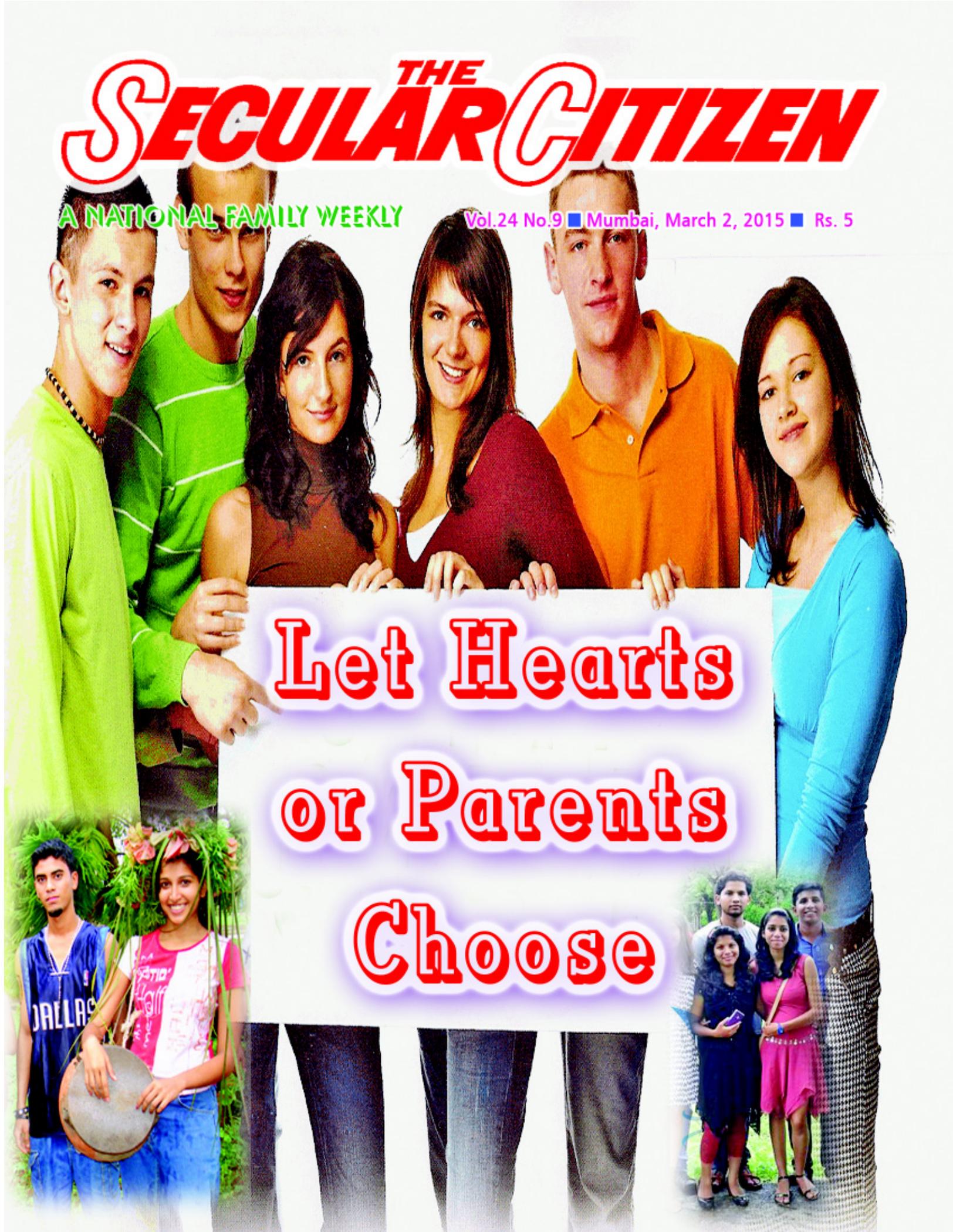


# THE SECULAR CITIZEN

A NATIONAL FAMILY WEEKLY

Vol. 24 No. 9 ■ Mumbai, March 2, 2015 ■ Rs. 5



Let Hearts  
or Parents  
Choose

## CREATIONS 2015



Creations 2015 - The annual exhibition of Nirmala Niketan Polytechnic will be held on **20-22<sup>nd</sup>** February, 2015. This is a much awaited annual event on the College Calendar that gives a platform to the students of Fashion Designing, Interior Designing and Commercial Art to showcase their creativity.

Style is a state of mind, a way of being! CREATIONS is a perfect stage to bring alive the philosophy and dreams of the budding designers at Nirmala Niketan Polytechnic. The designs are based on the theme revolving around carnivals and fun fairs, aptly called "A-Fashion-A-Fair". Dazzling sequins, ethnic and tribal details, dramatic textures, peek-a-boo sheers, fantastical fabrics and lots of embellishment add a surreal edge. Nothing's simple! Constant innovation and new variations form an effort to bring out the creative best in every student.

On display are the beautiful Barbies adorned and embellished to the theme 'Silver Symphony'. The students have crafted a collection with the creative use of Mashru fabric sourced from Ahmedabad along with exquisite traditionally designed articles. Also on display are the Draped Gowns incorporating garments constructed using origami folds, metallic flounces, different ruching techniques with overlapping cowls and smocked trails. Don't miss this enchanting display. Be there!!!

**Due to steep rise in cost of various inputs like paper, printing, transport, etc. for publishing this periodical we had to revise the subscription and per copy cost of *The Secular Citizen*, from 2nd April 2015 :**

**Price for single copy will be Rs. 10  
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One year Rs. 500  
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Five years will be Rs. 2000**

Those who wish to subscribe at old rates can do so till March 30, 2015

## Navjeet Rural Inter-school Drama And Dance Competition



The Navjeet Community Health Centre of the Holy Family Hospital which is a strong supporter of raising the standard of children, and empowering the younger generation, specially the tribal children in Shahapur taluka in Thane district, has been from time-to-time organizing various programmes for them. On 5<sup>th</sup> February 2015 Navjeet organized an Inter-School Drama and Dance Competition at Chandroti village in Shahapur Taluka,

Sponsored by the Earnest John Group Of Companies, talented children from 20 government schools (90% of them belonging to tribal community) came together on a common platform to participate and exhibit their talents and creativity, and vie for the winning trophy. Children from 18 schools registered for the dance competition, 10 schools registered for the drama competition.

The ceremonial lighting of the lamp was done at 10.30 am by the Sarpanch, Mr Jagdish Jagale, along with other distinguished guests and Sr Bindhu, Director of Navjeet Community Health Centre.

The programme began with the drama competition, some of which brought out powerful messages on religion and environment. This competition lasted till the lunch break, after which a sumptuous lunch lovingly prepared by the villagers was served to all. After the lunch break the programme continued with the dance competition where children danced to popular Bollywood numbers and folk songs. Mr Tejas, a mimicry artist for entertainment also put up a short standup act and a student of Std IX from Z.P. School, Ms Mukhawane spoke on the importance of women's education. Her speech was very motivating, inspiring and par excellence.

The tough fight put up by each group made the task of decision making difficult for the judges. Mr Sripad in his speech commended the village children on their performance and was in awe and admiration of the hidden talent which they possessed. He thanked Navjeet for giving these children the much needed platform to perform.

Feedback forms were distributed to teachers of participating schools and their replies were positive and encouraging.

Prizes were distributed to the winners.

## Thought for the week

*If you can dream it, you can do it. If you cannot do, why dream?*

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Cover : Let Hearts or Parents Choose  
(Article on pg.9)

## Reading between the lines of Modi's religious tolerance speech

Members of the Syro-Malabar rite in the Indian Catholic Church last week invited Prime Minister Narendra Modi to speak at an event to commemorate the canonization of two Catholic saints born in Kerala.

We would be ingrates if we did not thank him for speaking up at last on hate crimes, as we have urged him to do for the past six months, and as we requested him to do when a delegation met him at his residence on Christmas Eve last year.

Modi was not exactly warm at that meeting, blaming the Christian community of exaggerating minor incidents in the international media, even insinuating their "compulsions" prevented them from standing with him on his development agenda.

The prime minister has made his statement against religious violence, at a time of his choosing, and in many ways at an audience of his choosing. There was no occasion for questions, no opportunities to seek clarification about ambiguities in his address — deliberate, it would seem — and a few omissions.

One such omission was the lack of any reference to the 60-year-old issue of Dalit Christians and their demands for parity in Scheduled Caste rights with Sikhs and Buddhists, and of course Hindus, of Dalit origin.

But Modi's recent statement is a change from what he had said then, after first ordering the cameras to be switched off.

I would like to hope that he wants his comments to address the trust deficit among religious minorities — not just Christians — in his Bharatiya Janata Party (BJP) and the Sangh Parivar, now certainly quite the mainstream of political discourse with its religious nationalism, which it credits for bringing the party to power.

In many ways, however, Modi was speaking to an international audience, and particularly the investment bankers and corporate giants, whose concern over human rights and freedom of religion issues in India — which ranks as a country of concern in many international indexes — was articulated by United States President Barack Obama as much as by the editorial board of the New York Times.

Modi's development agenda depends on massive infusions of Western  
(Contd.. on p. 4)



BY JOHN DAYAL

(Contd.. from p. 3)

capital.

It will be of abiding intellectual interest why Modi did not chose to make his statement at a public meeting of the Muslim Ulema. Muslims outnumber Christians in India by a factor of five. So, a public address at a gathering of Muslims may have been more effective in repairing the damage done to his image by the 2002 Gujarat riots and the recent abuse of Muslims by popular BJP leaders in the party's electoral campaigns and public programs.

But it might not have helped him in the context of the current wave of Islamophobia in parts of the Western world and its media.

Freedom of faith is a part of India's civilization — of that there can be no doubt. Buddha and Mahavira's rejection of Vedic hegemony is a part of that intellectual and practical freedom, and of the birth much later of the Sikh faith.

The incorporation of freedom of faith and expression in the national charter was also a consequence of the freedom struggle that saw the participation of all ethnic, linguistic and religious communities in the cause of independence, equality and justice.

India is also a signatory to the United Nations Charter and its declarations on freedom of faith and civil liberties, stressed once again in the documents of the Hague Convention.

As prime minister, Modi and his government have taken an oath to protect the constitution, and all that it guarantees to the citizens of India, and in fact, even to others who may be resident in this land.

There has been much tragedy and human suffering because the constitutional guarantees have not been fully practiced, and because some political groups with an ideology of religious nationalism and a peculiar definition of patriotism have enjoyed political patronage and government protection.

We are happy that Modi did not call for a "10-year moratorium", as he did in his speech on Independence Day last year. He said, rather, "We cannot accept violence against any religion on any pretext and I strongly condemn such violence. My government will act strongly in this regard."

The talk of a moratorium had not gone down well with civil society and had seemed very cynical.

The minorities have not been attacking anyone. Neither have they exceeded, or violated, the limits set by law of the land in the exercise of their rights to profess, practice and propagate their faith.

Modi nonetheless brushed over this, warning against both minority and majority intolerance.

This attempt at parity has its own meaning and implications in small towns and villages where police seem to believe it is the Muslim or the Christian who causes all the problems.

Despite the existence of laws against religious conversions, called Freedom of Religion acts, in six states — and with his government ministers demanding such a law for the entire country — even politically hostile governments have

not been able to bring indictments for inducing anyone to become a Christian through force or through fraudulent means.

Modi yet chose to allude to "fraud". It is clear what was in his mind. He did not refer to the issue of Dalit Christians, raised by bishops who spoke before him at the function. His party and his government are opposed to restoring Dalit Christian rights given to others of these castes, arguing that this would open the floodgates of conversion out of Hinduism.

One cannot but welcome any direction from government that anticipates and prevents targeted religious violence and hate. This actually needs a comprehensive law.

The BJP has consistently opposed such a law, which Congress governments half-heartedly tried to pass in the last two parliaments. But even in the absence of such a law, there are provisions that can be effectively used by state governments to control hate campaigns, coercion and violence.

It remains to be seen if state governments and their police forces will act against hate crimes and hate mongers. Indeed, the future will tell if groups professing religious nationalism have heard Modi as the Christian leaders have heard him.

Televised debates suggest the Sangh Parivar has not heard him. Or perhaps they think the prime minister does not mean what he says.

John Dayal is the general secretary of the All India Christian Council and a member of the Indian government's National Integration Council. *Source: ucanews*

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# The Delhi Elections — Lessons For The Christian Community

by Francis Lobo

**A** “Wake Up Call” is not a pretty experience. I know it because I experience it every morning just as I am dropping off into a sound sleep after a disturbed night. The results of the Delhi Elections come after the ‘GharWapsi’ programs of reconversion of Muslims and Christians to Hinduism, the attacks on Catholic churches and institutions, the statements against minorities.

The first message is to use the Power of Youth. I expected that the Year of Youth which has recently concluded, would be an awakening to get the youth to swing into action and bring about the changes we want to see. Unfortunately, nothing happened. When minority issues are being discussed on TV the spokesperson should be from the youth as the AAP does instead of from the clergy. This would get the youth involved, provide opportunities for leadership and have greater impact.

We have to revitalize our educational institutions so that they again regain the prime positions they once held. They should be models of learning, education, innovation, creativity and service. While education is acknowledged as the foundation for development and employment, it has been commercialized making it affordable only for the affluent. Our Christian institutions must bring back education as the engine which drives society. We should use the new technologies for making quality education affordable and easily



available for building employable skills, imparting knowledge and information right from the primary to the research level.

Our seminaries should be the knowledge power-houses with answers to the problems and issues facing the world through theological, philosophical and historical research. How do we stop the downward spiral? The prayers for Peace must be backed by word and action. The threats of Islamic fundamentalists are real. The Small Christian Communities should be used to discuss issues, upgrade knowledge and skills and be better informed to have answers to the pressing questions of the day. We can learn from the Delhi Dialogues of AAP where issues were discussed at the grass-root level to understand how to solve the people’s problems. Members even lived in the slums to experience the real pain. Christians should work in non-Christian and secular groups to bring about change — stop corruption and exploitation, eradicate poverty and disease, provide the basic necessities of life like water and

electricity.

There are a number of Mother Therasas living among us whom we don’t recognize or know about. It required the Nobel Peace Prize Committee for us to learn about Kailash Satyarthi. There are many more who have given up lucrative professions to cook meals and feed the hungry, to look after the aged and terminally ill, to house the homeless. We should shun the Celebrity Culture which pays crores to a celebrity for an appearance because they draw the crowds and bring a good return and hefty profits. There is a lot of talent which is not recognized which should be tapped to create entertaining and educative programs at lower no costs to a more responsive audience

Elections are won on two counts. People are disgusted with the present ones in authority who have failed to deliver on their promises and rather used their positions for their own self-interests — the anti-incumbency factor. The second is the Promise of a Better Life which the new candidate offers. Christians to be accepted as change agents must correct any characteristics that make them unacceptable to the people like arrogance, poor performance, inability to integrate. On the question of Promise of a Better Life they have the offer of the Good News of the bible, the promise of the Kingdom of God on earth where there is Peace, based on the foundations of Truth, Justice and Love.

# 'Freedom Of Faith' Promises The PM, But His Party's Actions Make It Sound Like A Joke

by Kiran George:

**"My government will ensure that there is complete freedom of faith and that everyone has the undeniable right to retain or adopt the religion of his or her choice without coercion or undue influence."**

– Narendra Modi.

I'm not particularly sure whether to snigger at the seemingly hypocritical untruths that this 'great man' speaks or turn away and pretend that BJP is the epitome of all that is good and secular. The RSS and its Sangh Parivar allies have been out on a mission to turn India into Hindu-stan, offering lakhs to poor, tribal Muslims and Christians for a joyous welcome into the Hindu parivaar. The BJP had until a day ago, quite diplomatically and unexpectedly, largely distanced itself from the entire issue altogether, save for the occasional "I condemn" lines thrown in somewhere in between.

Let me begin with bringing in some clarity to a rather controversial subject – the BJP-RSS nexus. I have met far too many individuals who seem to share the same convoluted belief that the BJP is an independent party making independent, uninfluenced policies; and I really think it's high time someone set the facts straight. For the uninitiated, a number of top BJP leaders, Modi included, are revered members of the RSS. The BJP quite appropriately accommodated a number of RSS imports into its party – Haryana CM Manohar Lal Kattar, three of the party's General Secretaries (Ram Madhav, Ram Lal and P. Murlidhar Rao), and all four of the party's Joint General Secretaries (V. Satish, Saudan Singh, Shiv Prakash and B.L. Santosh) are swayamsevaks.

The Rakshasutra programme organised by the RSS at BJP leader Venkatesh Naidu's residence amply reflects how the Sangh Parivar is no more hesitant of displaying its merging identity with the BJP – this fact is further

emphasized by the trademark black RSS cap donned by most BJP members, and the RSS General Secretary's opening statements, where he takes pride in the fact that "for the first time, the country is being led by somebody who has been trained by the RSS and will continue to do so for many more years to come".

The whole Sangh sponsored and initiated charade began last December when about 300 miserably poor Muslims in Agra were the first targets of the Sangh's beloved 'reconversion' mission, allegedly lured into converting by promises of ration cards and plots of land. The Shiv Sena UP secretary Anil Singh strongly opposed it, but caught us off-guard with his reasons – "Hindus have always had a calm nature and have always respected other religions but Muslims are fanatics and revolting in nature. If Muslims convert or reconvert to Hinduism and then marry Hindus, it will lead to genetic abnormalities in the Hindu community". Prime Minister Modi was, however, silent. The RSS publicly sought out donations for their conversion event in Aligarh, but our beloved PM remained silent. Churches were vandalized, mysterious fires destroyed the altars, and Christians in Kerala and West Bengal were converted. Senior BJP leaders appreciated the ghar wapsi programme, but Prime Minister Modi was silent. Then Obama came to India, emphasized on Constitution's Article 25, and reiterated the Government's responsibility to uphold freedom of religion and conscience in India – and two weeks later, Modi finally makes his opening statement condemning the conversions at a Christian function in Delhi.

Two and a half months is what it took for the country's leader to awaken from a self induced slumber to take action and make a statement, but all the while being careful to avoid hurting



the sentiments of brother, sister and parent right wing organizations. The BJP has never hesitated to publicly point fingers at the Congress for its misdeeds, both when necessary and unnecessary, and yet when the time comes to publicly bring to book the Hindu-extremist organizations for their absolutely intolerable actions in

a democratic, secular country, the Prime Minister has only mild words of reproach to offer.

While the BJP's top brass make rather interesting statements about ghar wapsi not being a government programme, what makes their words laughable is the back door-entry policy that the party seems to live by. Quite simply put, the BJP plays appeaser to the Togadias and Bhagwats of the Sangh Parivaar, taking fancy in putting up a moderate facade, thereby providing some sort of cover for their right wing comrades to carry on their Hindutva antics. Certainly a well thought out strategy, but how much longer does the party think we're going to be fooled into believing their very disputably secular beliefs?

It has been eight months since Prime Minister Modi assumed power, and *sabka saath, sabka vikas* remains a cruel joke.

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## Let us be part of the revolution

A political revolution is taking place in the country and its beginning is made in Delhi by the Aap Aadmi Party of Mr. Kejariwal. We Christians should become active agents of this much desired change in Indian politics. So far do we Christians seem to be mere spectators of the Jhadu action in Delhi? How can the disciples of the activist Jesus lose this historic opportunity to bring value-based politics in India? We Christians. We strive to establish the kingdom of Christ based on his values of truth, justice and love. At present AAP is the party that shows us the way to it. Let us not be pessimistic; in my view atleast at present, even priests and religious should become active members of the party without of course contesting elections.

—Fr. Michael G., Vasai.

## Activate Civic & Political Cells (CPCs)

The Archdiocese of Bombay comprises of 11 deaneries with 122 parishes. The Catholic population is about five hundred and twenty five thousand and seventeen (525,017) persons

Each Parish has a Parish Pastoral Council (PPC), which includes Small Christian Communities (SCCs), Parish Finance Committees (PFCs), and Civic & Political Cells (CPCs).

At present, PPCs rely on church centered religiosity, with Liturgy /Bible/ Cells and 'Dress Code' cells for moral policing the ladies' wear.

Aristotle talked about a Delphian knife; a shoddy article designed for both cutting and hammering and no good at either.

Pope Francis sanctioned the canonization of martyred Archbishop Oscar



Romero. Archbishop Oscar Romero urged his flock to listen to his 'Liberation Theology' sermons over the radio.

There are many Catholic groups who zealously strive to protect the interests of the Community through their revanchist activities.

Recently, their vigilance commendably triggered a fitting response by the Archdiocese of Bombay to the AIB insults.\*

The Parishes should revive the CPC to interact with all citizens, and also to keep the hierarchy in the Civic & Political loop.

The Archdiocesan hierarchy should restrict their interaction, based on hierarchical protocol, with the top echelon. This will prevent repeat instances of victim persecution'.\*\* / \*\*\*

—Denis Khan

## Ten Tips for Happiness And Longevity!

Media czar, philanthropist, environmentalist and three-time mayor of New York, Michael Bloomberg, gave an interview to *Times Of India*, (Feb 18, 2005) – 'Govts must help people live longer and happier lives', with focus on quality environment and economic development; and also means to reduce the number of road fatalities in Mumbai from 700 to 70 a year.

Now in the same issue of *TOI*, pg.12 is an ominous report: 'Govt has cleared the construction of 7 stealth frigates and 6 nuclear submarines at a cost of over Rs.1 lakh crores'. I ask, are we threatened in the Indian Ocean? Won't these monies be better utilized for feeding the poor, to create jobs and in building schools, hospitals and infrastructure?

A Mayo Clinic research reveals that five parameters cut the risk of diabetes by 70%, heart attacks, strokes and dementia by 60%, and cancer by 50%:

- 1) Regular exercise: brisk walk of 30 mins five times a week.
- 2) Healthy diet: cut off red meats, and increase fibre.
- 3) Ideal weight: Body Mass Index (BMI) of 21 – 23.
- 4) Minimal alcohol: 60-90 ml of red wine.
- 5) No smoking or chewing tobacco.

Here are my further five suggestions for a healthy and wholesome life:

- 1) Maintain Blood Pressure (BP) below 120/80.
- 2) Control fasting blood sugar and bad (LDL) cholesterol below 110mg.
- 3) Reduce stress through yoga and Bible meditation.
- 4) Love and service to family, Church and society.
- 5) Pray the Eucharist – Participate in Holy Mass.

"I AM the living bread ... Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is My flesh" (*John*, 6:51).

—Dr Trevor Colaso,

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# Be Proud, You Are A Christian

*(This is in response to the anti Christian demonstrations and vandalising of Churches and institutions by hard core Hindu fanatics. The calumny heaped on Christianity by the Sang Parivar organisations has to be exposed and the contribution of Christianity to the development of India highlighted.)*

## I. INTRODUCTION.

1. India has given birth to four major religions. Hinduism forms the majority with 82 per cent adherents, followed by Muslims (12 per cent), Christians (3 per cent), Buddhists (0.5 per cent) and other denominations (2.5 per cent).

2.. In spite of being an insignificant tiny minority, the Christian community has made praiseworthy contribution to the life and development of India.

## II FREEDOM MOVEMENT.

(A) In 1885, Allan Octavian Hume, a Christian, initiated and founded the Indian National Congress.

(B) At the Madurai session of Congress in 1885, out of the 607 delegates, 35 were Christians. Some of the Christian leaders who attended the Con-

## Chagas Fernandes

gress session were R. S. N. Subramania from Madras, Kali Charan Banerji from Bengal, G. G. Nath from Lahore, Peter Paul Pillai from Madras and Madhusudan Das from Orissa.

(C) Brahmabandhab Upadhyaya (1861 - 1907), a Christian, enunciated the philosophy of non-cooperation and played a leading role in the swadeshi movement. He was the first man in Indian political history to demand complete freedom for India.

(D) Narayan Varma Tilak (1861-1919), a Christian from Maharashtra, through passionate poems inspired the people to the path of self government and urged the Christian community to become a force on the side of Indian nationalism.

There were many other such great Christians who participated in the nationalist movement - J. C. Kumarappa, George Joseph, S. K. George, Rajkumari Amrita Kaur, etc. ... Hindu Indians know very little of its greatest men and women who belong to the Christian community.

## III. FIELD of EDUCATION .

The contribution of Christian church shows the importance it has given to education in the Indian context. When India gained independence in 1947, only about 14 per cent of its population was literate. This literacy figure has gone up to 55 per cent and Christianity can be proud in playing a role.

(A) Christian Churches run over 19,000 educational institutions; 13,000 are nursery, primary and higher secondary schools. There are over 1,500 professional and technical schools. Seventy per cent of these schools are in the rural areas, serving the poor, especially the Dalits, Adivasis and other disadvantage groups.

(B) At the time of independence in

1947, the number of Christian colleges was 62 out of a total of 450. In 2010, Christian colleges numbered 250 out of 11,089 colleges. They cater to over 150,000 students of whom 28 per cent are Catholics. Nearly 50 per cent of the Christian colleges are for women only; 17 per cent are for men only and 33 per cent are mixed for women and men.

(C) The historical and significant contribution of the Christian Church in the field of education is it broke the monopoly of the privileged castes and decentralised education. This made it possible for the education of the masses. The Sangh Parivar organisations allege that the Christian Churches and that Christian education institutions are used to convert people to christianity. They have now started a campaign to vandalise the Christian churches and Christian institutions of learning.

(D) Many Hindus and Muslims in India are confident that their child's Hindu/Muslim identity will not suffer in the environment of a Christian Church school. In fact, the majority of those who manage to get admission in a Christian school consider it a great achievement for the family. Many leaders of the Bharatiya Janata Party have been educated in Christian schools and colleges. Foremost among the many are Shri L. K. Advani who was a student of St. Patrick High School, Karachi; Shri Arun Shourie and his brother studied in St. Stephen College, Delhi; Arun Shourie's wife studied in Loreto Convent, Lucknow; Arun Shourie's mother and sister studied at the Convent of Jesus and Mary, Delhi; Smrita Irani, HRD minister in the Narendra Modi Government studied at the Auxilium Convent. Swami Vivekananda studied at the Scottish Church College and the list goes on and on.

The main reason for targeting Christian institutions by the Sangh Parivar Organisations is "if the oppressed and  
(Contd.. on p. 22)

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# Let Hearts or Parents Choose

by Don Aguiar

In our community today one sees many young men and women who have unshackled themselves of societal conformities and are willing to eke out a future that they believe gives them joy and freedom. For years we in our community were trapped in cages of our own making. Conformity was seen to be sane and the norm. If you did what your parents told you, you were well brought up. But then for years generations of our community grew up to be what their parents wanted them to be and what gave them unbridled happiness.

Classified advertisements for marriages were a testimony to those social mores. If the young men were an engineer or a doctor or even from the civil services he was more worthy than the rest. It didn't matter if he loved the woman he married. There were choices but stifled by their own limitation. All that is changing now, many young people want to cook up a storm as chefs or have chosen photography as their defining life frame or whatever and who have decided that they didn't want a nine to five job and instead want to explore their lives on their own terms by taking to adventure, to hospitality but of a kind that is very untypical of what we see.

This goes mostly for the young men and a few young women in our community while the majorities of the young women and a few young men are studious and continue their studies which **results in an increase percentage of young woman being more**

**Many young highly qualified and career oriented women who are unable to find a partner in our community**

**educated than the young men.**

This imbalance in being educated and career prospects between the young men and women comes to the fore when they are looking at marriage. When it comes to marriage many in the community are particular about the education qualification and career pros-

pects of the young man to be either being higher or matching that of their daughter rather than the understanding, commitment, fidelity, behavior and background of the young men or even if he has the educational qualification and career prospects at a decent level.

Many young highly qualified and career oriented women who are unable to find a partner in our community look at other communities and are successful in finding a partner in these other communities where they think they find themselves comfortable but

*(Contd.. on p. 10)*

## Delhi Police to daily monitor churches, Christian schools

New Delhi: Delhi Police chief B S Bassi has directed officers of all his police stations and sub-divisions to visit churches, and Christian-run schools in their area every day and submit a daily report to him, reported the Indian Express daily.

Police are also preparing to launch a helpline, a Facebook page and a Twitter handle as a measure of security for the Christian community in the capital, the newspaper said.

"Police officers at the senior level are monitoring the social media pages for the Christian community to interact with police and send their complaints and concerns with regard to their safety. The pages will be launched in a day or two," a senior police officer said.

The move comes immediately after Bassi was summoned by the Union Home Ministry on Friday after a theft was reported at a Christian school in South Delhi.

Bassi was summoned by the PM and met Home Minister Rajnath Singh after Rs 12,000 was allegedly stolen by a group of unidentified men from the

Holy Child Auxilium School in Vasant Vihar on Friday. Delhi police were pulled up and asked to increase security measures in the city.

More than seven incidents, including those of a fire, theft and alleged arson, have been reported in churches and other Christian institutions over the last three months.

Police sources said the ACPs have also been directed to initiate dialogue on a daily basis with the administrative staff of these schools and churches.

"We are taking extra steps to ensure that the community feels safe in Delhi. In case they face any trouble, they have been asked to immediately report it to the area SHO or the sub-divisional ACP," an officer said.

Police said they had also applied for a helpline and are waiting for the four-digit number from the telecom services. The helpline will be active 24x7. A group of PCR personnel will take calls from members of the Christian community in cases of emergency.

*Source: Indian Express*

### JACK OF ALL STALL

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Prop. B. D'Souza

(Contd.. from p. 9)

with time the union takes its toll mainly due to belief, customs, traditions, social and cultural differences between the young women and the other community partner and his family.

When highly qualified and career oriented young men & women are united the union normally fizzles out due to lack of quality time being spent together by both as they spend more quality time with their colleagues' where the colleague graduates to becoming a friend. The closeness sets in after a while resulting in multiple affairs and neglecting the spouse ending in divorce.

My guess is basically that career oriented men & women lead such a one-dimensional life, always focused on work that they have very few hobbies they can pause. Equally our society is so strange that they worship those who are "important" and "resourceful" which means that the respective spouse will never want to inhabit a corner of this earth where no one wants anything from them or spend quality time with them and that perhaps is the rub of the issue. We can't be happily married when our ideas are soaked in the misconception of qualification equals worthiness or that silly notion that work is worship.

Almost every culture in every time and place has had some institution that resembles what we know as marriage. But imagine that human beings reproduced asexually and that human offspring were self sufficient. In that case, would any culture have developed an institution anything like what we know as marriage? It seems clear that the

## Why are our young men in our community lagging behind our young women in educational qualifications?

answer is no.

As many people acknowledge, marriage involves: first, a comprehensive union of spouses; second, a special link to children; and third, norms of permanence, monogamy, and exclusivity. All three elements point to the conjugal understanding of marriage.

Conjugal View marriage as the union of a man and a woman who makes a permanent and exclusive commitment to each other of the type that is naturally (inherently) fulfilled by bearing and rearing children together. The spouses seal (consummate) and renew their union by conjugal acts that constitute the behavioural part of the process of reproduction, thus uniting them as a reproductive unit. Marriage is valuable in itself, but its inherent orientation to the bearing and rearing of children contributes to its distinctive structure, including norms of monogamy and fidelity. This link to the welfare of children also helps explain why marriage is important to the common good.

It is also clear that having children is not necessary to being married; newlyweds do not become spouses only when their first child comes along. Anglo American legal tradition has for centuries regarded coitus, and not the con-

ception or birth of a child, as the event that consummates a marriage. Furthermore, this tradition has never denied that childless marriages were true marriages.

Just so, marriage has its characteristic structure largely because of its orientation to procreation; it involves developing and sharing one's body and whole self in the way best suited for honourable parenthood among other things, permanently and exclusively. But such development and sharing, including the bodily union of the generative act, are possible and inherently valuable for spouses even when they do not conceive children.

Since our Church views marriage as above then why does the community make higher educational qualification and career prospects an essential feature for the young man to be eligible for the young woman. This brings in uncertainty and fear because – The Church teaches that fear prevents love and that, above all, we should trust in God's providential care and not be afraid. Studies show that anxiety is the number one psychological complaint in youth and adults. At unhealthy levels, anxiety is associated with a myriad of negative health outcomes. To keep stress and anxiety out of marriage the first option chosen by couples nowadays is to simply walk out of the relationship. No wonder with the levels of mutual intolerance growing the young men & women go out with quite a few partners to find their level of comfort with one another. Many in our community speak about our community match-makers and say that there is a lot of sizzle but where is the steak? If the sizzle is followed by a drizzle, it ends with a fizzle.

The reluctance of the young men & women to talk openly about their requirements and sources of strength and wisdom is a hurdle that needs to be crossed. In the west people are more willing to talk about this. Some young men & women are resilient and are able to overcome this and some fall apart. The difference is whether the young men & women are able to tap into their own strength and wisdom,

(Contd.. on p. 11)

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(Contd.. from p. 10)

and that requires knowing - What Is Marriage? There is the question – Marriage is the kind of union that is shaped by its comprehensiveness and fulfilled by procreation and child rearing. Only this can account for its essential features, which make less sense in other relationships. Because marriage uniquely meets essential needs in such a structured way, it should be regulated for the common good, which can be understood apart from specifically religious arguments.

As the saying goes “Where there’s a will there’s a way” The way lies with the following tips below –

Communication which is imperative - Lack of communication acts as a slow poison in your relationship. The moment you quit talking to each other, your relationship starts to wear out. So, even if your schedule does not permit you to spend time with your partner, make sure you dedicate at least 15 minutes of your day to some quality conversation with each other.

Respect is vital - Just because you are married to someone does not mean you can demean them whenever it pleases you. In fact, marriage is a bond which can stay strong only till respect exists between couples. Don’t try to dominate or boss around your partner. Understand that their decisions also matter.

Compromise which is necessary - It is human nature to feel weakened when it comes to compromising. But, marriage demands a different place in your life as well as a different behavior. A married couple has to take several decisions in the course of life and thus, it becomes important to find a point of consent with your partner when you don’t feel it right to agree with each other.

Clear about Finances - You may have lived a completely independent life during your bachelor days when no one interfered in your financial matters. But you must know that things change after marriage. Your partner has the right to know about your income and your expenditures.

Respect and love your relatives - This may not sound too easy, espe-



cially when you do not share a cordial relation with each other’s family members. However, you will lose nothing and gain a lot if you can make an attempt to have peaceful relationships with your spouse’s family.

They Keep the Romance alive - Romance plays an important part in a marriage. So, look forward to see your spouse’s face at the end of a day, to spend time with them, pay attention to their desires, and make them feel special whenever possible.

Young men/women must be allowed to take risk and instead of mocking them, we need to laud them. It is only the brave who venture beyond the domains of comfort. We must strive towards creating a community which is less judgmental and more passionate about helping people succeed.

Much has been said and written about how the community associations are keen to help the youth. But then help apart, there needs to be an environment which encourages people to come forward and do what they wish. More than organizing match making sessions, what is required is social change that will both respect and encourage alternative thought and through that alternate passions in marriage terms. This is what we need to foster. This needs societal encouragement and we need to transition from being a community of pairing educational qualified and career qualified young men/women together to being the community of pairing young men/women in the actual sense of marriage. It is only then that we can look

forward to our community progressing, growing and cooperating among ourselves and producing outstanding people.

- 1) Does marriage require the young men to be more educationally qualified or have better career prospects than the young woman in our community?
- 2) Or does marriage require the matching of the educational qualification and career prospects of both the young man & woman in our community?
- 3) Why is it required that young woman who are highly qualified either remain single or marry into another community with a person who is either more or are matching their educational qualification and career prospects?
- 4) Why are our young men in our community lagging behind our young women in educational qualifications?
- 5) Do our present young men / women in our community see marriage as important or prefer to live a live in partners?
- 6) Are our community matchmaking centers/associations of any help to our community? If not, your suggestions for making them helpful?

We invite readers for their response, comments, feedback, experiences, etc., in a fortnight on this important issue for placing the same before the community

If the interest of the community is your concern, we welcome your views on this important issue:

email it to: [secular@vsnl.com](mailto:secular@vsnl.com) / [secular@sezariworld.com](mailto:secular@sezariworld.com)

or by post/courier to:

The Secular Citizen – 99, Perin Nariman Street, 1st Floor, Fort, Mumbai 400001,

# 'SABHA DAY 2015' Celebrated

The Bombay Catholic Sabha proudly celebrated the grand occasion of the closing of its Silver Jubilee year on Jan. 26, 2015 with its annual event Sabha Day at St. Xavier's School Quadrangle, Vile Parle. The organization was founded on January 20, 1989, a few days before the feast of the conversion of St. Paul the patron saint of the BCS. The function began with the solemn Eucharist concelebrated by Bishop Dominic Savio Fernandes and seven other priests. In his homily Bishop Savio appreciated the growth and involvement of the Sabha during the past 25 years in the Archdiocese and urged the mem-



bers to continue to be the face of the Church in the social, civic and political spheres.

Over Six hundred members and well wishers took part in the gala event where His Eminence Oswald Cardinal Gracias was the Chief Guest and Bishop Dominic Savio Fernandes the Guest of Honour. The program began with the unfurling of the new BCS flag by His Eminence and the tone of the event was set with the rendition of the Sabha Anthem.

This year the Sabha Day was very special as it marks the end of the Silver Jubilee celebrations of the organization. The Sabha Day Committee headed by the Conveners Ms. Rita D'Sa, Mr. Raphael D'Souza and Mr. James Pereira put in special efforts to make the event a success. The Secretary General Mr. Anand Castelino worked to bring out the Souvenir and Jt. Treasurer Captain Francis Mascarenhas meticulously maintained the register for advertisements brought by the Units.

H.E. Oswald Cardinal Gracias complimented the Sabha on crossing the Silver Jubilee milestone while understanding and fulfilling the specific role the Church has laid out for the laity and promoted values of truth, justice and honesty in society. He said that some years ago he had wished that the Sabha should cross the membership target of 50,000 and now that the organisation has done it the Sabha should look towards achieving the 75,000 membership target. The program concluded with fellowship and dinner.

**Award were presented to various groups and individuals on the occasion.**

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## AAP NE BJP KO 'TOPI' LAGAYA?

The results of Delhi elections, on which the BJP had bet its last buck, have shown that within a span of eight months the party, which won all the seven Lok Sabha seats, can be shown the door by a small party like the AAP. This is not just a defeat for the BJP but it is a clean sweep. With 67 / 70 seats, could the AAP have asked for anything better?

One thing was clear from the beginning. Arvind Kejriwal looked and sounded confident from the word go. He always appeared to be relaxed which only a confident man can do. On the other hand, the moment the apex court showed its displeasure for the delaying tactics, the BJP had no option but to say that they could not form a government. The 'all powerful' duo of Modi and Shah took upon themselves to steer the party to victory to teach Kejriwal a lesson of his life – somewhat on the lines of Varanasi victory. Hence the slogan of Modi v/s Kejriwal! The first Modi rally in the capital jolted them forcing them to realize that 'all-is-not-well'. The war bugle was sounded with personal attacks on Kejriwal calling him a deserter, naxalite etc which proved to be counter-productive.

With panic running down the spine of every BJP leader, no one could possibly think logically. Harshvardhan could have been projected as a CM candidate having secured 31 seats earlier but when the duo decides something nobody can question them. They kept it as a closely guarded secret about parachuting Kiran Bedi into the CM position should the party win. Possibly she held on for a long time bargaining hard for it. Not surprisingly, the local leaders having Nagpur connections were shattered but were forced to smile. The dejected leaders did not go the whole hog in these elections. The displeasure of the RSS was shown when it said that the AAP has an upper hand – something that BJP could not digest. Now Bedi says she did not lose but BJP lost. Is she still in the BJP?

The aam admi in Kejriwal did not change and stuck to his middle class attire including the famous muffler. What is surprising is how an ordinary tea boy could switch over to a Rs 10 lakh suit

## IEWS on NEWS

complete with his name all over. Perhaps he conveyed the wrong message to his electorate that he has graduated from a tea boy to a celebrity. Once upon a time when Dhirubhai Ambani used to wear expensive suits he was looked upon with awe. Today the ordinary man looks at Modi as someone who has alienated himself from the ordinary man. He now belongs to a class of his own with other BJP leaders copying his signature jackets with pride – one flashier than the other.

**Like the Congressmen who refuse to blame the mother-son leadership for the mess that they are in, leader after leader of the BJP, sensing defeat, had parroted the same line – it is not a referendum against Modi or the central government. Today, more than before, the same line is repeated vociferously. They must have received strict instructions to do just that. More than anybody else, if anybody has to take a leaf out of this debacle, it is none other than Narendra Modi – his graph is showing signs of decline having steadfastly chosen not to comment on ghar wapsi, Church vandalism, love-jihad etc. This defeat could have cascading effect nationally.**

\*\*\*\*\*

### Advertising Self Sacrifice

It was a novel idea of showcasing one's sense of sacrifice. First the Union Finance Minister Arun Jaitley decided that he must give up his subsidized LPG gas cylinder and thereby save the nation of a few hundred Rupees. Our own beloved and a very powerful [by his own admission] Chief Minister Devendra Fadnavis [sounds more like Fernandes] decides to make a public statement giving up his gas cylinder. A Minister MOS Dharmesh Pradhan also decided to follow suit. The media was quick to highlight the great sacrifice of these individual Ministers who showed how sensitive they are.

This is a gimmick for public consumption. How many cylinders do these worthies use in a month? An average family would use one cylinder for a month and if the subsidy, at say Rs 450, would save around an astronomical sum of Rs 5000 per year. By the way, when ministers stay in government provided bungalows do they pay for the gas? Apart



by Marshall Sequeira

from a gas cylinder, there are multiple perks that these Ministers enjoy at the cost of the exchequer. Why not pay the rent for those huge bungalows and save lakhs of Rupees per year? If you thought you should surrender only a cylinder, why involve the media? Thank God, a press conference was not called for this. Also, half a dozen swanky cars, a battery of security men on all sides for themselves and their families form part of their entitlement. Huge expenditure on fuel for those cars is spent though a Minister can use only one car at a time. Others are being used for misused by their family members and cronies may be. The CM should keep just one car and one security van to follow him wherever he goes. The rest of the cars should be surrendered to government pool.

Ministers also enjoy free travel by air, rail for themselves and their families. How many of them would be willing to give up those freebies? Do they really require huge bungalows, tastefully decorated at huge expense? Should not a two or three bedroom flat suffice for a Minister? The Chief Minister may have a bungalow but that too without any ostentation. It has become a fashion to try to get best bungalows in the posh areas of Delhi and closer home in the Malabar Hill area. Actually, Ministers try and get the best ones by pulling strings here and there. All this to 'serve the public'! One would fancy the public is being entertained there. How many orderlies are there for the Ministers? Do they really need all those? Who pays their salaries? The public must know.

**The lead should come from the Prime Minister. If he shows the way, others will follow. In his case, the security is paramount and there can be no compromise whatsoever. Even if it has to be further strengthened, so be it. Surely there are so many other areas in which the PM can show the public that a PM too can lead a simple life just like Lal Bahadur Shastri showed but that breed is now extinct. Nobody can match his simplicity. But one can surely try.**

## German Catholic archdiocese reveals it's richer than Vatican



**Paris** – The Roman Catholic archdiocese of Cologne in Germany has disclosed it is worth 3.35 billion euros (\$3.82 billion), making it richer than the Vatican.

Publication of the first full report of its wealth reflects greater financial transparency within the German Church since Pope Francis removed a bishop in Limburg, near Frankfurt, last year for spending 31 million euros from secret funds on a new luxury residence.

Also pressed by the pope to reform its finances, the Vatican has consolidated the various – and sometimes hidden – accounts of its many departments and found it has assets of about \$3 billion (2.64 billion euros), Cardinal George Pell, the Holy See's secretary for the economy, said last week.

Announcing their report on Ash Wednesday, the start of the Lenten period of self-denial and reflection, Cologne church officials stressed the extensive holdings helped care for 2 million Catholics, 60,000 staff and 1,200 churches and chapels, reported Reuters.

"The archdiocese doesn't sell products or earn profits from its services, so it has to finance itself mostly from its assets," said financial director Hermann Schon.

Germany's Catholic and Protestant churches benefit from a church tax imposed on all their members. The report said Cologne reaped 573 million euros from the tax in 2013 and spent over half of that on pastoral and charity work.

German dioceses had traditionally published their annual operating budgets, but not a full balance sheet.

Cologne, the country's largest diocese, had a 2012 operating budget of 939 million euros. Its 2013 balance sheet, drawn up under guidelines for large German companies and approved by an independent auditor, showed its assets at 3.35 billion.

Its landmark Gothic cathedral along the Rhine is listed as being worth only 27 euros – one euro for each of the 26 land parcels beneath it and one euro for the priceless building.

## Prayer, fasting and almsgiving

The three traditional pillars of Lenten observance are prayer, fasting and almsgiving. The key to renewed appropriation of these practices is to see their link to baptismal renewal.

**Prayer:** More time given to prayer during Lent should draw us closer to the Lord. We might pray especially for the grace to live out our baptismal promises more fully. We might pray for the elect who will be baptized at Easter and support their conversion journey by our prayer. We might pray for all those who will celebrate the sacrament of reconciliation with us during Lent that they will be truly renewed in their baptismal commitment.

### The Three Pillars of Lent

		
<b>PRAY</b>	<b>FAST</b>	<b>GIVE</b>
Prayer offers us an opportunity to grow in our relationship with God, deepening our commitment to a way of life, rooted in our baptism. It helps us reflect upon our lives and make amendments that would enable us to walk in the way of the Lord.	Fasting makes sense if it really chips away at our security and, as a consequence, benefits someone else, if it helps us cultivate the style of the Good Samaritan, who bent down to his brother in need and took care of him.	Giving aims really means making the needs of others our very own, especially the needy of our world. They are all around us: children and the old, the sick and the suffering.
	--Pope Francis	
		<a href="http://www.archdioceseofcologne.org">www.archdioceseofcologne.org</a>

**Fasting:** Fasting is one of the most ancient practices linked to Lent. In fact, the paschal fast predates Lent as we know it. The early Church fasted intensely for two days before the celebration of the Easter Vigil. This fast was later extended and became a 40-day period of fasting leading up to Easter. Vatican II called us to renew the observance of the ancient paschal fast: "...let the paschal fast be kept sacred. Let it be celebrated everywhere on Good Friday and, where possible, prolonged throughout Holy Saturday, so that the joys of the Sunday of the Resurrection may be attained with uplifted and clear mind" (Liturgy, # 110).

Fasting is more than a means of developing self-control. It is often an aid to prayer, as the pangs of hunger remind us of our hunger for God.

Fasting should be linked to our concern for those who are forced to fast by their poverty, those who suffer from the injustices of our economic and political structures, those

(Contd.. on p. 15)

# Natural Remedies For Urinary Tract Infections

**L**iving with a painful UTI (Urinary tract infections)? From drinking lots of water to replenishing good bacteria with probiotics, these home remedies may help ease your pain.

**Urinary tract infections are infections that accumulate anywhere along the urinary tract including**

*(Contd.. from p. 14)*

who are in need for any reason. Thus fasting, too, is linked to living out our baptismal promises. By our Baptism, we are charged with the responsibility of showing Christ's love to the world, especially to those in need. Fasting can help us realize the suffering that so many people in our world experience every day, and it should lead us to greater efforts to alleviate that suffering.

Abstaining from meat traditionally also linked us to the poor, who could seldom afford meat for their meals. It can do the same today if we remember the purpose of abstinence and embrace it as a spiritual link to those whose diets are sparse and simple. That should be the goal we set for ourselves—a sparse and simple meal. Avoiding meat while eating lobster misses the whole point!

**Almsgiving:** It should be obvious at this point that almsgiving, the third traditional pillar, is linked to our baptismal commitment in the same way. It is a sign of our care for those in need and an expression of our gratitude for all that God has given to us. Works of charity and the promotion of justice are integral elements of the Christian way of life we began when we were baptized.

**When does Lent end?**

Lent officially ends on Holy Thursday. That is when the "Triduum", great three Days of holy Thursday, Good Friday and Holy Saturday occur leading to Easter. Easter is not only a day but an Octave (eight day) celebration leading to a Season of the Church, Easter Season, which ends on Pentecost.

**the bladder and kidneys. These infections can be caused by poor hygiene, impaired immune function, antibiotics, use of spermicide, and sexual intercourse.**

## Symptoms

The first thing you should do if you think you might be affected by this common ailment is check for symptoms, which include:

- Pain or burning sensation while urinating.
- High Temperature or Fever
- Foggy or Cloudy Urine
- Urge to go to the restroom more often than usual
- Odd smelling urine
- Pain or Tenderness in the abs or pelvic area
- Darker or dehydrated looking Urine

It is important to try and treat your UTI at the onset of problems, a UTI that lasts longer than two days may require medical intervention. The UTI can begin to affect your kidneys and turn the infection into a much more serious issue.

## Natural Healing Methods:

Most of the time people have a Tendency to jump straight to over the counter medications and antibiotics which can lead to much more serious problems. There are many natural methods that are effective!

## Cranberries and Blueberries

This is one method that is not so surprising, cranberries have long been

known for their UTI fighting abilities. Cranberries and blueberries are loaded down with bacteria fighting ingredients and antibiotics that contribute to healthy bladder function. It is important to note that if you are consuming in juice form get 100% Organic Juice with Little or NO added sugars.

## Pineapples

Bromelain an enzyme located in Pineapples has been tested and proven to yield significant results in treating urinary tract infections. Pineapple yields many anti-inflammatory benefits which help to treat symptoms much quicker when combined with other methods.

## Yogurt

Not many people have caught on to the effective infection-fighting powers of yogurt. The healthy bacteria located in the yogurt play a huge role in treating Urinary tract infections. Use Plain unsweetened Yogurt and avoid the flavored, sweetened one.

## Vitamin C

Vitamin C is an important part of any diet; it helps with so many different ailments UTIs are no exception. Many Doctors have noticed that the powerhouse vitamin is especially good at acidifying your Urine and preventing bacteria from developing it.

## Apple Cider Vinegar

Apple cider vinegar is the mother of all Urinary tract cures; it helps flush out bacteria by dislodging clingy bacteria from the urinary tract.

## Water

One of the best treatment is simply to drink water, drinking lots of water helps to flush the bacteria out of your system. Around 80 ounces, a day is best.

To Prevent Future issues once you have ridden yourself of infections it is important to stay hydrated, eat a balanced diet, urinate immediately after intercourse, wipe front to back, and take showers instead of baths.

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# 40 Days Period Of Lent

The season of Lent is the time of preparation for the Holy Week, leading up to Easter. It is also considered a time for sacrifice, prayer and almsgiving. For many of us Christians, it is also a time to give up something we love the most, like eating non-vegetarian foods, chocolates, ice-cream, smoking cigarettes and consuming alcohol.



BY JUBEL D'CRUX

Lent, the period of prayer and fasting in preparation for Easter is 40 days long. But there are 46 days between Ash Wednesday, the first day of Lent in the Roman Catholic liturgical calendar and Easter. How can that be?

The answer takes us back to the earliest days of the Church. Jesus' original disciples, who were Jewish, grew up with the idea that the Sabbath – the day of worship and rest – was Saturday, the seventh day of the week, since the account of creation in the book of Genesis says that God rested on the seventh day.

Jesus Christ rose from the dead, however on Sunday, the first day of the week, and the early Christians starting with the apostles (those original disciples) saw Jesus' resurrection as a new creation and so they transferred the Sabbath from Saturday to Sunday.

Since all Sundays – and not simply Easter Sunday – were days to celebrate Jesus' resurrection, Christians were forbidden to fast and do other forms of penance on those days. Therefore, when the Church expanded the period of fasting and prayer in preparation for Easter from a few days to 40 days (to mirror Jesus' fasting in the desert before He began His public ministry), Sundays could not be included in the count.

Thus in order for Lent to include 40 days on which fasting could occur, it had to be expanded to six full weeks (with 6 days of fasting in each week), plus 4 extra days --- Ash Wednesday

and the Thursday, Friday and Saturday that follow it. Six times six is thirty-six, plus four equals forty. And that's how we arrive at the 40 days of Lent.

While many of us look forward to the long Easter weekend, 'Good Friday', as we all know of, was previously called 'Black Friday'.

The original title to the day also went by other names such as 'Holy Friday', 'Silent Friday' and 'Great Friday', before it was changed to 'Good Friday'.

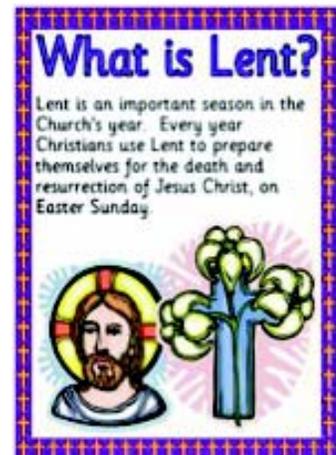
But why is 'Good Friday' named so? The Catholic Encyclopedia notes that the origin of the term 'Good' is not very clear. Some say that it is from 'God's Friday' (Gottes Freitag); others maintain that it is from the German 'Gute Freitag', and not specially English.

However, the explanation still remains unclear. But according to Baltimore Catechism, Good Friday is good because the death of Jesus Christ, as terrible as it was, led to the Resurrection on Easter Sunday, which brought new life to those who believe.

To those who believe in Christianity, 'Good Friday' is the day that commemorates the death of Jesus Christ who was crucified. It is an important day for Christians all over the world, as it represents the sacrifices and suffering in Jesus' life. While one may wonder why it is called 'Good Friday' and not 'Bad Friday' or 'Sad Friday', the belief is that since the day Jesus Christ died is observed as a holy day. Hence, it is called 'Good Friday'.

Good Friday is followed by Holy Saturday, which marks the Easter vigil. Easter Sunday is a day of celebration of the resurrection of Jesus Christ, the Saviour of the world.

"For God so loved the world, that He gave us His one and only begotten Son, that whosoever believeth in Him, shall not perish, but have everlasting life." (John 3:16).



## PRACTICAL FASTING

1. Fast from fear; Feast on Faith
2. Fast from despair; Feast on hope.
3. Fast from depressing news; Feast on prayer..
4. Fast from anger and worry; Feast on patience.
5. Fast from negative thinking; Feast on positive thinking.
6. Fast from bitterness; Feast on love and forgiveness.
7. Fast from words that wound; Feast on words that heal.
8. Fast from gravity; Feast on joy and humour.
9. Fast from Pride and Prejudice  
Feast on humility
10. Fast on Hypocrisy  
Feast on Sincerity.

*Wish you a prayerful Lent*  
—Fr Anthony J Fernandes

### Humour

*When the restaurant next to another Church put out a big sign with red letters that said, "Open Sundays," the church reciprocated with its own message: "We are open on Sundays, too."*

# Celebrate Your Failures

by Sajith Cyriac

**BETTER YOURSELF BOOKS,**

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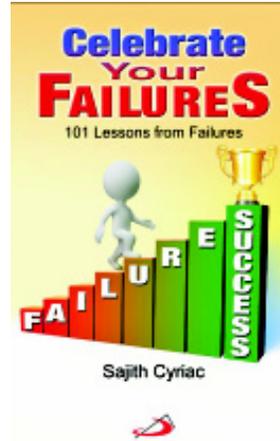
In a world of quick-fixes and speedy achievements failure per se is considered so dreadful that the very idea of celebrating one's failures might appear anachronistic, even sounding odd or insane to many. Celebrating failure does not necessarily mean trumpeting it as a trophy but learning to keep it in proper perspective so that it helps build rather than break the individual. By celebrating and befriending every failure we encounter, be it personal or professional, one can counter all negative forces effectively.

Many of the greatest lessons learnt in life come our way uninvited, often at the worst of times! Emanating from dismal mistakes, they turn out to be priceless assets that fate offers us for making life itself a celebration of sorts. Indeed, seen in that light what one encounters are not failures or mistakes as such in life – only varied means to focusing better on our goals and checking our efforts towards achieving them.

The truth is, whenever something happens in our life there is wisdom in it for us to imbibe. The experience of failure can be poignant and painful, though not if we try to salvage from the apparent mess we find ourselves in, gems of wisdom that serve as potential aids to helping us move forward. Thus the reader can always make up for one's yesterday, live more wisely today and prepare prudently for tomorrow. Indeed, the experience of learning from your failures will itself be rewarding and fun-filled. That is where the relevance of **CELEBRATE YOUR FAILURES** comes into focus – a book that can help readers refrain from letting even a single failure go to waste!

The up and coming author, Sajith Cyriac, with already a dozen titles to his credit (including 3 in Malayalam),

opines that “every success story is also a story of great failures and little flaws. History is replete with examples of people who ‘successfully failed’ despite what they actually encountered: people who proved themselves beyond their age and resources, people who became unstoppable and rose to excellence before the eyes of the very same folk who had branded them as failures” (p 14).



## **BOOK REVIEW** by Ladislaus L D'Souza

Appropriately backing this assertion, the text, “simple and down-to-earth.....”, gives practical tips for keeping things in proper perspective, so as to learn lessons from each failure and to march on through life with success and failure alike with alacrity” (p 11).

Failure is often touted as a stepping stone to success. In fact, Sajith Cyriac firmly believes that there are no failures in life as such – only lessons. To prove the point he backs each of his 101 ‘lessons’ with relevant morale boosting anecdotes. Take the case of the now famed American cartoonist, Charles Monroe Schulz (p 66). Written off as a failure on every count in school, Charles, fondly nicknamed ‘Sparky’ by an uncle of his, created the cartoon characters Charlie Brown and Snoopy, both of whom captured the imagination of the cartoon entertainment world. The rest is history, with the cartoonist achieving fame unlimited, proving unequivocally that you can indeed learn from your failures.

Significantly, the writer of this motivational volume who is a graduate in Journalism and a postgraduate in English Literature, edits *Inspirational Quote*, a 40 year-old monthly for inspired living, apart from being Director of St Pauls Media Education, Mumbai. Significantly, too, as Dr S. Ignacimuthu,

himself a renowned author, points out in his ‘Foreword’ to **CELEBRATE YOUR FAILURES**, the titles of the lessons in

this volume could enable the reader to see that failure is natural, that it helps build character and, despite being temporary, spurs creativity, makes us wiser with experience, apart from underscoring the power of being decisive; failure also tests maturity, keeps us motivated, builds courage, acts as a stimulus, increases our chances of success, identifies complacency, and keeps one awake, alert and

active, affording one an opportunity to prove one's worthiness (p 11).

From the foregoing it can be safely deduced that the key to reaching from where you are to where you want to be is literally threefold, viz., allowing for failure, viewing failure in the correct perspective, and celebrating every failure you encounter, which can only come about by absorbing the nuances of the lessons and implementing them.

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# Prevent Swine Flu

**D**r. Vinay Goyal is an MBBS, DRM, DNB (Intensivist and Thyroid specialist) having clinical experience of over 20 years. He has worked in institutions like Hinduja Hospital, Bombay Hospital, Saifee Hospital, Tata Memorial etc. Presently, he is heading our Nuclear Medicine Department and Thyroid clinic at Riddhivinayak Cardiac and Critical Centre, Malad (W).

The following message given by him, I feel makes a lot of sense and is important for all to know

The only portals of entry are the nostrils and mouth/throat. In a global epidemic of this nature, it's almost impossible to avoid coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as proliferation is.

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, not fully highlighted in most official communications, can be practiced (instead of focusing on how to stock N95 or Tamiflu):

1. Frequent hand-washing (well highlighted in all official communications).
2. "Hands-off-the-face" approach. Resist all temptations to touch any part of face (unless you want to eat, bathe or slap).
3. \* Gargle twice a day with warm salt water (use Listerine if you don't trust salt)... \* H1N1 takes 2-3 days after initial infection in the throat/ nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple,



inexpensive and powerful preventative method.

4. Similar to 3 above, \* clean your nostrils at least once every day with warm salt water. \* Not everybody may be good at Jala Neti or Sutra Neti (very good Yoga asanas to clean nasal cavities), but \* blowing the nose hard once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population. \*
5. \* Boost your natural immunity with foods that are rich in Vitamin C

(Amla and other citrus fruits). \* If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.

6. \* Drink as much of warm liquids (tea, coffee, etc) as you can. \* Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.

I suggest you pass this on to your entire e-list. You never know 20 who might pay attention to it - and STAY ALIVE because of it...

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# Inspiration!

## Get Out of a Bad Mood

**Not feeling that good? No worries. Here's how to get out of a bad mood and turn your day around in a flash!**

**O**kay, we all get out of bed on the wrong side from time to time right? But let's face it: Life is too short to ruin a perfectly good day just because of a 'silly' bad mood.

To help you put things right when this happens, here are 7 creative (and simple) ways to put yourself in a better mood and reclaim your right to a wonderful day.

### 1. Call Up an Old Friend

When we are a bit down in the dumps and need cheering up, what can be better than hearing from an old friend – especially one who always makes you laugh no matter what?

You know the sort: The kind of person whose humor perfectly clicks with yours and with whom you spent half the time together laughing and joking and having great fun. Sure they are a rare and special thing, but if you have one, grab your cell phone and get dialing.

### 2. Listen to A Happy Tune

Music is one of those strange almost magical things that has the ability to transport you back in time. It can also immediately change your mood. So the next time you find yourself in a bad mood, why not grab your mp3 player and play that tune you really love and always makes you feel happy to be alive.



### 3. Reclaim Your Inner Child

Have you noticed that whenever children are playing and having fun, they are completely absorbed and transfixed in the moment. Nothing else seems to exist but the 'now.' Sadly, as we get older we seem to lose this magical gift.

If you are having a bit of a 'downer,' why not have a bit of fun, act a little goofy, tell a joke, do something silly that you used to like before you became too mature.

### 4. Control Your Emotions

Don't let yourself be conned into thinking that you are in a bad mood and that's just the way it has to be. Oh no. The truth is that if you change the way you think you can change the way you feel.

The key is to re-frame your negative thoughts into positive ones. Just take some time out, find a peaceful spot somewhere, sit down, make yourself

comfortable, close your eyes, and think of a word that makes you feel happy and at peace such as love, harmony or tranquility.

### 5. Work Out or Go for a Run

There's a reason people get addicted to exercise; it's because it releases a feel good chemical called 'dopamine' into the brain. Basically, it's a neurotransmitter connected to feelings of pleasure, happiness, and feeling good.

The best way to produce it is to exercise.

### 6. Eat Chocolate

Luckily, it's now a scientific fact that eating chocolate – in reasonable amounts – is actually good for your mood. It improves your emotional state and helps level out your endorphins.

Besides, it contains valeric acid, which helps to de-stress the body and contains elements that are calming, relaxing and help our overall well-being.

### 7. Watch Something Funny

They say that life is too important to take seriously, and I find most of the time when I'm in a bad mood it's because I am taking life far too seriously. Do yourself a favor: The next time you are in a bad mood, go and watch some hysterical (but profound) stand-up comedy



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# Grooms



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**MUMBAI** : Goan Christian Bachelor, aged 31 years, Ht. 6' 3", Wt. 85 kgs, Fair Complexion, Edn. MBA., working as HR Professional. Contact email : valsafonso@gmail.com OR 9819295981 / 9867036662 / 9920733493 **(Regd. No. 6267)**

**MUMBAI** : Mangalorean Roman Catholic Bachelor, aged 30 years, Ht. 5' 6", Wt. 56 kgs, Wheatish Complexion, Edn. MBA, PGDM., working as a Deputy Manager Finance. Contact email : m.fernandes@transasia.co.in OR 9867918038 **(Regd. No. 6265)**

**MUMBAI** : Mangalorean Roman Catholic Bachelor, aged 31 years, Ht. 5' 11", Wt. 78 kgs, Fair Complexion, Edn. SSC, working on Cruz Ship. in Europe. Contact email : francis.dsouza@gmail.com OR 9769259694 / 9892873474 **(Regd. No. 6264)**

**MUMBAI** : East Indian / Goan Roman Catholic Bachelor, aged 37 years, Ht. 5' 10", Wt. 80 kgs, Fair Complexion, Edn. B.Com., LL.B., & French Courses, working as Lawyer in a Law Firm in Fountain. Attending the High Court and City Civil. Seeks a presentable and sincere match. Contact email : lawfully\_yours@hotmail.com / delaney\_s@hotmail.com / sybil\_sylvester@yahoo.com OR 8108648725 **(Regd. No. 6260)**

**MUMBAI** : Mangaloren Roman Catholic Bachelor, aged 29 years, Ht. 5' 8", Wt. 78 kgs, Fair Complexion, Edn. Electronic Engineer and MBA, Working as a Consultant in Limited Company. Contact email : henry.fernandes53@gmail.com OR 7738365149 **(Regd. No. 6259)**

**MUMBAI** : Tamilian Roman Catholic Bachelor, aged 41 years, Ht. 5' 10",

Wt. 70 kgs, Tan Complexion, Edn. B.Com., working as an Executive in Abroad. Currently in Mumbai contact immediately. Contact email : margaretdass26@yahoo.com OR 9167001399 **(Regd. No. 6254)**

**MUMBAI** : Protestant Christian Bachelor, aged 49 years, looks much younger to his age, Ht. 5' 4", Wt. 60 kgs, Wheatish Complexion, Edn. DMLT., working as a Section Technical Coordinator. Contact email : shashibsd\_d@yahoo.co.in OR 9869117823 **(Regd. No. 6253)**

**MUMBAI** : Mangalorean Roman catholic Widower, aged 53 years, Ht. 5' 7", Wt. 65 kgs, Wheatish Complexion, Edn. HSC, having business and accommodation. Contact email : albertlobo19@gmail.com OR 9820695110 **(Regd. No. 6251)**

**MUMBAI** : East Indian Roman Catholic Bachelor, aged 40 years, Ht.5' 8", Wt. 76 kgs, Wheatish Complexion, Edn. B.A., working as a Manager. Contact email : cardoz.clint@gmail.com OR 9833563182 **(Regd. No. 6250)**

**MUMBAI** : Goan Roman Catholic Bachelor, aged 31 years, Only Child, Ht. 5' 8", Wt. 75 kgs, Wheatish Complexion, Edn. SSC., 2 yrs. Dip. in Trade of Fitter + MEC-3 Marine Engineering Course from New Zeland, working for Merchant Navy. Currently in Mumbai contact email : allwynb2011@gmail.com OR 9930225262 / 9930611534 **(Regd. No. 6248)**

**MUMBAI** : Mangalorean Roman Catholic Bachelor, aged 31 years, Ht. 6' 2", Wt. 95 kgs, Wheatish Complexion, Edn. 12th English Medium, working as a Foreman in Qatar. Contact email : fmalcolm15@gmail.com OR henryfernandes@mannai.com.qa OR

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

9820743446 **(Regd. No. 6237)**

**MUMBAI** : Goan RC Bachelor, aged 60 years, looks much younger to his age, Ht. 5' 10", Fair Complexion, M.Sc., IT, worked in Australia as a Programmer. **(Regd. No. 6236)**

**MUMBAI** : Goan RC Bachelor, aged 34 years, Ht. 5' 4", Wheatish Complexion, Edn. B.Com., working as a Bank Officer. Contact email : savioanthony.dias@sc.com OR 9820379835 **(Regd. No. 6231)**

**MUMBAI** : Goan RC Bachelor, aged 35 years, Ht. 5' 5", Wt. 60 kgs, Wheatish Complexion, Edn. HSC., employed as an Auto Mobile in Abu Dhabi. Contact 9619617174 **(Regd. No. 6230)**

**MUMBAI** : Goan RC Bachelor aged 32 years. Ht. 5' 7", Wt. 57 kgs., Wheatish Complexion, Edn. HSC, working as Food Production. Contact email : vaz.dominic@yahoo.com **(Regd. No. 6229)**

**MUMBAI** : Mangalorean Roman Catholic Bachelor aged 41 years. Ht. 5' 8", Wt. 69 kgs., Wheatish Complexion, Edn. S.S.C. A/C Tech. Course, working as a AC. Technician in U.A.E. Contact Email : lawrencedias321@gmail.com OR 9594678829 / 7208825574 **(Regd. No. 6228)**

**MUMBAI** : Tamilian RC bachelor, aged 32 years, Ht. 165 cms, Wt. 67 kgs, Wheatish Complexion, Edn.B.E. (Civil), working as a Structural Engineer (Associate). Contact email : winall2891@gmail.com OR 9920045798 / 9167710057 **(Regd. No. 6222)**

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**MUMBAI** : Roman Catholic Spinster, aged 27 years, Ht. 5' 4", Fair Complexion, Edn. SSC from ICSE board, B.A., working as a Sr. Accounts Manager - Public Relations with a private firm. Seeks a suitable match. Contact email : sfwedding88@gmail.com OR 9869361783. **(Regd. No. 6280)**

**MUMBAI** : Goan Roman Catholic Spinster, aged 25 years, Ht. 5' 4", Wt. 57 kgs, Fair Complexion, Edn. M.A., working in Private Firm. Contact email : jmae26@yahoo.co.in OR 9819440647 **(Regd. No. 6269)**

**MUMBAI** : Maharashtra Protestant Spinster, aged 28 years, Ht. 5' 4", Fair Complexion, good looking, Edn. B.A. LL.B., Advocate by profession. Contact email : ruch\_20jan@yahoo.in OR 7738674508 **(Regd. No. 6268)**

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 25 years, Ht. 5' 6", Fair Complexion, Edn. BMS, working as a Sr. Associate. Contact email : laurentiaf@yahoo.com / laveenafernandes@rediffmail.com OR 9870036325 **(Regd. No. 6266)**

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 25 years, Ht. 5' 2", Fair Complexion, Edn. B.Com., Dip. in Mktg., working as a Sales Coordinator. Contact email : mflavy@yahoo.com OR 9769226745 / 9819736100 **(Regd. No. 6263)**

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 29 years, Ht. 5' 6", Wt. 62 kgs, Wheatish Complexion, Edn. B.Com., M.Com., PGDBA., working as a Sales Executive in

Chemicals Company. Contact email : joswin13@yahoo.com OR 09820914606 **(Regd. No. 6262)**

**MUMBAI** : East Indian Roman Catholic Spinster, aged 28 years, Ht. 5' 8", Wt. 64 kgs, Fair Complexion, Edn. B.Com., working, Contact email : mariashgo24@gmail.com OR 9819524367 / 9920102623 **(Regd. No. 6246)**

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 22 years, Ht. 5', Wt. 45 kgs, Fair Complexion, Edn. B.Sc., working as a HR. Contact email : andrewvds1972@gmail.com OR 9821639989 **(Regd. No. 6245)**

**MUMBAI** : Roman Catholic Spinster, aged 25 years, Ht. 5', Fair Complexion, Edn. BMS, pursuing correspondence PGDBA, working for MNC as an Analyst. Looking for bachelors with good family background, well educated and well settled. Please reply with Bio-data and recent photograph. email : indyjonesm@gmail.com OR 9967509233 **(Regd. No. 6234)**

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 40 years, Ht. 4' 11", Wt. 50 kgs, Wheatish Complexion, Edn. B.A., working as a Secretary. Contact email : theresaalvares@gmail.com OR 9892173250 **(Regd. No. 6227)**

**PUNE** : Tamilian Roman Catholic Spinster, aged 42 years, Ht. 5' 4", Wt. 65 kgs, Fair Complexion, Edn. M.Com., HRD, MPN, working for WNS. Contact email : harryanthany.7@gmail.com OR 020-25816332 **(Regd. No. 6225)**

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 4", Wt. 50 kgs, Fair Complexion, Edn. Graduate, D.Ed., Teacher by profession. Contact email : kitoo\_angel@rediffmail.com OR 9821389985 **(Regd. No. 6224)**

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 3", Wt. 44 kgs, Wheatish Complexion, Edn. B.Com., Working as a Sr. Officer in Bank. Contact email :

rima.dsouza@hotmail.com OR 9920627802 / 9819602045 **(Regd. No. 6217)**

**UDUPI** : Mangalorean RC Parents of spinster daughter 26 years, 5' 4", Height, Wheatish, B.E. in Electronics and Communications. Working as Software Professional in BANGALORE, God fearing and family oriented. Seek alliance from Mangalorean RC Bachelors, well educated and settled, age below 32 years. Please send detailed Profile and recent photograph to email : saldanhaej@yahoo.co.in OR 0984 588 8703 and 0820 258 3452 **(Regd. No. 6216)**

**MUMBAI** : Goan Roman Catholic Spinster, aged 23 years, Ht. 5' 6", Wt. 58 kgs, Wheatish Complexion, Edn. B.A. (Hons), B.Ed., M.A. (Part), Teacher by profession. Contact email : cancer5belita@gmail.com OR 9892499656 **(Regd. No. 6202)**

**MUMBAI** : Goan Roman Catholic Spinster, aged 25 years, Ht. 5' 3", Wheatish Complexion, Edn. M.A. (English Literature), Working as a Journalist (Asst. Editor) Contact email : sarita.rebello310@gmail.com OR 9833157737 **(Regd. No. 6194)**

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 25 years, Ht. 5' 6", Wt. 65 kgs, Wheatish Complexion, Edn., MBA Finance, working as an Executive. Contact email : monthi.n65@gmail.com OR 9421162148 / 7738131584 **(Regd. No. 6193)**

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(Contd.. from p. 8)

marginalised people are educated and helped to develop themselves, they will demand their rights to the disadvantage of the developed and the upper class.

#### IV. HEALTH CARE.

(A) Christianity has made significant contribution in the development of Health Care system in India. Health Care institutions run by the Christian run by the Christian churches and organisations are;

Hospitals - 800;

Dispensaries -2800;

Rehabilitation Centres -70;

Care for Mental Health -110;

Medical facilities for the disabled -190;

Leprosy Homes -170;

Homes and Health Care for the Aged - 425;

Terminally Ill Centres -60.

#### V. RELIGIOUS PERSONNEL

((B) Christian Religious personnel working in different fields of socio-pastoral involvement and contributing to the

total services offered to build up India ,are:

i) Diocesan and Religious Priests - 25,000.

ii) Religious Brothers and Sisters. - 90,000

The majority of Religious Brothers and Sisters serve in educational and healthcare institutions. A good number of priests also serve in institutions and social service societies.

The dominant majority of beneficiaries of the Christian educational institutions, health care centres, development schemes, providing food, clothing and shelter to the needy and also helping them to achieve self reliance and dignity are those who are oppressed and marginalised.

If Christian organisations close all the education institutions and Health Care Centres, Government of India will have to make a provision of Rs.8000/10000 crores in the budget - the money that is spent by Christian organisations on education, health care, etc.

#### VI CONSTITUTION OF THE REPUBLIC OF INDIA.

Fr. Jerome D'Souza who was representing the Christian Community in the Constituent Assembly was asked whether he wants any reservations for the Christian community. He renounced reservations and separate electorates and expressed trust in the majority community to respect and treat the minority community on par with all citizens of the country.

This was an important contribution of the Christian community to the secular nature of the Constitution of the Republic of India.

#### VII. CONCLUSION.

Indian Hindu organisations - Ramakrishna Mission, ISKON, Centre for Aurobrndo, Ananda Margis, Integral Youth Movement of Satya Sai Baba, etc., are allowed unhindered to propagate Hinduism, build temples, yoga centres in Christian countries of Europe and America. We want India to reciprocate and give the same facility to Christianity and treat Christians on par with all citizens of India.



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# A Venerated Saint And Foster Father

**F**or one thing, there's the fact that St. Joseph is one of the most venerated among the saints and whose name is mentioned at Holy Mass together with that of the Virgin Mary. Saint Joseph takes a special place being present at Jesus' birth in the Gospels of Matthew and Luke.



BY MELVYN BROWN

From the very beginning, Joseph, son of David had been chosen by the Lord to be the foster father of the Messiah. In the Gospel of Matthew we are told that Joseph was a carpenter and a "righteous" man (Mat.1:19).

Mary, the Mother of Jesus had been pledged to marry Joseph and so they were engaged. Before they lived together it was discovered that Mary was pregnant by the power of the Holy Spirit.

An angel of God spoke to Joseph in his dream. "Joseph, son of David, do not be afraid to take Mary as your wife, for the child conceived in her is from the Holy Spirit. She will bear a son, and you are to name him Jesus, for he will save his people from their sins." (Mat. 1:20-21).

Joseph did not want the people to know of Mary's condition. He was afraid she would be disgraced. After much thought he decided to take Mary into hiding. The situation had a significant fear factor. Both husband and wife were putting their lives on the line. However, this was not to be.

On the advice of the angel, Joseph the carpenter took Mary to his home. That was an order from the Lord, "but had no marital relations with her until she had borne a son: and he named him Jesus." (Mat.1:25).

St. Joseph is the ideal model for Christian men. He was kind, understanding and a good person. He contributes to the reality of being completely obedient to the Will of God. He was responsible and despite the odds performed his duties as husband and father. Joseph was always close to Jesus in the growing years. To this day St. Joseph inspires every generation to value the virtues of humility, justice, love and obedience.

Joseph epitomizes the Christian man dedicated to his family and their needs. He was the sole breadwinner and Jesus grew up under his guidance and protection.

It was the reign of the Roman emperor Augustus and under the order of the emperor's governor, Joseph took Mary to the town of Bethlehem for the census. On their arrival in Bethlehem it was announced that the new emperor Herod had passed a decree to kill every new born male child. The emperor had been told that the king of the Jews had been born, and Herod felt it was a threat to his authority and power.

At this moment of crisis Joseph hurriedly took Mary and the new born Jesus to Egypt. After Herod died, Joseph felt it was safe to go and live in Nazareth.

The prophets had said, "He will be called a Nazarean." (Mat. 2:23).

There is a beautiful prayer to St. Joseph composed by Pope Saint John XXIII. The pontiff refers to St. Joseph as "guardian of Jesus". We are told that St. Joseph spent his life

in doing his duty "sustaining the Holy family of Nazareth".

19th March in the Catholic calendar celebrates the feast of "St. Joseph husband of Mary". And on the 1st May, the feast of St. Joseph the worker". In recent times the Catholic Church calls the faithful to bring their working instruments to be blessed on that auspicious day.

Throughout the centuries Joseph has been venerated as a beloved saint and recognized foster father of Jesus. He is a great intercessor for all Christians who turn to him in prayer.

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