc./ PGDMLT, working as a Pathology Lab Technician (Instructor) in **KSA** since 7 years, well settled, seeks a suitable match. Contact email : Mathew_680@yahoo.com OR 8652531726 (Regd. No. 6136)

NASHIK : Mangalorean Roman Catholic Spinster, aged 25 years, Ht. 5' 6", Wt. 64 kgs, Fair Complexion, Edn. C.A., working as a Chartered Accountant. Seeks highly qualified match, Contact email : lonadsouza71@gmail.com OR 9960620677 (Regd. No. 6134)

DUBAI : Goan Roman Catholic Spinster, aged 37 years, Ht. 5' 2", Wt. 41 kgs, Wheatish Complexion, Edn. B.A., working as a Secretary. Contact email : track_1976@yahoo.com OR 9821467722 (Regd. No. 6032)

MUMBAI : Goan Roman Catholic Spinster, aged 36 years, Ht. 5' 2", slim, Wheatish Complexion, Education Associate Degree in Business Administration from USA. Presently in Mumbai. Seeks a educated well-placed Bachelor upto 42 years from India/Abroad. Contact email :

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perpetual4u2012@yahoo.in OR 28933931 (Regd. No. 6031)

MUMBAI : Goan Roman Catholic Spinster, aged 30 years, Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. B.E., (Electronics), working as a Technology Lead. in IT Company in **USA**. Contact : laetitia.viegas@gmail.com OR 25886316 (Regd. No. 6030)

MIRAJ : Maharastrian Protestant Spinster, 30 years, Ht. 5' 4", Wt. 50 kgs, Wheatish Complexion, Edn. M.D.S., (Dentist), Lecturer in Dental College. Contact email : dprebentisch@hotmail.com OR 0233-2211495 (Regd. No. 6108)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 28 years, Ht. 5' 2", Wt. 57 kgs, Fair and good looking, Only Child, Edn. GNM+Pc. B.Sc. (Nursing), working as a well known Hospital in Mumbai. Contact email : lseema30@gmail.com OR 9820203722 (Regd. No. 6247)

MUMBAI : East Indian Roman Catholic Spinster, 25 years, Ht. 5' 1", Wt. 45 kgs, Fair Complexion, Edn. B.Com., working. Contact email: dsdece@gmail.com (Regd. No. 6107)

MUMBAI : Maharashtrian Protestant Christian Spinster, aged 28 years, Ht. 5' 7", Wt. 59 kgs, Fair Complexion, good looking, Only Child. Edn. B.Com., LL.B., working as a Officer in Bank. Contact email : vmbhide100@yahoo.com OR 9819369243 / 9969052200 (Regd. No. 6196)

MUMBAI : Matrimonial alliance is invited for a Catholic Spinster, aged 25 years, M.A., B.Ed., High School Teacher, Wheatish Complexion, from Catholic bachelors below 30 years of age, well qualified, financially stable, sober, preferably working in Mumbai, East Indians, Mangaloreans or Goans may mail their details to dsilva.agnes57@gmail.com (Regd. No. 6195)

MUMBAI : Goan Roman Catholic Spinster, aged 27 years, Ht. 5' 6", Fair Complexion, Edn. Masters in HRM,

Working as a HR Executive in Private firm, simple, and Godfearing. Contact email

athalye.priyanka1@gmail.com OR 09924650033 (Regd. No. 6277)

NAVI MUMBAI : Goan Roman Catholic Spinster, aged 34 years, Ht. 5' 4", Wt. 60 kgs, Wheatish Complexion, Edn. B.Com., presently working in U.K. Contact email : criscyalphonso@gmail.com OR 9594749903 (Regd. No. 6258)

MUMBAI : Punjabi CNI Protestant Spinster, aged 28 years, Ht. 5' 2", Wt. 54 kgs, Fair complexion, Edn., B.Com., working as a FM Team Coordinator. Contact email : minti_masih@yahoo.co.in OR 9665169956 (Regd. No. 6244)

MUMBAI : Tamilian Roman Catholic Spinster, aged 46 years, Ht. 5', Wt. 42 kgs, fair and beautiful, Edn. SSC., working as a Beautician. Contact email : pmsmarshall1937@gmail.com OR 9167912492 / 9637129065 (Regd. No. 6243)

MUMBAI : Maharashtrian Protestant Spinster, aged 23 years, Ht. 5' 2", Wt. 53 kgs, Wheatish Complexion, Edn. Diploma in Journalism, working as a Joournalist. Contact email : sathepanvel@gmail.com OR 9004684468 (Regd. No. 6242)

MUMBAI : Maharashtrian CNI Protestant Spinster, aged 26 years, Ht. 5' 8", Wt. 65 kgs, Fair Complexion, Edn. M.Sc., B.ED., Teacher by profession. Contact email : barse.nirmala@gmail.com OR 9930888768 (Regd. No. 6241)

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MUMBAI : Mangalorean Roman Catholic spinster 1973 born, 5' 5" tall, fair complexion with qualifications, B.Com. (Mumbai), M.B.A. Finance (Canada), M.B.A., (H.R.) and Diplomas in I.T. (NIIT), Comp. (APTEC), and Cert.Ind Acct. (I.C.A.), working in good position. Graduate / Post Graduate unmarried R.C. Bachelors upto 45 years, employed in good position and well settled in Mumbai or abroad. Contact email : bellwether77@yahoo.com or Mobile No. 9892700617. **(Regd. No. 6166)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 25 years, Ht. 5' 3", Fair Complexion, Edn. M.com, (Accounting) GNIIT, Working as an Accounts Executive. Seeks a Mangalorean educate and well settled boy below 30 years. Contact email : nishalobo88@gmail.com OR 26324478. **(Regd. No. 6089)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 4", Wt. 56 kgs, Fair Complexion, Edn. B.E., (IT), MS, working as a Sr. Software Engineer in USA. Contact email : wilfysouza@gmail.com OR 9869036355 **(Regd. No. 6207)**

OSMANABAD : Anglo Indian Roman Catholic Spinster, aged 22 years, Ht. 5' 2", Wt. 45 kgs, Fair Complexion, Edn. M.E., Student. Contact email : janetshinde@g.mail.com OR 9422935470 **(Regd. No. 6206)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 29 years, Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. B.E., working as a Sr. Analyst in MNC. Contact email : joe51in@yahoo.co.in or 9322282297 **(Regd. No. 6203)**

MUMBAI : Goan Roman Catholic Spinster, aged 35 years, Ht. 5' 2", Wt. 45 kgs, Wheatish Complexion, Edn.B.A., working as an Exeucive in MNC. Contact email : 12annd@gmail.com OR 9594597319 **(Regd. No. 6200)**

MUMBAI : Maharashtra Protestant Christian Spinster, aged 28 years, Ht. 5' 7", Wt. 59 kgs, Fair Complexion, good looking, Only Child. Edn. B.Com., LL.B., working as a Officer in Bank. Contact

email : vmbhide100@yahoo.com OR 9819369243 / 9969052200 **(Regd. No. 6196)**

MUMBAI : Telugu Protestant Christian Spinster, aged 29 years, Ht. 5' 2", Fair Complexion, Edn. B.H. T.M.S., working as a F.O. Manager. Contact email : asmatrix82@gmail.com OR 8454083778 / 7506242266 **(Regd. No. 6182)**

MUMBAI : Mangalorean RC Spinster, aged 26 years, Ht. 5' 4", Wt. 70 kgs, Fair Complexion, good looking, Edn.BMS/PGDBA, working as a Sales Executive in Dubai. Seeks boy preferably from Dubai. Contact email : m.remedios7@gmail.com OR 9969235259 / 9869180059 **(Regd. No. 6084)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 29 years, Ht. 5'3", Wt. 50 kgs, Wheatish Complexion, Edn. B.Com., Dip. in 3D animation, working. Contact email : nisha.britto@gmail.com OR 9967366434 **(Regd. No. 6063)**

OSMANABAD : Anglo Indian Roman Catholic Spinster, aged 22 years, Ht. 5' 2", Wt. 45 kgs, Fair Complexion, Edn. M.E., Student. Contact email : janetshinde@g.mail.com OR 9422935470 **(Regd. No. 6206)**

PUNJAB : North Indian Roman Catholic Spinster, aged 28 years, Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. Post Graduate in Nursing, **Position** : Nurising Tutor (Clinical Instructor), Calm, quiet, intelligent, Seeks a suitable match from respectable family, and well settled. Contact email : shephalitigga04@gmail.com OR 0164-2272549. **(Regd. No. 6161)**

BOISAR : CNI Protestant Spinster, aged 33 years, Ht. 5', Wt. 58 kgs, Wheatish Complexion, Edn. BE Com, PGD in Textile Designing, working as a Textile Designer. Contact email : jackson.reena@gmail.com OR 02525-284872 **(Regd. No. 6159)**

MUMBAI : Mangalorean Born again Christian Spinster, aged 27 years, Ht. 5' 3", Wt. 60 kgs, Wheatish Complex-

ion, Edn. M. Com., working in Dubai. Contact email : elle_2k7@yahoo.co.on OR 00971-555404182 / 9833747558 **(Regd. No. 6271)**

MUMBAI : East Roman Catholic Spinster, aged 26 years, Ht. 5' 5", Wt. 52 kgs, Fair Complexion, good looking, Edn. B.E.,(IT), working as a IT Engineer in MNC. Contact email : cynthia.h@rediffmail.com OR 9969379432 **(Regd. No. 6261)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged Date of Birth 14-05-1983, Ht. 5' 4", Wt. 63 kgs, Wheatish Complexion, Edn. MSc. Nursing, working as a ICU Nurse in Abudhabi - UAE. Seeks a well educated Mangalorean Bachelor with good family values. Contact email: janydz_1484@yahoo.com OR 9930076741 / 28918871. **(Regd. No. 6257)**

MUMBAI : Punjabi CNI Protestant Spinster, aged 28 years, Ht. 5' 2", Wt. 54 kgs, Fair complexion, Edn., B.Com., working as a FM Team Coordinator. Contact email : minti_masih@yahoo.co.in OR 9665169956 **(Regd. No. 6244)**

MUMBAI : Tamilian Roman Catholic Spinster, aged 46 years, Ht. 5', Wt. 42 kgs, fair and beautiful, Edn. SSC., working as a Beautician. Contact email : pmsmarshall1937@gmail.Com OR 9167912492 / 9637129065 **(Regd. No. 6243)**

MUMBAI : Maharashtra Protestant Spinster, aged 23 years, Ht. 5' 2", Wt. 53 kgs, Wheatish Complexion, Edn. Diploma in Journalism, working as a Joournalist. Contact email : sathepanvel@gmail.com OR 9004684468 **(Regd. No. 6242)**

MUMBAI : Maharashtra CNI Protestant Spinster, aged 26 years, Ht. 5' 8", Wt. 65 kgs, Fair Complexion, Edn. M.Sc., B.ED., Teacher by profession. Contact email : barse.nirmala@gmail.com OR 9930888768 **(Regd. No. 6241)**

Pope Francis Creates 20 New Cardinals



Pope Francis created 20 new cardinals Saturday, further tilting the church's leadership toward developing countries as he enters a crucial period of reform of the Catholic Church.

In an elaborate ceremony in St. Peter's Basilica, the Argentinean-born pontiff elevated the 20 men to become so-called "Princes of the Church," bestowing the biretta, or the square hat that is a vivid red meant to symbolize the blood shed by martyrs for the Christian faith.

The choice of new cardinals is among the most important decisions for a pope. The main task for the College of Cardinals is to elect a new pontiff. However, cardinals also advise popes, and Pope Francis has actively sought their counsel as he seeks to tilt decision-making away from Rome and build support for a series of important reforms that have already generated friction and resistance within the church.

Last month, the pope announced the choices for his second batch of cardinals since his election nearly two years ago. He nominated 15 new cardinals under the age of 80, the threshold for eligibility to vote in a conclave for a new pope. He named another five who are over 80 as cardinals emeriti, an honorary title; those men won't be eligible to vote in a future conclave.

The choices of the pontiff—the first to hail from the Americas—reflect his concern for the poor, his desire to give greater voice to local churches and his support for clerics working close to the faithful.

Nine of the new cardinals hail from the emerging world, including Vietnam, Panama and Myanmar and include some countries—such as Tonga—which have never had a cardinal.

In January, the 78-year-old pope gave the U.S. no new cardinals and very few to Europe, reflecting his desire to rebalance the overrepresentation the two continents enjoy in the College of Cardinals relative to the size of their Catholic communities. For instance, Italy received just two new red hats, and those two came from small cities, including a Sicilian diocese that has been swept by waves of African and Middle Eastern migrants.

With the new cardinals, Pope Francis has chosen nearly a quarter of voting-age cardinals, which now number

125. Including those not eligible to vote, there are now 228 cardinals.

The new batch of red hats could help the pontiff push ahead with a series of reforms that will likely culminate this year. Before his election in March 2013, the cardinals called forcefully for a deep shake-up of the Roman Curia, the bloated Vatican administration that has been the subject of embarrassing scandals and infighting in recent years.

Pope Francis, who lambasted the Curia in December, likening it to "the rich fool who thinks he will live for all eternity," is readying an overhaul of the Curia this year. He met this week with his handpicked, nine-member council of cardinals that is advising him on many reforms. Then, about 170 cardinals met with the pope in a consistory convened to discuss changes to the Curia. During those discussions, some called for more devolvement of decision-making power to local bishops, a greater role of laypeople and a reduction of the Italian dominance of the Curia.

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