

THE SECULAR CITIZEN

(Total pages 24)

A NATIONAL FAMILY WEEKLY

Vol.24 No.26 ■ Mumbai, June 29, 2015 ■ Rs. 5

YOGA



yoga

Railways to provide easy access to upper berths in coaches

Climbing upper berths in Indian railway coaches will become easier now.

Until now, passengers have to take three small steps and a giant leap to reach berths. Negotiating the upper berth has been a problem for the aged and weak travelers.

Finally, the Railways is ready to lend a hand, reports newindianexpress.com.

Engineers at the Rail Coach Factory, Kapurthala, and Integral Coach Factory, Chennai, where the Linke Hofman Busch (LHB) coaches are manufactured, are poring over designs and prototypes of numerous possible "ladders" to pick the one that will, hopefully, permanently ease the problem of climbing up to, or coming down from, the upper berth.

In an exercise carried out by the Railways a few months ago to get feedback from passengers on its services, the ladder design had emerged as the source of many woes. It was then included in the "to-do" list for 2015-16.

"We are trying out various designs of ladders. We have already arrived at one for AC First Class. For AC-II and III classes, work is on," Railway Board Member (Mechanical) Hemant Kumar said.

The Railways has roped in the National Institute of Design, Ahmedabad, to help ensure that any engineering solution also looks good aesthetically.

Currently, the iron frame holding the three steps is fitted to the side of



a rail cabin. A passenger wanting to get to the upper berth needs to do a balancing act and, when at the top, invariably grope for something to grab

in order to haul himself up. Agility and practice count, which not many passengers come equipped with, the Railways has realized.

The new design will provide passengers a better foothold, as well as a handle somewhere near the upper berth.

The cost involved is said to be around 20,000 rupees per coach — which is negligible given the scale of the Railways' operations.

Meanwhile, should you travel by AC First Class, don't be surprised if a staircase greets you inside the coach. A few AC First Class coaches have already been fitted with this new design of ladder, and feedback is being gathered on its utility.

It's still three steps up — but one big step-up. *Courtesy: Mattersindia*

The Largest Violin Family In Mangalore



The largest Violin Family in the world is on a three day visit to Mangalore.

Dr. Gerald Abreo, Cardiac Surgeon practicing at Texas, America, Nicole, his wife and 9 Children will conduct Violin Concerts at various places in Mangalore starting from 23 June 2015. Dr Gerald Abreo is originally from Kulshekar, Mangalore and Nicole Lobo has her roots at Bejai, Mangalore. The Family had performed at Mangalore 2 years back and had impressed the people very much. The family is coming back

to Mangalore with an added member in the family.

Dr. Gerald Abreo is a philanthropic doctor who helps many Organisations and people with direct support. The family finds joy in sharing, giving and in simple living. At Texas, the children study at home and the mother manages the home without any domestic assistance. "More children means more joy and the children grow with fine values" is the example set by Abreo family. Abreo family is a Happy family.

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Prop. B. D'Souza

'Thought for the week'

People will forget what you said, people will forget what you did, but people will never forget how you made them feel.

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Subscriptions Rate:

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- sent anywhere in the world (by email)
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- Two years Rs. 1000 or US \$ 25

Cover : YOGA

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Mortus est lingua mortua

It is said that Erasmus, the Dutch Renaissance scholar and theologian, spoke Latin better than he did his native tongue, but the days when every educated person in the West spoke Latin as a matter of course are long gone.

Traditionalist myths to the contrary notwithstanding, no one at the Vatican knows enough Latin to compose a long message in that language. And so, papal messages are not written in Latin and then translated into other languages. They are written in modern languages and then translated into Latin and other languages.

Though the Latin text becomes the "official" one, those who interpret papal messages try to find out what the original language of a text was in order to find nuances of papal thought that might not get through the filter of a Latin translator.

Encyclicals are generally known by their Latin title, which comes from the first few words.

There are exceptions, but they are rare. For example, the March 14, 1937, encyclical letter that Pius XI sent to "the archbishops and bishops of Germany and other ordinaries in peace and communion with the Apostolic See" had a German title, Mit Brennender Sorge (With Deep Anxiety), and the official text was in German.

The reason was that the encyclical was a critique of the Nazi regime and was meant to be smuggled into Germany to be read and understood at all Masses the following Sunday, Palm Sunday.

But as a rule, encyclicals have been issued in Latin.

When Pope Francis published his first encyclical, Lumen Fidei, which was actually a finalized version of something that Benedict XVI had begun, the official text was in Latin. The Vatican website also carries Arabic, Belarusian, Chinese (traditional and simplified scripts), English, French, German, Italian, Polish, Portuguese and Spanish versions.

However, now that he is writing on his own, Francis has broken that pattern.

While his Apostolic Exhortation Evangelii Gaudium had a Latin title and version, his new encyclical Laudato Si has a title in the Umbrian Italian dialect



by Fr William Grimm

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spoken by St Francis of Assisi in the thirteenth century and there is no Latin version of the text. (Neither is there an ancient Umbrian text, so we can assume that the pope was not writing for a medieval Italian audience.)

The only versions on the Vatican website are Arabic, English, French, German, Italian, Polish, Portuguese and Spanish. Strangely, considering China's impact on the environment, there is still no Chinese version, though there is one of *Evangelii Gaudium*.

The most important things about this encyclical are, of course, its content and the way it utilizes input from bishops' conferences around the world to present that content, giving an indication of how the pope's commitment to synodality can actually work on the world level.

However, the language matter, though not so important as these, is still significant.

In past encyclicals, popes quoted Scripture, Church fathers, other popes and Church documents. John Paul II had a penchant for quoting himself. In all those cases, the sources were available in Latin.

However, Francis has quoted bishops' conferences from around the world, including Australia, Brazil, Canada, the Dominican Republic, Japan, the Philippines and the United States. They do not write in Latin.

The pope also quoted Ecumenical Patriarch Bartholomew of the Orthodox Church, a sign that Francis looks beyond the Catholic community to the larger Church for inspiration, and expects the rest of us to do so too.

As Pope Francis tries to wean the Catholic Church from the top-down, centralized way of life and thought that has characterized it for the past few centuries and bring us back to a more traditional form of Church life, he is looking to the voices of communities throughout the world. That is symbolized in his not using the Vatican's official language, Latin.

For Latin is more than a language. It is a sign of the centralization of the Church of Rome in Rome. That is one reason that traditionalists hold to it so tenaciously in the liturgy. It is not that they think God does not understand or hear prayers in other languages; it is that Latin symbolizes a model of the Church, a model that has more and more obviously passed its use-by date. *Mortus est lingua mortua*, the dead language has died.

Just as we now worship in many vernaculars, the new encyclical demonstrates that we now reflect, proclaim and teach in many vernaculars. We even look for sources of magisterial authority in the many places that use those vernaculars.

So, the lack of any Latin in connection with the new encyclical is another sign that we are in a new age for the Church, an age where intelligibility for the world and receptiveness for the leadership are becoming the new norm.

Maryknoll Fr William Grimm is publisher of ucanews.com, based in Tokyo.

Change of Easter date under consideration

Vatican City: Pope Francis could take a historic decision to unite various Christian denominations in the world.

Pope Francis signaled openness to changing the date of Easter in the West so that all Christians around the world could celebrate the feast on the same day, reports angelusnews.com.

The Pope on June 12 said "we have to come to an agreement" for a common date on Easter.

His comments came in remarks to the World Retreat of Priests at the Basilica of Saint John Lateran in Rome. The event drew priests from five continents.

He described a scandal the disunity over the date of Easter. Christians could say to one another, "When did Christ rise from the dead? My Christ rose today, and yours next week," he said jokingly.

The Orthodox churches normally celebrate Easter a week after the Catholics and Protestants in the West. Some Orthodox leaders have also reflected on the dating of the Christian holy day.

In May, Coptic Orthodox Pope Tawadros II wrote to the papal nuncio in Egypt suggesting a common date for Easter.

Historian Lucetta Scaraffia, writing in the Vatican daily newspaper *L'Osservatore Romano*, said the Pope is offering this initiative to change the date of Easter "as a gift of unity with the other Christian churches."

A common date for Easter, she said, would encourage "reconciliation between the Christian churches and ...a sort of making sense out of the calendar."

She noted that the proposal could help reinforce the identity of persecuted Christians, particularly those in the Eastern churches that are at risk of disappearing.

Scaraffia wrote that the simultaneous celebration of the Resurrection by all Christians "would increase the importance of the central feast of the faith in a moment when changes seem to be suddenly coming throughout the world."

"The Pope's remarks implicitly underscore an important fact: in the countries where Christian identity is being overshadowed, the marking of time continues to be tied to the life of Jesus," she added. "We also know also that the calendar is not only a convention but also something profound and symbolically relevant."

Scaraffia said Easter and related feasts "constitute a distinct aspect of the liturgical year because they are connected with a cycle of time that repeats every year and marks the returns of the seasons."

She also pointed out that the date of Easter is established based on the cycle of the moon, just as the Muslims and Jews establish their important feasts with the lunar calendar.

Pope Francis On The Care For Our Common Home

The long awaited encyclical on 'environmental issues' by Pope Francis is finally here! Released this afternoon in the Vatican, the encyclical is certainly not merely a defining moment for the Catholic Church but in fact for the whole of humanity.

Entitled 'Laudato Si' (Praised be to you!) – 'on care for our common home', the first two words of a thirteenth century prayer written by St. Francis of Assisi and called the 'Canticle of the Creatures' or the 'Canticle of the Sun'. The words 'Praised be to you' refers several times in this beautiful prayer which praises and thanks God for giving us the whole of creation and particularly for 'Brother Fire' and 'Sister Water'. Pope Francis already set the tone of his papacy when on March 13th 2013, the day he was elected Pope, he took his name from St. Francis of Assisi who is universally regarded as the Patron Saint of the environment and in his identification with poverty and with peace.

'Laudato Si' has come in when the world is surely in need of a roadmap. That is why perhaps right from the moment Pope Francis contemplated this encyclical, there have been all kinds of debates, comments and insinuations on what his stand would be. It surely did not need much of a prophet to understand the sum and substance of this encyclical because Pope Francis repeatedly hinted through words and actions of what the contents would be. Together with the ecumenical patriarch Bartholomew I in May 2014, Pope Francis co-signed a common declaration repenting for humanity's treatment of the earth. He has been consistent in his defense of farmers who are poor and owned small land holdings.

In his first Apostolic Exhortation 'Evangelii Gaudium' he had already asserted that 'there are other weak and defenceless beings who are frequently at the mercy of economic interests or indiscriminate exploitation. I am speaking of creation as a whole. We human beings are not only the beneficiaries but also the stewards of

other creatures. Thanks to our bodies, God has joined us so closely to the world around us that we can feel the desertification of the soil almost as a physical ailment, and the extinction of a species as a painful disfigurement. Let us not leave in our wake a swath of destruction and death which will affect our own lives and those of future generations'. (#215)

Above all, the Pope has never minced words in taking on capitalism, the greed and selfishness of a few and the fact that the rich and the powerful contribute significantly to the destruction of our planet. On the eve of the encyclical's release, Pope Francis very emphatically told a group of pilgrims that they need to receive his encyclical with open hearts. "Our house is being ruined and that hurts everyone especially the poorest among us. My appeal is, therefore, to responsibility, based on the task that God has given to man in creation: 'to till and tend' the 'garden' in which humanity has been placed (cf. Ge.2:15). I invite everyone to accept with open hearts this document, which itself in the line of the Church's social doctrine".

At the heart of the encyclical are 3Cs – Caring, Challenging and Commitment.

Caring

In 'Laudato Si', Pope Francis calls the whole of humanity to be more caring and more sensitive to creation. This, the Pope emphasizes is the duty of every human being in small and big ways. It is therefore significant that in his encyclical he refers to the fact that human beings are stewards of this earth and are entrusted in a very unequivocal way to care for the earth.

Challenges

Pope Francis' encyclical is all about challenges: the need and importance for a change in lifestyles; to reduce energy consumption, to avert the unprecedented destruction of the environment and very specially to stop using fossil fuels. He challenges the rich and the powerful in a way no one had



BY FR. CEDRIC PRAKASH SJ

done earlier; so much so even before the encyclical was released there has already been plenty of heart-burn and resentment from these sections of society. He categorically states, "in the present condition of global society, where injustices abound and growing numbers of people are deprived of basic human rights and considered expendable, the principle of the common good immediately becomes, logically and inevitably, a summons to solidarity and a preferential option for the poorest of our brothers and sisters. This option entails recognizing the implications of the universal destination of the world's goods, but, as I mentioned in the Apostolic Exhortation 'Evangelii Gaudium', (123) it demands before all else an appreciation of the immense dignity of the poor in the light of our deepest convictions as believers. We need only look around us to see that, today, this option is in fact an ethical imperative essential for effectively attaining the common good" (#158)

Commitment

A radical and positive change to what is happening to the earth will not be possible if there is no whole-hearted commitment from every level of society. The Pope does not spare the priests of the Catholic Church and he calls upon them to engage with the faithful on environmental issues. He calls for a new global political authority which needs to shoulder the responsibility 'of tackling the reduction of pollution and the development of poor countries and regions'. The encyclical is direct and hard-hitting. In the very second para, he writes, "this sister now cries out to us because of the harm we have inflicted

(Contd.. on p. 8)

YOGA



by Don Aguiar.

Our present government is keen on introducing YOGA to its citizens and to make a start they propose introducing it in all schools for health purposes because a healthy person leads to lower health care costs, improved productivity at work and a better quality of life. Yoga can be a big part of public health.

With this likely introduction there is much confusion in accepting yoga by the minority communities as they say it goes against their religious belief. However there is something else as important as the controversy from the minority communities about the yoga the present government is keen to introduce.

Is it that yoga is meant for the people only following Hindu belief or for that matter is yoga a religion on its own or connected to any religion or religious belief or is yoga a science? It is time we find out.

We live in a deep illusion – the illusion of hope, of future, of tomorrow. As man is, man cannot exist without self-deceptions. The German philosopher Nietzsche says somewhere that man cannot live with the true: he needs dreams, he needs illusions, and he needs lies to exist. As man is he cannot exist with the truth. This has to be understood very deeply because without understanding it, there can be no entry into the inquiry which is called yoga.

The mind has to be understood deeply – the mind which needs lies, the mind which needs illusions, the mind which cannot exist with the real, the mind which needs dreams. You are not dreaming only in the night. Even while awake, you are dreaming continuously. You may be looking at me, you may be listening to me, but a dream current goes on within you. Continuously, the mind is creating dreams, images and fantasies.

You cannot think anything else

than the past. Future is nothing but past projected again, and both are not. The present is, but you are never in the present. This is what dreaming means. And Nietzsche is right when he says that man cannot live with the truth. He needs lies he lives through lies. Nietzsche says that we go on saying that we want the truth, but no one wants it. Our so-called truths are nothing but lies, beautiful lies. No one is ready to see the naked reality.

This mind cannot enter on the path of yoga because yoga means a methodology to reveal the truth. Yoga is a method to come to a non-dreaming mind. Yoga is the science to be in the here and now. Yoga means now you are ready not to move into the future. Yoga means you are ready now not to hope, not to jump ahead of your being. Yoga means to encounter the reality as it is.

So one can enter yoga, or the path of yoga, only when he is totally frustrated with his own mind as it is. If you are still hoping that you can gain something through your mind, yoga is not for you. A total frustration is needed – the revelation that this mind which projects is futile, the mind that hopes is nonsense, it leads nowhere. It simply closes your eyes; it intoxicates you; it never allows reality to be revealed to you. It protects you against reality.

Your mind is a drug. It is against that which is. So unless you are totally frustrated with your mind, with your way of being, the way you have existed up to now, if you can drop it unconditionally, then you can enter on the path.

Yoga means that now there is no hope, now there is no future, now there are no desires.

One is ready to know what is. One is not interested in what can be, what should be, what ought to be. One is not interested! One is interested only in that which is, because only the real can free you, only the reality can be-

come liberation.

You can go on doing asanas, postures; that is not yoga. Yoga is an inward turning. It is a total about-turn. When you are not moving into the future, not moving toward the past, then you start moving within yourself – because your being is here and now, it is not in the future. You are present here and now, you can enter this reality. But then mind has to be here.

Yoga is not a religion-remember that. Yoga is not Hindu, it is not Mohammedan and it is not Christian. Yoga is a pure science just like mathematics, physics or chemistry. Physics is not Christian. If Christians have discovered the laws of physics, then too physics is not Christian. It is just accidental that Christians have come to discover the laws of physics. But physics remains just a science. Yoga is a science – it is just an accident that Hindus discovered it. It is not Hindu. It is a pure mathematics of the inner being. So a Mohammedan can be a yogi, a Christian can be a yogi, a Jain and a Buddhist can be a yogi.

Yoga is pure science, and Patanjali the compiler of the yoga sutras, is the greatest name as far as the world of yoga is concerned. For the first time in the history of humanity, this man brought religion to the state of a science: he made religion a science, bare laws; no belief is needed because so-called religions need beliefs.

There is no other difference between one religion and another; the difference is only of beliefs. A Mohammedan has certain beliefs, a Hindu certain others, a Christian certain others. The difference is of beliefs. Yoga has nothing as far as belief is concerned; yoga doesn't say to believe in anything. Yoga says experience. Just like science says experiment, yoga says experience. Experiment and experience are both the same, their directions are different. Experiment

(Contd.. on p. 10)



Include Laymen Too

With reference to the news 'Bombay Diocese to curb priest's land deal powers', published in your esteemed weekly dated 15th June, 2015, I am sorry to state that you have not given good news.

The multi trustees comprising all priests is no alternative for the existing single trustee system as the priests collectively are bound to protect each other and their vested interests. As the Bombay diocese is not willing to accept the recommendations of the lay people concerning the management of property and other matters, the lay organizations like AOCC should initiate a public debate and discussion on the following lines.

- . Lay people's rights in decision taking about the management of property, income and other church matters.
- . Formation of Board of Trustees (BT) at parish and diocesan levels.
- . Composition of BT – priests, lay people, ratio of elected, nominated and ex-officio members.
- . Type of election – direct or indirect.
- . Tenure of each trustee, eligibility and age limit.
- . Measures to keep cronies of parish priests/bishops/cardinal out of the BT.
- . Measures to make the functioning of BT, transparent and free of malpractices.
- . All other issues relevant to the administration of property and income of the parishes and diocese.

As the property and income belongs to the community comprising lay people, priests and other religious of the catholic community, one fails to understand as to why the church is opposed to the lay peoples participation in decision making.

The lay organizations collectively must persuade the clergy to accept the decisions arrived at through the above process, failure to which, legal and other measures must be adopted. It is time to end the feudal system of the church where lay people are expected to work and contribute but not ask questions or take decisions in the management of church affairs.

—A. D. Mascarenhas.

Catholic Yoga and Surya-Namaskar –

June 21st is declared as 'International Day of Yoga'! I designate YOGA as (Y)oked (O)nto (G)od (A)lmighty ; which ideally should be the ultimate goal.

John Hopkins School of Medicine (JHSM) warns that inactivity, obesity, stress and tobacco, negatively impact one's wellbeing. JHSM reveals that Yoga postures (asanas), and breathing exercises (pranayamas), have awesome health benefits. These include: brighter moods and outlooks; less painful joint movements; positive cardio-vascular outcomes like lowering blood pressure, cholesterol and glucose; relieving back pain; reducing stress and anxiety; improving mind concentration for studies; and, eliminating headaches and insomnias.

For 'Catholic Yoga', as aids to 'pranayamas', one could deeply inhale "JE", and slowly exhale "SUS", rhythmically "JESUS" before an Image of the Sacred Heart or Divine Mercy, or in Adoration of the Most Blessed Sacrament! Surya-Namaskar or Sun-(Son) Salutation, or even sun-bathing for 10-15 min. builds Vitamin D which is essential for strong bones and absorption of calcium and phospho-

rus. Vit D is also obtained from eggs, meat, fish and supplements. Always remember, our Surya-Namaskar is Jesus Christ, "Light of the world ... Be still, and know that I AM God" (John, 8:12; 9:5 ... Psalm, 46:10).

—Dr Trevor Colaso,

Suspension notice to minority schools

The state government has issued 'suspension of minority status' notices to 10 elite south Mumbai schools for not fulfilling the required minority status conditions. Of these ten schools four each are Christian and Parsi while two are Jain minorities. Among the Christian schools are Sacred Heart (Byculla)Christ Church(Byculla) and Cathedral & John Cannon (Malabar Hill) . All ten schools, provide quality education and are located in south Mumbai

As far as the four Parsi minority schools are concerned their population has dwindled to such an extent that they are in danger of becoming extinct. Does this imply that there should be no Parsi minority school? On the contrary they should be given special minority status.

As far as the Christians are concerned, during the past 3-4 decades because of huge demographic shift of Christians from south Mumbai to the northern suburbs it has become difficult for some south Mumbai Christian minority schools to fill all quota seats .This however cannot lead to revocation of minority status.

According to the Admission Act 2006 the following facts must be proved for granting minority status to an institution on religious grounds:

- i) that the religious institution was established by a member/ members of the religious community
- ii) that the institution was established for the benefit of the religious community
- iii) that the institution is being administered by the member/ members

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(Contd.. from p. 7)

of the minority religious community. Once minority status is conferred it can not be revoked unless false information was supplied initially. The issue is clearly settled in the TKVTSS Trust vs state of Tamil Nadu (AIR 2002. Madras 42) Their Lordships stated " A minority status can not be conferred on a minority educational institution for a particular period to be renewed like a driving licence. It is not open to the state govt to review its earlier order conferring minority status on a minority institution unless it is shown that the institution concerned has suppressed any material fact while passing the order of conferral of minority status or there is a fundamental change of circumstances warranting cancellation of earlier order".

—Prof Robert Castellino Orlem

How to eliminate traffic congestion and pollution

Traffic congestion can be eliminated by having one set of roads ,highways and underpasses for incoming traffic and another set for outgoing traffic.

There must be a speed limit of 100 mph on all highways.

To ensure that roads are of a high standard there must be a double layered road ie an asphalt road constructed on top a concrete road and any road that develops potholes must be completely resurfaced so that it lasts longer.

To eliminate noise pollution all fly-overs etc must have sound proof glass panels on either side enclosed in concrete and to cut down vehicular

pollution hybrid vehicles, solar powered vehicles and hydrogen hybrid vehicles must be promoted.

The recent high court ban on Victoria carriages is being challenged.

Victoria carriages are an environmentally friendly form of transport besides being a heritage and tourist form of transport. Victoria carriage owners must be given a compulsory training every year in horse psychology, horse diseases and treatment.

A case must be filed against the police commissioner for his refusal to issue fresh Victoria carriage licences and the ban on the Delhi horse Tongas must also be challenged.

An out of court settlement must be reached in the forthcoming Supreme Court case on Victoria carriages

and if this fails a mass boycott of the court judgement must be organised against an unfavourable court judgement to save an important form of self employment.

Roads where Victoria carriages are allowed to ply must be marked on a board saying VICTORIA CARRIAGE LANE.

The government must re-consider the ban on motorcycle taxis by profiling all motorcycle drivers and making photo ID cards and help line numbers compulsory along with a fluorescent jacket having the drivers photo ID attached to it in addition to encouraging hybrid motorcycle bikes preferably three wheelers or with a side car attached for more stability in addition to a motorcycle taxi lane and to cut pollution hydrogen hybrid motorcycle taxis must be encouraged. Thus travel on roads will become faster.

—Peter Castellino

Old Testament

In the Secular Citizen dated 22nd June 2015 (Vol.24 No.25) The article on Old Testament written by Melvyn Brown. In it he says there are 39 Books in the Old Testament but in the Catholic Bible there are 46 books. Please let me know which is correct.

—John B. Gomes

(Contd.. from p. 5)

on her by our irresponsible use and abuse of the goods with which God has endowed her. We have come to see ourselves as her lords and masters, entitled to plunder her at will. The violence present in our hearts, wounded by sin, is also reflected in the systems of sickness evident in the soil, in the water, in the air and in all forms of life. This is why the earth herself, burdened and laid waste, is among the most abandoned and maltreated of our poor; she "groans in travail" (#2). It is timely and it was surely well worth the wait. Now that we have the blueprint to address several ills which are plaguing the world, the one question we need to ask ourselves is whether we individually and collectively have the courage to put the Pope's vision into action. He questions, "What kind of world do we want to leave to those who come after us, to children who are now growing up?" (#160)

(Fr. Cedric Prakash SJ is the Director of PRASHANT, the Ahmedabad-based Jesuit Centre for Human Rights, Justice and Peace.)*

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".

— A Devotee

Belligerent, Bellicose Or Beleaguered?

Did they or didn't they? Did they cross the Indo-Myanmar border? Did they kill several terrorists? Had they informed the Myanmar Government in advance about their actions? Were those allegedly killed actually the same group that had attacked the 6 Dogra Regiment of the Indian Army in Manipur; and killed 18 of our brave soldiers? Why was there no hue and cry over the killing of our soldiers – the highest number since Kargil, when ironically the same party was in power? Lots of questions, for which answers are hard to come by.

One may recall the adage that all is fair in love and war. To that I may add that most things are also hazy in love and war. As a marriage counsellor I can say without hesitation that marital relationships are intricate and not easy to decipher; because the only witnesses in the bedroom are the protagonists themselves; whose credibility could often be suspect! So too for war – the only witnesses in the war rooms are again the respective protagonists. There is seldom photographic evidence or independent witnesses; so one is constrained to believe whatever the respective “spokespersons” hand out to an eagerly waiting public.

We had the army “spokesperson” telling us that there was an operation “along the Indo-Myanmar border”, not across it. The Minister of Information, Col (Retd) Rajyawardhan Rathore, made a bombastic statement about the surgical strike deep in enemy territory. The Myanmar Government claims that the operation did not occur on its sovereign territory; and the terrorists “spokesperson” now says that there were no casualties among their cadres. So whom do we believe?

The only credible information available in the public domain is that a crack unit of the 21 Para Regiment was deployed for the operation that lasted all of 30 minutes, and MI 35 helicopter gunships, capable of firing 4000 rounds a minute, were used to decimate the terrorists while they slept in their hideouts.

While the Army itself has been reticent in its statements; it hasn't stopped various “spokespersons” of the Government from expanding their chests to 56”, and belligerently making bellicose statements that India was no longer a soft state; that hot pursuit would be the order of the day; and our rogue neighbour on the western flank had better heed the warning. Again in sharp contrast, former Army Chiefs like Gen N.C. Vij and V.P. Malik have been much more circumspect; saying that any jingoism or foolhardy acts on the Pakistan border could escalate into a full blown war. I think our present political leadership need to take several lessons in issuing statements from our brave men in olive green.

Unfortunately, military actions have seldom solved problems. In 1971 Indira Gandhi carved out Bangladesh, but we ended up with lakhs of refugees (we even had a refugee relief stamp) and a vengeful neighbour in erstwhile West Pakistan. In 1984 the army entered the Golden Temple and Indira paid the price; followed by the massacre of thousands of Sikhs. Shortly after, her son Rajive, after initially training the LTTE, sent the IPKF into Sri Lanka. It was left to Prime Minister V.P. Singh to withdraw the IPKF that suffered heavy casualties because it was not equipped for tackling civil war. Ironically, the self same LTTE, that Rajive had trained, assassinated him in 1991.

Bellicose “spokespersons” refer to the Israeli strike on Entebbe in Uganda in the 1970s. They forget that it was before the advent of spy satellites, satellite and mobile phones, the internet, etc. Today troop movements are picked up before they take off. Before we think of eating somebody else's pie on the ground, we need to remember the eye in the sky; just like the “eve teaser” in an ad for CCTV cameras!

Yet others refer to the “great” USA, and how it plucked Osama bin Laden out of Pakistan. For one thing, the

facts are not fully known. Secondly, it hasn't eliminated the problem. Neither did the hanging of Saddam Hussein (the most secular of all the Muslim leaders). The USA did not learn its lessons from its wars in Vietnam, Somalia, Iraq or Afghanistan. Each time it has come away with a bloodied nose.

Further, for all the faults of the previous UPA Government, both perceived and presumptive, we must admit that there was relative peace and calm over its 10 years in office, on the international borders, as also in

the Northeast, Kashmir and the Naxal affected areas.

Unfortunately, under the present dispensation, on all these fronts, things have gone haywire. To that one may add growing disquiet among Muslim and Christian Minorities, decline in production, increase in prices and taxation, reduction in social spending; and suddenly the 56” chest slips down to become a 56” pot belly, that belies the truth. With nothing much to showcase after one year in office, the BJP Govt needed something to crow about. Unfortunately its chest thumping/ back slapping turned out to be a self-goal from a selfie inspired Govt!

As for Pakistan, it has reacted on predictable lines, with its own form of sabre rattling. We need to learn the lessons of history. After the Buddha smiled again at Pokhran, again under NDA rule, Pakistan retaliated with its own nuclear explosion in next to no time. So what did we gain? In fact we lost the advantage that we held in conventional battle, because in a nuclear war there are no winners – only radioactive rubble, to trouble generations to come. Here again Gen Malik has words of wisdom when he says “Nuclear Weapons are meant to prevent wars, and not win them”.

So our belligerent and bellicose “spokespersons” would do well to learn the lessons of history and not beleaguer the nation more than they already have.

• *The writer is a Gandhian social activist*



BY CHHOTABHAI

(Contd.. from p. 6)

means something you can do outside; experience means something you can do inside. Experience IS an inside experiment.

Yoga is not belief. That's why it is difficult, arduous, and sometimes it seems impossible. It is an existential approach. You will come to the truth, but not through belief, but through your own experience, through your own realization. That means you will have to be totally changed. Your viewpoints, your way of life, your mind, your psyche has to be shattered completely as it is. Something new has to be created. Only with that new will you come in contact with the reality

Yoga is concerned with your total being, with your roots. It is not philosophical. So with Patanjali, who gave yoga for serenity of mind, grammar for purity of speech and medicine for the health of the body, we will not be thinking, speculating. With Patanjali we will be trying to know the ultimate laws of being: the laws of its transformation, the laws of how to die and how to be reborn again, the laws of a new order of being. That is why Patanjali calls yoga a science.

And the whole process of yoga is how to drop – how to drop the frame, how to destroy the mirror, how to move from the reflection to the reality, how to go beyond the boundaries.

You may not have observed that you are a close-knit system of many layers. If you are running, then your breathing changes because more oxygen is needed. When you are running your breathing changes, and

when your breathing changes your thoughts immediately change.

Patanjali is scientific because he takes note of everything – the food, the posture, the way you sleep, the way you get up in the morning, when you get up in the morning, when you go to sleep. He takes note of everything so that your body becomes a situation for something higher.

One of the subtlest and trickiest blockages to overcome is the ego. Ego is the mind's way of keeping us from having contact with our spiritual nature. Ego manifests in many forms: pride of wealth, pride of knowledge, pride of beauty and pride of power. Ego causes us to forget our true self. Rooting out ego takes understanding and a firm grip on the mind which one can attain when one is immersed in yoga.

In a story from the Sufi tradition, a man went to the door of God's house and knocked. God asked 'Who is there?' the man answered "It is I". The door did not open for him. The man returned home without seeing God. He pondered for a long time about why God did not let him in and finally immersed in yoga and prayed for an answer. Finally, he had a moment of enlightenment: he knew what the problem was. He returned to God's house and again knocked on the door. This time when God asked "Who is there?" the man replied, "It is Thou". The door opened, and he attained communication with his Lord – the Lord he worships.

When we are immersed in yoga we eliminate ego, i-ness is gone and there is no separation between the soul and God.

There are many sutras in yoga. Sutra literally means thread. Or in modern language we can say it is like a formula. Anyone who knows the English alphabets, even a kinder garden child can say $E=mc^2$, but there is an enormous amount of science behind that little formula, which most people do not understand. The sutras are like this, in thread form. Out of ignorance, people have just taken these sutras and are trying to implement it as it is. A thread is of no consequence by itself. There can never be a garland without the thread but no one

ever wears a garland for the sake of the thread. The thread is vital but that is not the goal.

The goal in yoga will mean something only to a person who is in a certain level of experience. Otherwise the yoga sutras are just a bundle of words which don't make any sense, someone who is exploring his consciousness, if he is in a certain state of experience, if he just read one sutra, it will be explosive. If you read one sutra and make it true with your life, that's enough. It will realize you.

Whereas the present government is keen to introducing their own kind of yoga which tilts more towards their ideology and Hindu belief which has lead to the minority communities not accepting this type of yoga as it goes against their religious belief and results in the promotion of the present government's ideology and Hindu belief and NOT the promotion of the actual yoga sutras. It is about time we know yoga as pure science not linked to any religious or ideological belief. How does one limit then to the actual yoga sutras?

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My Ghar Vapsi Program

(The Home Coming)

by Francis Lobo

I have been in Bangalore for the past one year trying to fight a variety of disabilities like losing my voice [some say it is a way of God telling me that i talk too loud and too long], coughing and difficulty in breathing

A doctor friend had come over to attend to my daughter and suggested that I avail of the concessional comprehensive health checkup which was being offered for Rs 2000, an amount I found I could afford. The government has been warning us that subsidized health care has strings attached - but I have been fighting for the common man, the Aam Aadmi, that health care should be subsidized.

Everything was going fine in the systematic checkup till I came for the Cardio Echo. The attendant could not see what was on the screen. The doctor said this was the case for the emergency heart specialist. My protest fell on deaf ears that I had not come for a heart checkup but for a general checkup - and my heart had been bypassed 20 years ago.

The diagnosis was that my left chest was filled with water that had to be removed immediately. I signed a "consent clause" as I am used to having fluid removed from my body for the past 80 years. The government should follow the lead taken by the medical profession in the land acquisition bill and similarly retain the consent clause.

After 1.5 litres had been removed, further checkup was done which showed the situation to be more serious than I could have imagined. The pressure of the liquid had collapsed the lung. I realized that i had one more thing in common with Pope



Francis ---- living with one less lung.

Over the next 3-4 days it was draining out 3-4 liters of fluid and hoping that the lung would spring back. But nothing happened. The doctors refused to talk to me and said they wanted to see my daughter. A CT scan was ordered which was not conclusive, nor were the pathological reports on the liquid. A full body Pet Scan was then recommended. After a full week the conclusion arrived that I was in the 4th stage of pancreatic cancer - nobody told me what happened to the other 3 stages.

Apparently the 4th stage is a final full stop in one's existence and nothing can be done. Within minutes the news was flashed to family, friends and foes. Phone calls started pouring in. Here are some of the communications in this crisis.

Grandpa to grandson - What do you want me to do before I leave?

Grandson - Leave everything you have to me. Whatever is left, you can leave it to others.

A niece rang up to find out how I was. "Great" I replied. I have friends and supporters inquiring how I am doing even if it is 3 in the afternoon.

Niece - I am sorry I did not realize that I am in Australia and 4 hours ahead of you, as it is 7 pm here?.

A religious in the family consoled me that we must look forward to the Ghar Vapsi, the Homecoming. The Homecoming is what we are made for anyway.

There is an overwhelming pressure to write a book like the prestigious, prominent professors in the foreign universities are expected to do - "The Last Lecture"

My daughter has rushed me home to start writing, as she knows that my interest span in such projects is short lived.

So my next communication in this series is "Heaven is not a geographical location". St Pope John Paul II has said that Heaven and Hell are primarily states of consciousness which are real and lasting - General Audience June 28th 1999.

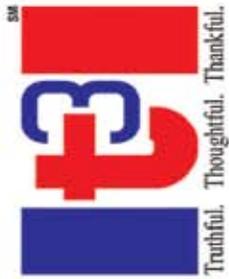
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Court Marriage



by Adv. Aileen Marques

The Right to Marry is a Human Right. Article 16 of the Universal Declaration of Human Rights states that Men and women of full age, without any limitation due to race, nationality or religion, have the right to marry and to found a family. They are entitled to equal rights as to marriage, during marriage and at its dissolution. Marriage shall be entered into only with the free and full consent of the intending spouses.

In the Indian Context, many still look to marriage as a social necessity. Young boys and girls are groomed for marriage from their childhood. Marriage is not an option but a compulsion and hence the dream of a perfect wedding with a perfect partner is shared by many.

The most popular form of marriage known among the youth is Court marriage. While some youth whose parents do not agree to their choice of spouse, gather details about the court marriage procedure. Many others prefer a court marriage to other traditional and religious forms of marriage. Quite a few see court marriage as less cumbersome; less expensive and less drama and so they opt for a court marriage.

Other than personal laws, we have a secular law which is the Special Marriage Act, the marriage under which is commonly known as court marriage. If you are a Hindu and intend to marry a Hindu, you will be married under the Hindu Marriage Act. However if you as a Hindu choose to marry a Muslim or a Parsi person, this marriage will take place under the Special Marriage Act. A court marriage does not happen in the court but in the Office of the Marriage Registrar at Old Customs house or at Khar. When you are married as per law you will be issued a marriage certificate. If you are married as per the personal laws, you must get your marriage registered.



The Special Marriage Act (SMA) is an act to provide for a special form of marriage in certain cases, for the registration of such marriages and certain other marriages and for divorce. According to Section 4 of the SMA, the conditions relating to solemnization of special marriage include capacity to give valid consent, parties not to be within the degrees of prohibited relationship, the male must complete the age of twenty-one years and the female the age of eighteen years among others. When a marriage is intended to be solemnized under this Act, the parties of the marriage shall give notice thereof in writing in the Form specified to the Marriage Officer of the district in which at least one of the parties to the marriage has resided for a period of not less than thirty days immediately preceding the date on which such notice is given. This notice is then published. Any person may, before the expiration of thirty days from the date on which any such notice has been published object to the marriage on the ground that it would contravene one or more of the conditions specified in Sec.4.

The documents that accompany the notice of intended marriage are: birth certificate, school leaving certificate showing date of birth, government issued documents for address proof and ration card along with 2 passport size pictures of each of the parties to the marriage. After the notice is submitted, a date for the solemnization of marriage is given which is generally after 30 days.

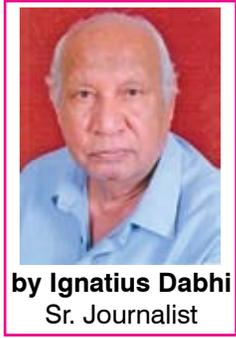
On the date given, both the parties to the marriage are required to be present at the stipulated time along with three witnesses. The parties are asked if they want to perfume some religious ceremonies in the presence

of the marriage officer and if they intend to then the ceremonies are performed by the parties. In case the parties choose a simplified version, they are told to say vows that are printed. The vows are similar to the vows exchanged in Church during a Christian wedding. When the marriage has been solemnized the Marriage Officer shall enter a certificate thereof in the Form specified in the Fourth Schedule in a book to be kept by him for that purpose and to be called the Marriage Certificate Book and such certificate shall be signed by the parties to the marriage and the three witnesses.

When we talk about marriage, it is important to understand that there is a social or cultural understanding to marriage and there is a legal understanding to marriage. Samajik Niyam says the bride must adopt a new identity on marriage but law has no such requirement. Samaj says dowry is indispensable for a marriage but law says dowry in any form is prohibited. Samaj says woman is a burden get her married off, law says let the woman decide if she wants to be married. Samajik niyam says marriage gives the husband an unrestricted and undisputed consent to sex while law says the wife has a right to refuse.

The paradox between the samajik niyam and law has to be done away with. All are equal before law and this equality will manifest only when the laws relating to marriage are upheld.

Gujarat Takes Lead Gou're Compelled To Vote!!!



by Ignatius Dabhi
Sr. Journalist

In a democratic country like our, where freedom of Expression and Freedom of choice, form a basis for democracy, how "legally correct" is the step of presently-run Anandi Patel's BJP government to compel a citizen to vote? Indian democracy is unique in many ways; for, no country in the west has 24 languages, 431 dialects, multi-facet cultural, parochial, religious diversities. In such a mix, each individual's freedom is legally protected and mutually respected. The forefathers of the Indian constitution knew that freedom of speech, freedom of expression and choice are to be considered sacrosanct if de-

mocracy has to continue and grow in India. Casting a vote is a political matter of choice. Can any government compel or force (under the threat of arrest, interrogation or any legal action) a citizen to vote? In India, joining army training can not be compelled. The constitutional provisions provided by our constitution are so thoughtful and far-reaching that we should have great respect for the fore-fathers of our constitution.

Every Indian citizen is free to live where-so-ever he/she likes. Likewise, he can not be chased away from the place he/she lives. The Modi govern-

ment's move to acquire farmer's land (even without his consent) is dictatorial, illegal, unconstitutional and anti-poor. The same measures are applied for freedom of religion. It is I and nobody else but I have to chose which religion I should follow. Every individual's choice has to be free, over and above any bribe or threat. It is good and essential to debate these issues and such a debate has to be free and under no pressure or threat. It is only

under such conditions democracy survives.

The Modi rule with its suffocating majority should respect every individual's choice. "choice" says French existentialist thinker, Jean Paul Sarte, "has to deliberate, free and fair." In a book, "General Elections in India", the author some where says: "If on the election day, the official report claims of 75 percent voting, be sure there is something, somewhere doubtful..."

It is indeed ideal and good that everyone votes... That is ideal but such an ideal situation is neither practical nor usual. Voting can not be compelled, not in a democracy. It will be draconian and killing individual freedom.

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10 Tips On Living a Happier Life

Pope Francis was recently interviewed by Viva, an Argentinean publication, and offered 10 invaluable tips on how to become a happier person. Some of the tips on the list might surprise you a bit, and even change your perspective on life. I think if we followed the Pope's helpful advice, we would all live a happier and more fulfilling life.

Here are the top 10 tips to living a happier life:

1) "Live and let live."

There is an old Italian expression which says "Live and let live". The takeaway here is not to hold a grudge against anyone, and just move forward. Life is too short to hold any animosity towards others. Try not to judge anyone either, and just accept people for who they are.

2) "Be giving of yourself to others."

Be more generous to others. If someone asks for your help, consider yourself blessed that you were the first person they thought of. Try to listen more and speak a little less about yourself.

3) "Proceed calmly" in life.

Don't jump to conclusions or make hasty decisions before you think for a few moments. Try to avoid "winning" arguments, because you ultimately wind up losing a lot more in return. Take one day at a time and don't rush life before it happens. It's always best to take things with a grain of salt.

4) A healthy sense of leisure.

Spend more time playing with your kids and less time in front of the television sets during family time. Pope Francis stated that "consumerism has brought us anxiety". The outdoors can work wonders for you and your

loved ones. Plan exciting trips to visit museums, historical sites, botanical gardens and even sporting events.

5) Sundays should be holidays.

Most of us work long, strenuous hours during the week, often leaving very little time to spend with our families. The Pope believes that workers should be entitled to have Sundays off, in order to spend quality time with their families.

6) Find innovative ways to create dignified jobs for young people.

The most important trait any young person can have is ambition. Teenagers go through very difficult and confusing turning points in their lives. They can either be lead towards a positive direction or just as quickly wind up going down the wrong road. It's crucial to create job opportunities to keep teens ambitious and fulfilled.

7) Respect and Take care of nature.

Pollution is not only bad for the environment, but also bad for our souls. There are many beaches and forests that are covered with garbage. The excess waste can harm and kill innocent animals. Always clean up after yourself, and don't be afraid to toss someone else's soda can in the trash bin either. You'll be doing Mother Nature a huge favor!

8) Stop being negative.

People who insult others are often compensating for a lack of low self-esteem. Instead of putting others down, try uplifting and encouraging them. Motivation is the key driving force of productivity and success. Try looking on the bright side of things, and keep a positive outlook on life. Smile more often too.

9) Don't proselytize; respect others' beliefs.

The worst thing you can do is force your religion or beliefs upon others. Nobody enjoys being bullied into believing something, regardless of how passionate you might be about it. Always respect the beliefs of others, and they will greatly respect you in return. The Pope went on to say that "We can inspire others through witness so that one grows together in communicating. But the worst thing of all is religious proselytism, which paralyzes".

10) Work for peace.

Although world peace might be a little too much to dream for, you can still strive to maintain a peaceful attitude towards others and among yourself. Try to avoid unnecessary arguments or anything else that might cause tension in the household. Remember, the keys to a peaceful lifestyle begin at home.

—Agnelo Rodrigues
Wadala E

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A Saint For Our Troubled Times



BY MELVYN BROWN

On a celebrated Friday this 26 June 2015, the Church commemorates the Feast of Saint Josemaria Escriva de Balaguer around the world. This year marks the 40th death anniversary of Escriva. For the first time a Mass for Josemaria will be celebrated in Athens, Greece. For those who might not know, Josemaria was a Roman Catholic priest who rose to become a monsignor, and the founder of 'Opus Dei'. Finally, His Holiness Pope John Paul II canonized Escriva on 6 October 2002.

Josemaria was born in Barbastro, a small village of Spain on the 9th January 1902. He always praised his parents who showed him the way to a Christian life. Even as a young man he worked tirelessly for the sick, the poor and the helpless. In 1925 he was ordained a priest in Saragossa. This was his one desire as a youth to be in the service of God. He believed in serving the Church in proper union with the Pontiff and the Bishops.

At the canonization Mass on 2nd October 2002, Pope John Paul II said, the secret of the Opus Dei founder's holiness – as with all saints – was his dedication to prayer and a "constant and intense sacramental life".

When the Spanish Civil War started it turned out to be the most violent period of religious persecution in the history of the Church. Josemaria managed to escape in a dramatic series of events to the other side of Spain known as Pimplona. God had need for him and Escriva settled in Burgos. He was known for the 7 days retreat which he gave to priests in the Spanish dioceses.

The film 'There Be Dragons' is about the Spanish war and about Josemaria, with Charlie Cox in the role of Escriva. The film is directed by Roland Joffe.

In 1928 by divine inspiration, Escriva founded 'Opus Dei' (Latin) which means 'Work of God'. Whatever the

strategy, the movement gained unprecedented prominence and spread to 5 continents growing in numbers, at one point 60,000 people of 8 nationalities – all of them serving the Church as Josemaria did, with respect and obedience to the Pope and the Bishops.

Unexpectedly on 26th June 1975 Escriva died in Rome as he glanced at the statue of Our Lady. His body rests in the prelate Church of Our Lady of Peace, viale Bruno Buozzi 75, Rome. The Opus Dei's founder's canonization came 27 years after his death – at that time it was considered one of the shortest waiting periods in the Church's history.

In Vatican City, before one of the largest and most orderly pilgrim crowds in Vatican history, Pope John Paul II canonized Msgr. Escriva. The pontiff said the founder's message of sanctifying ordinary life was valid for all believers.

"To raise the world to God and transform from within : This is the ideal that

the holy founder indicates to you." The Holy Father stated. The huge crowd was silent while the pope read the Latin formula proclaiming the Spanish priest a saint. In his homily, the pope said St. Escriva's vision for Opus Dei, which was founded in 1928, harmonized with the Second Vatican Council's message that Christians should not shun the world but work from within it.

The new saint "continues to remind us of the need not to allow ourselves to be frightened in the face of a materialist culture, which threatens to dissolve the most genuine identity of the disciples of Christ", he said.

"He liked to repeat with vigor that the Christian faith is opposed to conformism and interior inertia," the pope concluded.

Respect the Human Dignity

It is shocking to hear of one more case of a sex attack on a Catholic nun (47) in a Nursing Home in the early hours of Saturday June 20th, in Raipur. Together with the Bishops of Karnataka and Leaders of various Christian Churches and Denominations, we the All Karnataka United Christian Forum for Human Rights, join with all Christians and all people of good will throughout this country in roundly condemning this dastardly act.

I pray that people everywhere will respect the human dignity of one another, particularly of women and in even more particularly of those consecrated to God.

+Bernard Moras

Archbishop of Bangalore,

President – Karnataka Region Catholic Bishops' Council, and

President - All Karnataka United Forum for Human Rights

Recipe For A Happy Marriage

50 Ingredients for Making Marriage Work

By Sajith Cyriac

Book Review

by Ladislaus L D'Souza

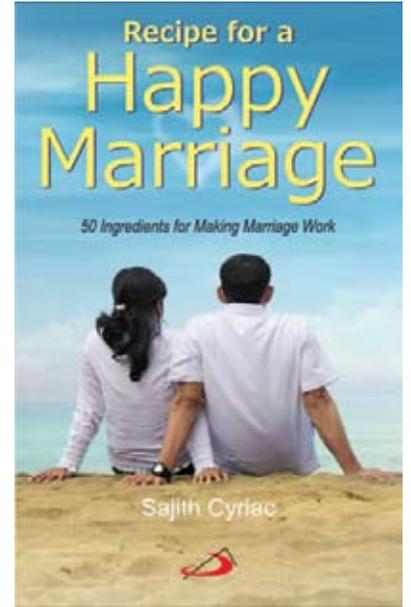
Avital institution of society, marriage is a universal phenomenon. However, not all marriages are really happy and successful, the major reason being lack of knowledge as regards what makes a marriage work and how it can be made to happen. Of course, a truly successful marriage is not necessarily one that is entirely happy but one in which both partners look at the relationship as a source and sign of bonding that encompasses happiness and transcends the occasional lack of it. And what makes for its constant growth is a good recipe. It is only when you know what the essential ingredients are and the measure in which they are to be used that you get the dish of your choice! Thus both the components (ingredients) and the process (preparation) are responsible for the desired result, the inadvertent omission of even the smallest of essential ingredients reflecting in the product. With RECIPE FOR A HAPPY MARRIAGE, a book [pp 235 / Rs 220 - BETTER YOURSELF BOOKS] that brings you culinary science at its marital best, you can't go wrong!

As is the case with a good dish which results from the judicious blend of several ingredients in proper proportion, so it is with marriage, involving as it does many little spices, flavours and seasonings that help bring out its essence and give it zest. Sajith Cyriac [sajithssp@gmail.com], a Graduate in Journalism and a Postgraduate in English Literature from Christ University, Bangalore, through the 50 short

chapters in RECIPE FOR A HAPPY MARRIAGE offers a lucid understanding of the individual components like love, commitment, acceptance, understanding etc., which go to make a really tasty marriage dish. The contents, replete with examples and clear explanations of concepts that may otherwise be overlooked, leading to both married life and life partner being taken for granted, render the book a handy marriage guide.

Chances are that on the one hand certain ingredients may sometimes dominate in flavor, while on the other hand, an overdose of any ingredient will obliterate the efficacy of a given ingredient, leaving behind a bad taste in the relationship. Thus, if you substitute or miss out any single essential ingredient, you could end up cooking up trouble rather than marital bliss! As a matter of fact, what is required of a couple is quality time, strenuous effort and unyielding determination to constantly work at having the essential ingredients carefully measured and discussed before being skilfully mixed and adequately tempered with patience, RECIPE FOR A HAPPY MARRIAGE guiding both the preparation of and the application towards a mutually beneficial marriage.

The author, presently Editor of Inspirational Quote, a monthly for inspired living, and Director of St Paul's Media Education, Mumbai opines that both husband and wife are chefs in their own right, with equal potential for making the marriage recipe turn out right. The magical formula consists in getting back into the kitchen called family, grabbing the apron of conviction, taking possession of the



ingredients listed as marriage vows and getting started! Relevant illustrations opening each chapter written in a style that grips the reader's attention are bound to make you think and relax, practical tips in terms of the use of each ingredient largely gleaned by the author from family and friends, speakers and writers, all tasted and tested, tried and true!

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Inspiration!

Brain Exercises to Stay Positive

Exercise has now become an important part of our life, especially that which is related to mental health and healthy brain

As a daily positive thinker, life's distractions, negative people, and other external "brain drainers" can leave you faced with challenges to conquer. The good part is, you can learn to train your brain to help stay positive when times are tough. Try these tips to help train your brain to stay positive.

Note down daily

Place your journal, a pad and pen or your phone with the gratitude app next to your bed each night. When you wake up each morning, make it a habit to write down at least three things you're grateful for. It can be anything from family and work to a good night's rest or the morning sunrise – whatever is positive in your life deserves a little thank you note from your soul. Write all the details and read it and think about it.

Stay Centered Whole day

Staying centered throughout the day will help keep you from being derailed by negative energy that tries to consume your confident, positive attitude. You can find balance in many activities, such as yoga, meditation, deep breathing, walking in nature or any other activity that puts your mind at rest.

Always Stay Active

The adage "An idle mind is the devil's workshop" couldn't be more true. When the mind is focused on completing the day's schedule successfully, negative energy is powerless. Now you may ask "but what about the

external shocks from other people or experiences that go sour?"

There are always things that may come up when you are staying active and focused on positively completing your day, but that's where the other exercises like staying centered are ultimately going to help you stay positive throughout.

Eat, Drink Well & Sleep Well

It has been known for hundreds of years that our intake of food, water, and sleep can greatly affect our mood and mental health. A study has found that just vitamin deficiencies alone can cause declines in mental health that can lead to stress, anxiety, depression, addictions and other psychological disorders.

Sleep tight rather than stay up all night and you'll be feeling happier, more friendly, and more refreshed each day.

Try to help others

Sometimes, the best way to help yourself stay positive throughout the day is to help others stay positive as well. When others are down, that's when they need positivity the most. Instead of avoiding their negative energy in fear of it spreading to you, jump in head first with your positive mindset and help shine the light to brighten their day!

Subconscious re-training:

Sometimes, to have a positive experience on the outside, we have to uncover and release the past negative experience trapped on the inside. Exercises like tapping, affirmations, NLP and mirror work are all great places to start. The journey of discovery from within has the ability to heal the original wound that could have been cre-



ated from our childhood, a bad relationship, or a traumatic experience.

Follow your passion

One of the greatest things you can do to stay positive throughout each day is to make sure you're doing what you LOVE! If your job or hobby involves something that makes you feel guilty, or something that takes you further from where you desire to be in life, it's time to switch it up.

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MUMBAI : Goan Roman Catholic Bachelor, aged 25 years, Ht. 6', Wt. 80 kgs, Wheatish Complexion, Edn. B.E. in Electronics and Telecom from Mumbai University, working as a Software developer in a well known MNC in Mumbai. Only Child. Seeks a suitable match. Contact email : clive2111@ymail.com OR 9967555521 **(Regd. No. 6359)**

MUMBAI : Mangalorean Roman Catholic Bachelor aged 31 years, Ht. 5' 8", Wt. 70 kgs, Wheatish Complexion, Edn. B.Tech., Well settled. Contact email : bridesearch14@gmail.com OR 9820324761 **(Regd. No. 6188)**

U.S.A. : Universtiy Professor, USA, Fair Complexion, 5' 7", age 47 years, Protestant Bachelor, Seeks a well educated, fair complexioned girl below 40 years, Contact email mddav2009@yahoo.com OR 9769061597. **(Regd. No. 5978)**

MUMBAI : Christian Bachelor aged 37 years, Ht. 5' 8", Wt. 85 kgs, Fair Complexion, handsome, Edn. B.Tech, Director in Software based MNC. Seeks a beautiful, cultured, well qualified girl. Contact email : adelsib2@yahoo.com OR 9324511174 **(Regd. No. 6187)**

DHARWAD : Goan RC Bachelor aged 37 years, Ht. 6', Wt. 79 kgs, Wheatish Complexion, Edn. Masters (Navitical Science), working as a Merchant Navy Chief Officer. Having a flat in Mumbai. Contact email : ephremf@gmail.com OR 9768153407 **(Regd. No. 6205)**

Pune : Tamilian Roman Catholic Bachelor aged 42 years, Ht. 5' 4", Wt. 62 kgs, Wheatish Complexion, Edn. Diploma Mech, Engg., Working for Govt. Concern. Well settled. Seeks a simple, qualified girl. Contact email : berland@rediffmail.com OR 9822397126 / 8097191727 **(Regd. No. 6191)**

MUMBAI : RC Bachelor 40/5'8", B.E., working in Senior position reputed IT firm. Seeks alliance from R.C. spinster educated good family back-

ground Pl. reply with photograph and details to keithcardozo@hotmail.com or contact 9820338755 **(Regd. NO. 5996)**

PUNE : Goan Roman Catholic Bachelor aged 34 years, Ht. 5' 10", Wt. 65 kgs, Wheatish Complexion, Edn. Diploma Holder, having own business. Seeks a Goan homely, family oriented girl. Contact email : inbluedreamz@yahoo.com O R 9881768210 **(Regd. No. 6189)**

MUMBAI : East Indian Roman Catholic Bachelor aged 30 years, Ht. 5' 6", Wt. 78 kgs, Wheatish Complexion, Edn. BMM, MBA, working as a Manager. Seeks a simple, intelligent, qualified, family oriented girl. Contact email : b o m b a y - ite84@gmail.com OR 9224444833 **(Regd. No. 6186)**

PUNE : Goan Roman Catholic Bachelor aged 29 years, Ht. 5' 6", Wt. 65 kgs, Fair Complexion, Edn. B.Com., MBA Finance, Pursing LLB., working as a Purchase Accountant. Sober, understanding, Seeks a homely, loving girl. Contact email : v_dsouza00777@yahoo.com OR 9049912489 **(Regd. No. 6183)**

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 41 years, Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., working as a Admin. Controller in **DUBAI**. Contact email : dsouzarobin25@gmail.com OR Tel : 22- 24983066 **(Regd. No. 6358)**

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 27 years, Ht. 5' 11", Fair Complexion, Edn. B.Com., MBA, Sales Director, Only Child. Seeks a humble, god fearing, kind, Ht. above 5' 2", age below 26 years. Contact email : natashadevelopers@aol.in OR 9820092761 **(Regd. No. 5981)**

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

MUMBAI : Mangalorean RC parents, residing at Navi Mumbai, invite alliance for their bachelor son 29/6', M.S. (Electronics) from RMIT, Australia. Australian citizen, working as Asst. Manager, in Australia, seeks alliance from qualified RC spinster upto 26/5'4" and above with good family background and Christian values. Please contact : wwlewis86@gmail.com / 022-27422720 **(Regd. No. 6357)**

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 : Roman Catholic Bachelor, aged 29 years, Ht. 5' 8", Wt. 65 kgs, Wheatish Complexion, Edn. B.E. (I.T.), working as a Net Work Engineer abroad. Seeks a slim, fair, beautiful, educated girl below 26 years. Contact email : pjswamy@gmail.com OR 9324312605 **(Regd. No. 5963)**

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 32 years, Ht. 5' 7", Well built, Wheatish Complexion, Edn. B.Com., working as an Asst. Manager. Contact email : ferdinand.furtado@gmail.com OR 9820018233 **(Regd. No. 6051)**

MUMBAI : Anglo Indian Roman Catholic Bachelor, aged 34 years, Ht. 5' 10", Wt. 70 kgs, Wheatish Complexion, Edn.B.Com., working as a Duty Manager. Contact email : saviohenry@gmail.com OR 9820267423 **(Regd. No. 6349)**

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MUMBAI : Mangalorean Roman Catholic Spinster, aged 29 years, Ht. 4' 8", Wt. 52 kgs, Wheatish Complexion, Edn. B.A., working for Banking organisation. Contact email : fabian_sequeira@yahoo.com OR 9892717501 **(Regd. No. 6361)**

MUMBAI : Goan Roman Catholic Spinster, aged 33 years, Ht. 5' 4", Wt. 60 kgs, Fair Complexion, Edn. B.Com., Sr. Stylist (Hair & Makeup). Seeks a suitable match. Contact email : dylisd@gmail.com OR 9167560077 / 9930689139 **(Regd. No. 5964)**

MUMBAI : Tamilian Roman Catholic Spinster, aged 25 years, Ht. 5' 2", Wt. 49 kgs, Fair Complexion, Edn. B.M.S., LL.B., working as an Associate Lawyer. Only Child. Seeks a educated and well settled bachelor. Contact email : leonmichelle.90@gmail.com OR 9870896161 **(Regd. No. 6360)**

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)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 23 years, Ht. 5' 4", Wt. 60 kgs, Fair Complexion, Edn. M.Sc., in Chemistry, working as a Jr. Chemist. Contact : 9969008104 **(Regd. No. 6356)**

MUMBAI : Mangalorean Roman Catholic Spinster, 37 years, Ht. 5' 2", Wt. 58 kgs, Wheatish complexion, looks much younger to her age, good looking, smart, Edn. M.A. M.Com., working as a Senior Journalist. Seeks a well educated and well settled bachelor. Contact email : divinemother86@gmail.com OR 9833065385 **(Regd. No. 5959)**

MUMBAI : Goan Roman Catholic Spin-

ster aged 33 years, Ht. 5' 3", Wt. 50 kgs, Wheatish Complexion, Edn. MA, B.Ed., Advtg. dip., Lecturer by profession. Contact email : geraldineferns@gmail.com OR 9833804332 **(Regd. No. 5947)**

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 : Goan Roman Catholic Spinster, aged 38 years, Ht. 5' 8", Wt. 50 kgs, Wheatish Complexion, Edn. B.A., working as a LIC Officer. Seeks a suitable match. Contact email : v.lobo@rediffmail.com OR 9819050170 **(Regd. No. 5982)**

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 9730454857 **(Regd. No. 6032)**

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)**

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

MUMBAI: R.C. Goan parents seek alliance for their daughter, 1987 born, 5'

3", M.Sc., MBA employed with MNC in Mumbai, from bachelors aged between 29-32 years with good family background. Those interested kindly reply with complete details and recent photograph at buddies_22@yahoo.in **(Regd. No. 6174)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 27 years, Ht. 5', Wt. 48 kgs, Wheatish Complexion, Edn. BE (IT), working as a Sr. Software Engr., Seeks a suitable well qualified match. Contact email : western2462@rediffmail.com OR 8652024267 **(Regd. No. 6173)**

MUMBAI : Tamilian Roman Catholic Spinster, aged 27 years, Ht. 5' 5", Wt. 60 kgs, Wheatish Complexion, Edn. B.Arch., Position : Interior Design. Seeks a well settled match. Contact email: hahlsr@gmail.com OR o2240153702 **(Regd. No.6171)**

MUMBAI : Goan Roman Catholic Spinster, aged 30 years, Ht. 5' 1", Wt. 56 kgs, Wheatish Complexion, Edn. SYBA, Dip. in Avition, working CO in TCS, Seeks a Goan, loving, understanding, social and should have family values. Preferred from Gulf/ Mumbai. Contact email : costa_05@rediffmail.com OR 9869316699 **(Regd. No. 6170)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 29 years, Ht. 5' 3", Wt. 50 kgs, Wheatish Complexion, Edn. MBA (Finance), working as a Finance Manager in Dubai Seeks a well settled boy in Dubai or Mumbai. Contact email : lobocindrella@gmail.com OR 971501663159 / 9867375554 **(Regd. No. 6169)**

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MUMBAI : Mangalorean RC Spinster, aged 26 years, Ht. 5' 2", Wt. 50 kgs, Wheatish Complexion, Edn. M.A., Teacher by profession. Contact email : aranha.priya22@gmail.com OR 9920320332 **(Regd. No. 6318)**

U.S.A. : Mangalorean Roman Catholic Spinster, aged 27 years, Ht. 5' 6", Wt. 54 kgs, Wheatish Complexion, Edn. Engineering, working as a Software Engineer in California. Preferred someone working in U.S.A. Contact email : sd012588@gmail.com OR 9833574859 **(Regd. No. 6308)**

BARODA : Gujarati Protestant Spinster, aged 32 years, Ht. 5' 6", Wt. 64 kgs, Wheatish Complexion, Edn. Masters in Finance & Investment Banking from London. Smart, intelligent, from decent and well settled family. Seeks a suitable match from decent family background and well settled. Contact email : namratawaller82@yahoo.co.uk OR 9879110677 **(Regd. No. 6307)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 27 years, Ht. 5' 5", Wheatish Complexion, Edn. M.S. in Human Resources, working for an international school, seeks a well educated Mangalorean bachelor from a decent family background. Contact email : marriageproposal986@gmail.com OR 9892656367 **(Regd. No. 6147)**

MUMBAI : Goan Roman Catholic Spinster, aged 25 years, Ht. 5' 3", Wheatish Complexion, Edn. B.Com., working and pursuing Post Graduation in Management. Seeks suitable match. Contact email : congi@gmx.com OR 9930630927 / 022-33579348 **(Regd. No. 6148)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 4", Wt. 58 kgs, Fair Complexion, Edn. Chartered Accountant, working as a Manager in Bank. Contact email : multipurpose2909@gmail.com OR 9004351178 **(Regd. No. 6306)**

MUMBAI : Goan Roman Catholic Spinster, aged 29 years, Ht. 5' 6", Wt. 84 kgs, Wheatish Complexion,

Edn. B.E. (Electronics), working as a Sr. Consultants. Contact email : carmina_fernandes@hotmail.com OR 9867725912 **(Regd. No. 6305)**

MUMBAI : Mangalorean Roman Catholic spinster, aged 24 years, Ht. 5' Wt. 55 kgs, Wheatish Complexion, Edn. M.Com., working as a Sr. Executive. Contact email : anithad1103@gmail.com OR 9833286267 **(Regd. No. 6304)**

MUMBAI : Karwari Roman Catholic Spinster, aged 32 years, Ht. 5' 2", Wt. 57 kgs, Fair Complexion, Edn. CA, working as a Manager in Nationalised Bank. Contact email : esha.debbie@gmail.com OR 022-25542147 **(Regd. No. 6303)**

MUMBAI : Karwari Roman Catholic Spinster, aged 40 years, looks young, Ht. 5' 2", Wt. 59 kgs, Fair Complexion, Edn. MBA, working as a Manager in Petroleum Company. Contact email : carolng@hpcl.co.in OR 022-25542147 **(Regd. No. 6302)**

MUMBAI : Goan Roman Catholic Spinster, aged 32 years, Ht. 5', Wt. 55 kgs, Fair Complexion, good looking, Edn. SSC., self employed (Hair Stylist). Contact email : 4.saviola@gmail.com OR 9769598323 **(Regd. No. 6300)**

MUMBAI : TAMILIAN Roman Catholic Spinster, aged 30 years, Ht. 5' 1", slim, Fair Complexion, good looking, Edn. B.Com., CFA, working as a Manager in Financial Company. Seeks a suitable match. Contact email : simon_sigo@yahoo.co.in OR mariaselvamsigo@gmail.com Or 9821139079 / 9920178739 **(Regd. No. 6299)**

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 : wilfyouza@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)**

GUJRAT : Goan Roman Catholic Spinster, aged 27 years, Ht. 5' 4", Wheatish Complexion, Edn. M.E. (Mechanical) working as an Asst. Professor in Engineering College. Seeks highly educated bachelor. Contact email : alicedsz08@gmail.com / alicedsouza08@yahoo.in OR 0265-2339630 **(Regd. No. 6144)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 32 years, Ht. 5' 5", Wt. 57 kgs, Wheatish Complexion, Edn. MBA, working as Marketing Manager in Bangalore, Contact email : richardathanasius@gmail.com OR 9980555027 **(Regd. No. 5973)**

MUMBAI : Goan Roman Catholic Spinster, aged 28 years, Ht. 5' 3", Edn. B.Com., working as a Fashion Designer. Seeks a suitable match. Contact email : rodriguesemma@rediffmail.com OR 9821471904 **(Regd. No. 6092)**

MUMBAI : Anglo Indian Roman Catholic Spinster, aged 34 years, Ht. 5', Wt. 53 kgs, Wheatish Complexion, Edn. Graduate, working as a Web Designer in **MUSCAT**. Seeks a well settled bachelor. Contact email : newimage23@yahoo.com / parsjudy@gmail.com OR 00968-95852514 / 9820300874 **(Regd. No. 5971)**

MUMBAI : Goan Roman Catholic Divorcee, aged 41 years, Ht. 5' 3", Fair Complexion, Good looking and simple, Edn. B.Com., working as an administrator. Seeks a suitable match. Contact email : dalai_mary@rediffmail.com OR 9967289345 / 9987638099 **(Regd. No. 6130)**

MUMBAI : TAMILIAN Roman Catholic Spinster, aged 30 years, Ht. 4' 10", Wt. 50 kgs, Wheatish Complexion, Edn. B.Com., working as a CRE, Contact email daisy.dec1@gmail.com OR 7507899111 **(Regd. No. 6129)**

Soaps for Gorgeous skin

There are also many moisturizing soaps that leave your skin baby soft. There is a wide array of options on your supermarket aisle when it comes to picking soaps and you might be confused as to which one to pick during this month's grocery shopping. We give you our picks of the top 10 best soaps in India that will give you a refreshing bath and great skin!

Dove Beauty Bathing Bar

Dove was among the first companies to introduce a soap with 1/4th moisturizing milk. You will feel the difference while bathing with Dove, in that, the skin will seem slippery even after you have washed off the water. This is the soap replenishing the moisture in the skin. It leaves behind a mild aroma. It is priced at Rs. 42 for 75 g.

Liril 2000 with Tea tree Oil

The popular soap Liril was re-launched as Liril 2000 with Tea tree oil that can heal skin infections. The lime extracts revitalize your skin and keep it germ free. Try the soap for not just cleansing but also protection from infections. Price – Rs. 45 for 125 g.

Pears Pure and Gentle Soap

Though many variants of the Pears soap have been launched over the years, the honey colored translucent Pears soap remains popular even today. Its mild fragrance and moisturizing capability from the glycerine makes it a favorite with young and old alike. It is priced at Rs.32 for 75g.

Biotique Orange Peel Body Cleanser

This natural soap is enriched with Orange Peel extracts and exfoliates the skin as it cleanses it. The enzymes in the orange peel help slough off dead



cells and revitalize the skin, making it look younger. It is priced at Rs.70 for 150 g.

Mysore Sandal Soap

Another classic soap that is famous for its sandalwood aroma and the healing and cooling properties of sandalwood that come along with it. It is enriched with glycerine, vegetable oils and pure sandalwood oil, helping moisturize the skin and lighten the skin tone. It is priced at Rs.49 for 125 g.

Hamam Soap

One of the best neem based soaps in the market, Hamam has been around for ages. It is enriched with neem, tulsi and aloe extracts and is trusted to help cure skin infections and breakouts. The aloe vera and polyols in the soap help moisturize the skin. It is priced at Rs.24 for 100 g.

Fima Di Wills Skinsense Soap

The soap is made of completely natural extracts that ensures that the skin proteins and moisture are replenished,

making the skin soft and supple. The glycerine based soap has a mild fragrance for a fresh feeling all day long. It is priced at Rs.56 for 100 g.

Dettol Soap

Want to be 100% sure of fighting infections? Then dettol is your solution. Be it the original "medicine-like" smelling soap or the newer skin care and dettol fresh variants, they all promise you the best germ protection you can get. Be sure that all your skin infections can be forgotten upon using this soap. It is priced at Rs.23 for 75 g.

Himalaya Refreshing Cucumber Soap

While there are other variants too in the Himalaya Soaps range, this is the best choice for the coming summer. Its coconut oil and cucumber cool and cleanse the skin while also leaving it soft. Its mild fragrance leaves you feeling fresh and light throughout the day. It is priced at Rs.24 for 75 g.

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