

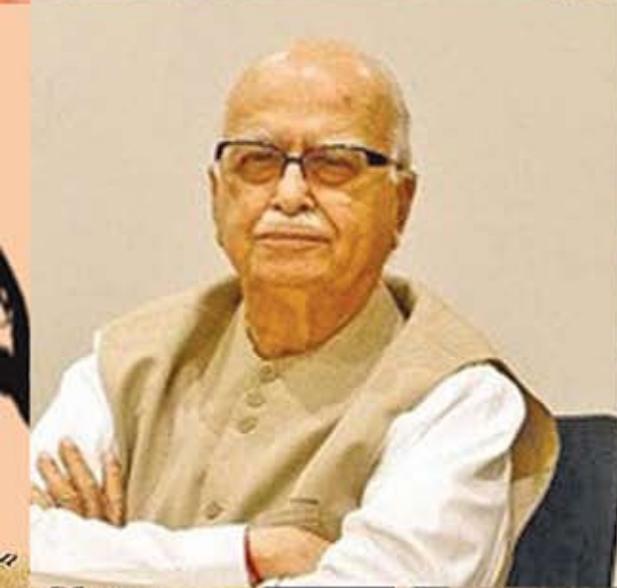
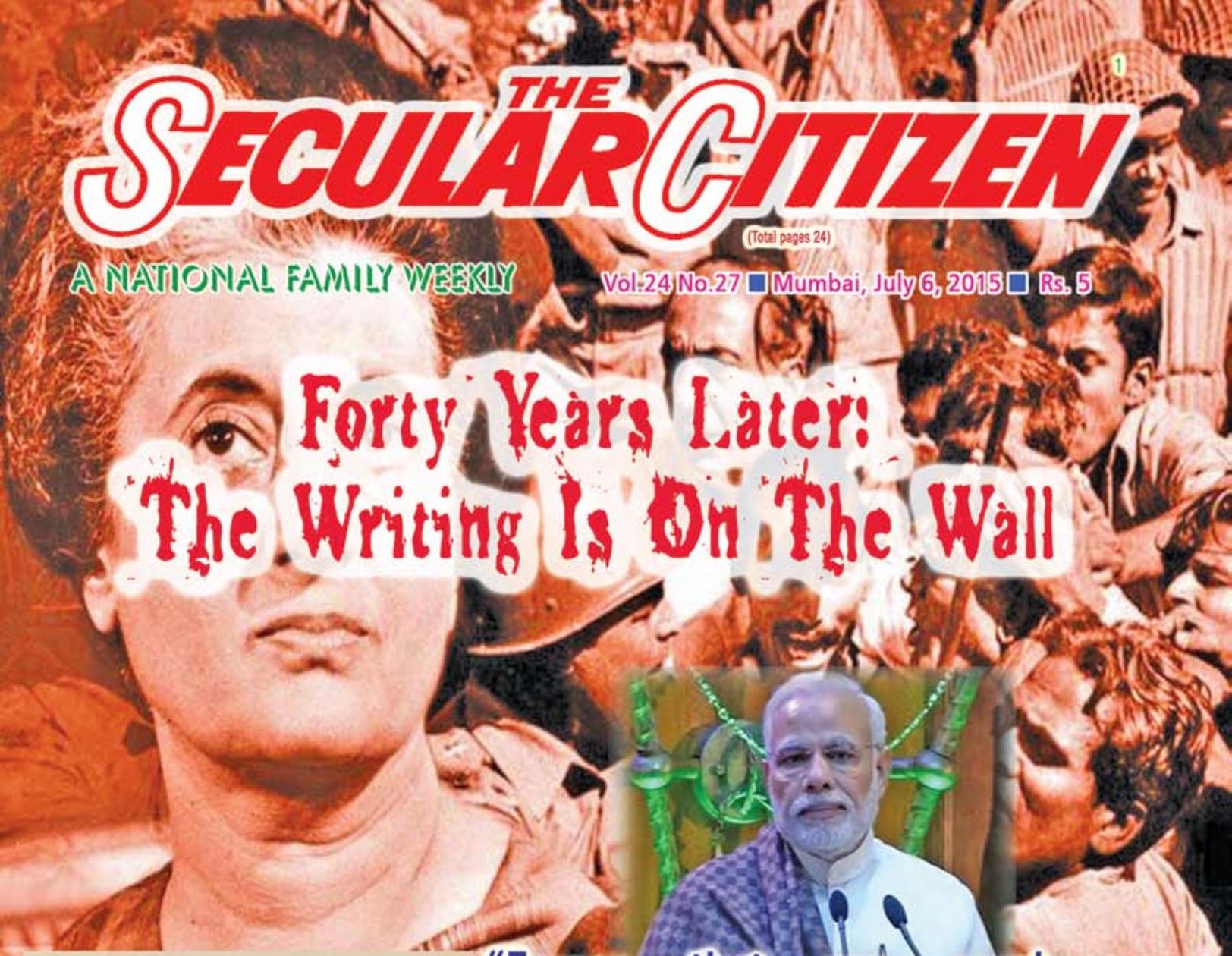
THE SECULAR CITIZEN

(Total pages 24)

A NATIONAL FAMILY WEEKLY

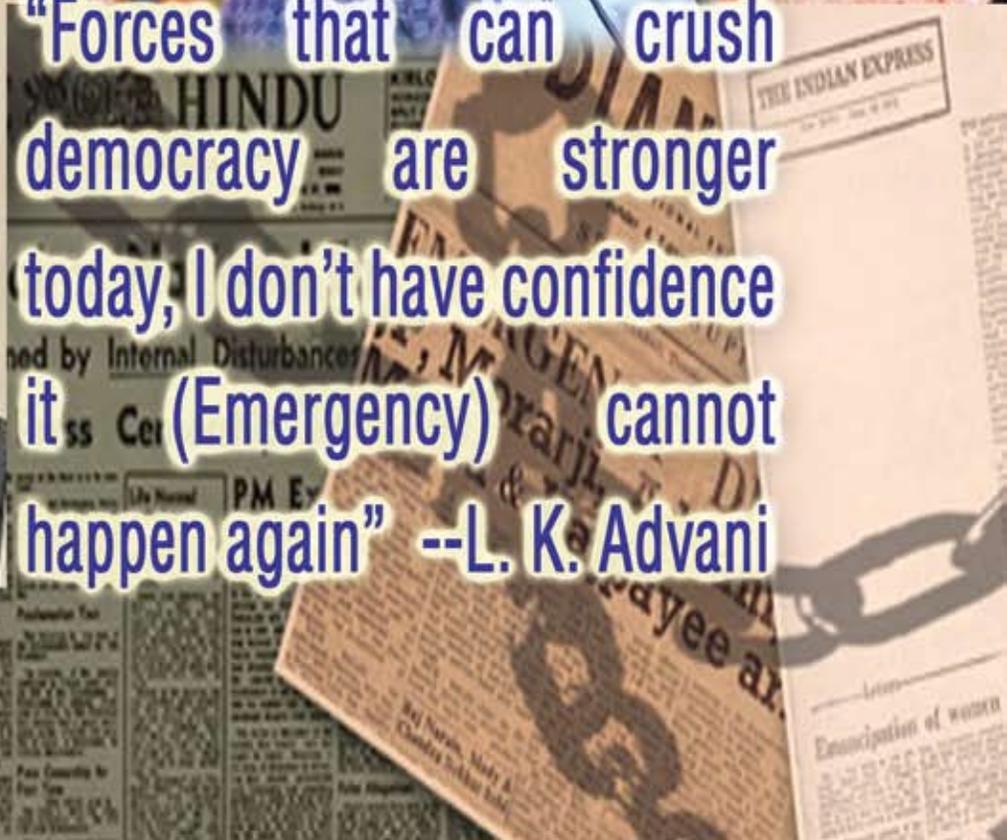
Vol-24 No-27 ■ Mumbai, July 6, 2015 ■ Rs. 5

Forty Years Later: The Writing Is On The Wall



“Forces that can crush democracy are stronger today, I don't have confidence it (Emergency) cannot happen again” --L. K. Advani

People warned against Mrs Gandhi's actions



Celebrating The Apostle In The Year Of Consecrated Life

As part of the Centenary Year of its foundation whose closing coincides with the Church's ongoing Year of Consecrated Life, the Congregation of the Daughters of St Paul in India celebrated their patron, the Apostle Paul by organizing a symposium at Bandra, Mumbai, on Sunday 21 June 2015 (4 pm to 7 pm) on PAULINE MYSTICISM & APOSTOLIC DYNAMISM: A CHALLENGE TO CONSECRATED LIFE.

Encountering the Mystical Paul: A Gift and a Quest - Expostulating on this topic, Sr Nirmala C, like a truly Pious Disciple of the Divine Master, made possible for the gathering an encounter with Paul from whose mysticism emerged the entire theology of the Christian Faith. Taking a cue from Paul's Letters to the Romans and the Galatians, Sr Nirmala pointed out that Paul enjoyed an extraordinary relationship



with God which came about by means of unceasing prayer. The Church's doctrine on the Holy Spirit has its roots in Paul's thought; prayer, meditation, detachment from earthly things, silence, concentrating on heavenly things, self surrender are all achievable by cultivating dependence on the divine rather than on human factors. In Christ he found the key which unlocks the secrets of the universe, making possible an inner revelation.

Our Mission in the Context of Religious Pluralism - "Preaching to people of other Faiths should be our first priority," said Fr (Dr) George Kaitholil, SSP, in his elucidation of the topic. Basing

his dissertation on 1 Corinthians 9:22, he dwelt at length on Paul's deep desire to be "all things to all." Stressing on Paul as a model, he went on to spell out the need for 'witnessing' through example, prayer, service and word. Appropriately, he touched on the significance of our relationship as believers with people of other religions, reminding his hearers that inculturation is a quality of the heart and, as such, stems from the heart. A competent speaker and an erudite writer with no less than 75 books to his credit, Fr George brought to bear on his dissertation his indepth experience in Pauline Spirituality.

Consecrated Life as a Call to Discipleship of Equals: A Pauline Paradigm - Sr (Dr) Pauline Chakkalakal, DSP, who based her talk on Galatians 3:26-28, insisted that we are ALL consecrated, created as we all are by the Divine Power. As such, we have all put on Christ in and through our Baptism, with no distinction

whatsoever in evidence in relation to Jew and Greek, male and female, slave and free, ALL being one in Christ Jesus. She pointed out how certain women accompanied Jesus and his disciples as he "made his way through the towns and villages, proclaiming the good news of the kingdom of God" (Lk 8:1,2,3), thus demonstrating in no uncertain terms the equality of the sexes in God's scheme of things. She emphasized that God created both MAN and WOMAN in His image and likeness and "blessed them" not "him" alone, thus conferring on ALL HUMANS equal status as disciples. It was to a woman that the risen Lord first



by Ladislaus L D'Souza

appeared and commanded to "go and tell" his male disciples about his Resurrection. Committed to the Prophetic/Liberative mission of Jesus, Dr Pauline challenged the participants to work towards the realization of Jesus' vision for the Church as a community of Discipleship of Equals.

Sr (Dr) Ananda Amritmahal, RSCJ as Moderator, had her hand firmly on the ringer, thus facilitating equality in terms of time allotment to the speakers, balancing the proceedings on the floor of the house during 'question hour' to the benefit of speaker and participant alike. An award-winner in the field of education, her rich experience as Principal of one of Bombay's premium Catholic educational institutions, Sophia College, obviously stood her in good stead in steering the deliberations!

The Symposium, whose Master of Ceremonies was Sr Sofia, DSP, commenced with the Welcome Address by Sr Celine Sebastian, DSP, Superior of the Bandra DSP Community, preceded by the Invocation Dance by Sr Sylvia, DSP. The event concluded with the Vote of Thanks by Ladislaus D'Souza, Pauline Cooperator, preceded by a very innovative skit by the Postulants of the Society of St Paul under the direction of Fr Prithviraj, SSP, reminding the audience of Paul's admonition, "Love is patient, kind, without envy, never boastful or arrogant....takes no delight in wrong" (1 Cor 13:4ff).

'Thought for the week'

You can't live a perfect day without doing something for someone who will never be able to repay you.

Contents

- pg. 3 - Why the present seems as alarming as the 'terrible emergency' of 1975
- pg. 4 - Forty years later: The writing is on the wall
- pg. 5 - On the mat
- pg. 7 - Reader's Views
- pg. 9 - Yoga - India's gift to the World
- pg 11 -Views on News
- pg 14 - How to deal with angry Husband
- pg 15 - Hevan is no a geographic location
- pg 17 - Epistle for the coming Jubilee Year of Mercy
- pg 19 - Inspiration!
- pg 20 - Matrimonials

Subscriptions Rate:

- One year (anywhere in India) Rs. 250
- Three years (anywhere in India) Rs. 700
- Five years (anywhere in India) Rs. 1000

One year (outside India) Rs. 2500

E-paper Edition

- sent anywhere in the world (by email)
- One year Rs. 600 or US \$ 15
- Two years Rs. 1000 or US \$ 25

Cover : Forty years later: The writing is on the wall (Read p.4)

Advertisement. Tariff

Over all size 21.5 cms x 27cms • Print area 18 cms x 25.5 cms

Full pg. back Colour (19 cms x 24 cms)	Rs. 15,000
Center spread colour(39 cms x 23.5 cms)	Rs. 15,000
Full pg. inside Cover colour(18 cms x 24 cms)	Rs. 10,000
Full pg. inner colour (18 cms x 24 cms)	Rs. 8,000
Half pg. Colour (18 cms x 12 cms)	Rs. 5,000
Full page B/W (18 cms x 24 cms)	Rs. 5,000
Half page B/W (18 cms x 12 cms)	Rs. 3,000

Small Size Ads B/W

12 x 12cms Rs. 2000	•	6 x 24cms Rs. 2000
18 x 6cms Rs. 1500	•	6 x 12cms Rs. 1000
6 x 6cms Rs. 500		

Matrimonial Classifieds:

- Rs. 500 per insertion (for 35 words) (includes box no.)
- Rs. 1500 for 12 insertions. (1 year The Secular Citizen FREE)

Why The Present Seems As Alarming As The 'Terrible Emergency' Of 1975

by Kabir Sharma

Be it the bans and censorship, the cruel sterilizations and associated deaths, the crackdown on rights of citizens, stifling of dissent, they all exist in various forms today: some blatant, some insidious.

The PM and his government have reminded us how terrible the emergency was, and how we as a nation need to increase the strength of our democracy, but too much of what is being seen is the opposite: a systematic crackdown on the freedom of multiple arms of our nation.

Indeed, the government has been telling the poor it is on their side, but relentlessly breaking their will with its actions. The passing of amendments to the land acquisition bill which remove the clauses needing farmers' consent and Social Impact Assessment is one such instance. The bill, having very bullishly subverted legislative process taking the ordinance route earlier, makes it legal for corporations to overlook the fundamental concern of the farmer whose land is taken.

Powerful instruments designed for the empowerment of the poor like the RTI and the RTE are in dire straits today. The major reduction in their budgetary allocations, like the 40% budget cut the Central Information Commission has seen, have left them severely compromised.

Too many rights-based social welfare schemes for the poor have been squeezed, while starting various Yojanas that are not, saving the government from active responsibility in executing them.

The country's premier educational and research institutions: IITs, IIMs, FTII and ICHR are all in crises with the government wanting and taking control. Directors of FTII and ICHR, bludgeoned in by the government, are very questionable people. The last 8 months have seen 4 major academicians resigning from the apex of institutes as the Ministry was meddling too deeply in their matters, and pushing its own agenda. This includes chairman of IIT Bombay's Board of Governors and renowned atomic scientist Anil Kakodkar and NCERT Chief Pravin Sinclair. Even syllabus in schools is being altered by those with non-neutral inclinations.

Culture, which inevitably raises questions on the system, has seen massive slashes in its funding. Budget allocations for Sahitya Akademi (SA) and National School of Drama (NSD) were cut by 54 and 44 percent respectively this year. The scheme of Financial Assistance for promotion of Art and Culture has been brutally axed with money allocations reduced from 59.33 crore to 3.20 crore.

The registrations and funding mechanisms of NGOs which have done a lot of outstanding work fighting for people's rights, environmental and climate change concerns stand suspended.

Oppression and attacks on minorities across the country are being treated with absolute indifference. Riots in Trilokpuri, attacks on churches in Delhi, and things like ghar wapasi which should be unthinkable in this day and age, were treated by the prime minister with

(Contd.. on p. 16)

Forty Years Later: The Writing Is On The Wall



BY FR. CEDRIC PRAKASH
SJ

Forty years ago on the night of June 25th – 26th 1975, the country stood still as one of the darkest chapters of its history unfolded. For those whose memories will never fail, it was surely a reminder of those immortal words of Pandit Nehru when Mahatma Gandhi was assassinated in 1948, “the light has gone out of our lives and there is darkness everywhere”. Very strangely those words of Nehru was an apt quote for the misdeeds of his own daughter Indira Gandhi, the then Prime Minister of India who on that dark night of 1975 promulgated emergency rule in India and in a matter of moments extinguished the light in the lives of many Indians.

Forty years is time enough to mull over the happenings of the pre-emergency and post-emergency periods. Several reasons were cited for the declaration of emergency; these included: protests and strikes which had paralysed the Government and hurt the economy greatly; massive political opposition and above all several Congressmen already leaving the party because of the dictatorial tendencies of Indira Gandhi.

The emergency rule effectively suspended the rights and freedoms guaranteed to the citizens of the country. There was a massive crackdown on civil liberties and on every form of political opposition. Thousands were arrested all over the country and some

organisations were even banned. Elections to parliament and state governments were suspended and the judiciary became a willing tool in the hands of the Government. Indira’s son Sanjay Gandhi became de facto ‘a super power’ initiating a compulsory sterilisation programme in order to limit the growth of the country’s population. Freedom of speech and expression was totally suspended with the ‘Indian Express’ coming out with a blank lead edit on June 28th 1975 as a sign of protest. Emergency however in India did not last and on March 23rd 1977 it officially ended.

Forty years after that black day, the writing on the wall today seems to be loud and clear! One only needs to look around and to see how systematically the sanctity of the Constitution is being violated and how the freedoms and rights of the ordinary citizens are being curtailed. Civil rights activists are under attack; those who question Government policies and rulers of today are subject to all kinds of intimidation and harassment. This Government clearly brooks no dissent. “Foreign money” has become the big bogey. Those who receive and use it for the rights of the people, to protect the forests, the lands and waters are at the receiving end; on the other hand, big business and other vested interests can receive foreign funds to profiteer and to destroy what is precious to the ordinary citizens of the land.

Education is being tampered with as never before. History textbooks are being manipulated to suit the whims and fancies of those who govern us. Prestigious bodies like the Indian Council of Historical Research, the NCERT and the IITs have lost visionaries because of Government interference. Even the much sought after Film Institute of India has been foisted with a Director who has questionable credentials. The way media is co-opted and even hounded is a clear sign that all is not well in the world’s largest de-

mocracy. Lies and half-truths rule the roost. Convicted murderers are out on the streets with political patronage.

In a far-ranging interview to a newspaper, very recently on the fortieth anniversary on the imposition of the emergency, Mr. LK. Advani, the doyen of the BJP minces no words when he says, “forces that can crush democracy are stronger today, I don’t have confidence it (Emergency) cannot happen again”!!!

The writing is on the wall: need we say more?

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

SHREEJI PLAZA

Opp. Orlem Church (Malad West)

1-BHK 697 sq.ft. Rs.66,21,000/-

2-BHK 923 sq.ft. Rs.87,68,000/-

18 Floor Tower, Possession by
October-2018.

SHREEJI ATLANTIS

Opp. Orlem Church (Malad West)

2-BHK 1200 sq.ft. Rs.1,32,00,000/-

3-BHK 1600 sq.ft. Rs.1,76,00,000/-

35 Floor Tower, Plinth work
completed, Possession by October-
2018. Loan available.

VINOD GUPTA

9820045619

Wedding Invitation, Christening,
First Holy Communion, Mortuary
Cards & Religious Goods
Contact:

David & Company

Sharaf Manzil, 1st Floor, 650,
J.S.S. Road, 2nd Dhobitalao Lane,
Mumbai 400002

Tel.: 22019010 / 2205 7394

Fax: 2206 0344

Emails:davidprinters@gmail.com

www.davidcompany.com

On The Mat



BY CHHOTEBHAI

He was on the mat, flat on his back, and then he sat up like a conjurer taking something out of his hat, and the world gave this fat cat a pat on the back!

Sorry if the rhymes of this muse confuse you (there I go again)! I was just referring to Namo and his Yoga. In the month of June he stole a March over his political rivals in the August presence of the world that May have raised some hackles. (Oh dear Yoga does seem to have had a side or snide effect on me).

Let's now cut to the more prosaic. We have just witnessed the great spectacle of the International Yoga Day (IYD), with PM Namo leading from the front (row). Love him or hate him, you can't ignore him, especially when he chooses to be on centre stage. On the up side we must graciously concede that Namo has pulled off a remarkable feat that has riveted the world's attention on India. Congrats. Earlier India moved beyond the realm of elephants, rajahs and snake charmers; to the world of software giants and world-class manufacturing. Now we have our very own soft wear to peddle, and all the accessories that go along with it. Never mind if the mats were made in China. That is a minor hiccup that can be easily overcome with deep breathing.

The jury is still out on whether this was just a one-off well-orchestrated tamasha, like the Swatch Bharat campaign, that has since sunk without a trace. I too would not like to judge the IYD prematurely. Future events will unfold the truth.

For now I must make a confession. Whenever I have a slight cold, cough or headache, my darling wife will immediately reprimand me and say, "Do deep breathing". She considers it a panacea for all ills. In fact over the last two weeks I had some chest congestion and was supposed to see my homeopathic doctor today (the day after the IYD). She was not available, so I obliged my wife and did some deep breathing. Viola! I am feeling much better, so I really must thank Namobhai.

I have no hesitation in saying that

deep breathing is an excellent way of calming one's self, and controlling one's metabolism. Though I'm not sure if Yoga can claim a patent on deep rhythmic breathing. The same goes for the various asanas, some of which look a lot like the PT drills that we did in school. Even today I do some of those free arm exercises, including one that my wife calls the monkey scratch. Should I patent it as the bandarāsana?

I have also studied the various prayer postures that Muslims follow during their namaaz – Takbir-i Tahrima, Qiyam, Ruku, Tasmī, Sijda, Jaisa, Salam and Munajat. I again find some of them strikingly similar to yogic postures. I am not saying this to deride Yoga, but rather to look at it dispassionately; minus the hyperbole. At the other extreme I have a good friend, a senior Govt officer, who cynically states that the Yoga stretches are no different from the way a dog stretches after it awakens! Some stretch of the



imagination that!

Writing in the Hindustan Times on IYD itself Riddhi Joshi says, "Like most pre-historic traditions, the practice of Yoga was handed down orally from generation to generation". The word Yoga "first appears in the Rig Veda (circa 1500 BC)", and "around 400 BC a yogic named Patanjali systematized this traditional knowledge". However, modern Hatha Yoga, as we now see it practiced, was popularized in the last century by T Krishnamacharya,

under the patronage of the Maharaja of Mysore; and further popularized by his brother-in-law, BKS Iyengar, who passed away in Pune last year. I wonder if today's most popular Yoga guru, Baba Ramdev, or even Namo himself, has given any credit to these great southern yogis?

What really is Yoga? I will write a detailed piece later though I am far from an expert. I find it to be essentially a form of spiritual exercise (to borrow an Ignatian term), to draw one closer to God or even be unified in Him. The various forms of breathing (pranayam) and postures (asanas) are not an end or achievement in themselves. They are merely means to attaining a higher end – unity or synchrony with the Godhead. It is here that I find that modern day Yoga and its gurus have veered off the track. They have been deflected from their path by the demands of the Western world for instant nirvana.

In the West many took to drugs and free sex, without the desired result. The next best thing was Yoga, as it had no side effects and little recurring expense. So we had a plethora of new age gurus jet setting to the "decadent" West to teach it the "ancient wisdom" of the East. But the West had its own ideas. All it wanted was relief from a stress filled life.

There is no denying that rhythmic breathing and controlled exercise, together with the correct ambience (music or incense), would render relief and relaxation and possibly some peace of mind. Ramnath Jha, professor of Yoga at the JNU, Delhi says, "In a country where stress and lifestyle diseases are a huge concern, there is no harm in urging people to take up Yoga". Jha has touched a raw nerve. Stress and life style diseases – hurray. Unfortunately they are not a disease,

(Contd.. on p. 6)

(Contd.. from p. 5)

but symptoms of a far deeper malaise.

Who are more stressed – the urban population. Those in rural areas and living closer to nature are not so stressed. We don't find farmers and forest dwellers rushing to Yoga classes. What is the urban population stressed about – noise, filth, traffic jams, inadequate housing water and electricity, marital discord, no private space, an obdurate bureaucracy, a corrupt system, religious intolerance, caste discrimination, the rat race for careers etc. Can Yoga solve these problems? Is it just a temporary salve, far from salvation? Would it not have been better to address the root causes, rather than the external symptoms? It is on this count that Namō's enthusiasm for the IYD fails to pass muster. It adds credence to the growing feeling that the IYD was just a stage-managed tamasha.

As an amateur psychologist I like to study peoples' body language. I was observing Namō's face during the Yoga session. He looked highly stressed, far from relaxed. In the Padmasana (lotus position), he was unable to bring up both his feet, and his arms were limp, not straight as they should have been in this asana. So with Russian President Vladimir Putin, I too must put in a question, "Does Namō himself actually practice Yoga?"

As a person earlier involved in counseling and inner healing, I can aver that most diseases (other than infection or injury) are pneuma-psychosomatic (derived from three Greek words for soul, mind and body). When we lose our sense of morality and disconnect with the divine, we have a pneuma problem. This in turn may also affect the psyche (thoughts and feelings), resulting in negative emotions like anger, hatred, vengeance, despair. They in turn act on the soma (the body). Anger and hatred affect the head, neck, shoulders and lungs.

Fear affects the stomach and insecurity the legs. These are just examples to illustrate the point. So Yoga is one way that could address the symptoms but will not give a lasting cure unless the root causes are addressed.

There are two other claims that over enthusiastic proponents for Yoga make that I would like to address – the primordial sound - OM, and rhythmic chanting. It is often stated that the word OM is the primordial sound that encompasses all others. There is a hint of superiority in this claim, that this sound transcends all words. Referring to the prayer of Jesus himself the Bible says that he prayed "with loud cries" (Heb 5:7), implying that this was beyond words. Similarly we read that "the Spirit pleads with God for us in groans that words cannot express" (Rom 8:26). Both these texts refer to wordless expression. Let me give two simple real life expressions. When we see a cute baby we may say something like "Kuchoo buchoo" which means nothing, yet the baby understands. So too if a couple is having sex, they would express themselves with oohs and ahs that are not words. So wordless expression is no doubt very expressive, but in no way limited to Yoga. It is not even limited to humans. I recall when a wild elephant charged our vehicle in the Corbett Park. Our forest guide pressed his arms against his abdomen and let out a deep guttural sound. The wild elephant was tamed.

Rhythmic chanting is also not the monopoly of Yoga. Buddhist chants resonate, and the poetic expression of the Sikh Granthi or the Islamic Mouazins' azan is soul uplifting. In the European Christian tradition we have the Gregorian Chant. So while endorsing Yogic chanting let us not become supremacist or exclusivist. In fact one of the first lessons that Yoga should teach us is humility and detachment, which is what the bhagwa colour symbolizes. The foregoing is not a critique, but an attempt to have a more rational approach to Yoga.

Now let me touch upon something incidental to the IYD and not Yoga per se. The saddest part was the attempt to malign Vice President Hamid Ansari, for not attending the

programme just because he was a Muslim. Though officially termed "voluntary" there was sufficient evidence of compulsion used to make IYD a rip-roaring success. It was not proper to force school children on holiday to come. If army men on the border posts are lulled into doing Yoga, how will they fight? If Muslims are observing their Ramzan fast, and Christians are going to Sunday morning service they cannot be considered less Indian for not participating in the IYD. As a panelist on a TV show said "Nationalism should not be equated with participation in the IYD".

Most scathing was the allegation made by Rita Bahuguna Joshi of the Congress, that the Modi Government has actually cut down on grants to the health sector and even the AYUSH Ministry that organized the IYD. So how can this Government preach health and wellness to the world? Shouldn't we do our own cleaning up act first? And for all those who would seek to communalize Yoga, let us remember that the man who broke the world record on IYD for a 61 minute Sheeshasan (head stand) was a guy called Ivan Stanley in Dubai!

So let us celebrate and propagate Yoga in the correct spirit, without getting carried away by hats or mats. Instead of patting ourselves on the back, let us set an example to the world; of an India living in peace and harmony, free from stress and disease. To that let us all say from deep down in our hearts – OM shanti Om.

• *A more detailed scientific study of Yoga will follow*

PAMELA WADIA

Meet Pamela Wadia for designs fitted to perfection from simple A-line styles to fabulous Ball Gowns Excellent bead work & Embroidery -- Any Size or Shape, as per your budget.

**BRIDAL GOWN
BRIDES MAIDS DRESSES
FLOWER GIRLS DRESSES
COMMUNION DRESSES
WESTERN FORMAL WEAR
READY WEDDING GOWNS ALSO
AVAILABLE**

**Mob: 9322277790, 66959482
www.ready2wed.in**

Read **THE SECULAR CITIZEN**

Online at:
www.issuu.com/secularcitizen



Yoga in school

That yoga will soon form part of the school curriculum in govt –run schools is a welcome step and on expected lines, given its worldwide appeal and grand success on International day of yoga on June 21. Accordingly , 80% of the marks will be reserved for Yoga practicals (comprising asanas) and the remaining 20% for theory. So, in practice we have a syllabus wherein Yoga is reduced to a set of callisthenic exercises, which goes against the definition of yoga which in its essence is yoking with the Almighty through meditation. Only a combination of asanas and meditation can bring about an inner transformation of an individual and put him/her in harmony with nature and its surroundings. The yoga in school will therefore be what one would call as only “pseudo” yoga. While on the subject of meditation it is pertinent to point out that in accordance with the earlier letter from the Vatican’s ‘Congregation for the doctrine of the faith’ to Catholic bishops of India “Yoga involves methods of meditation which attempt to fuse Christian meditation with that which is non-Christian”. It is precisely for this reason that Yoga continues to be opposed by a few hardliners in the Community’

—A. F. Nazareth, Alto Porvorim

Unsporting Politics

In sport and politics, this seems to be open season for sly attacks on leadership. Virat Kohli has criticised MS Dhoni’s tactics on the field , and MM Joshi, LK Advani and most recently Yashwant Sinha have faulted PM Modi’s policies in government . All of these critics have an agenda which is not dissimilar: Kohli appears to be in a hurry to take over the Indian cricket team captaincy in all forms of the game

where a player’s current form/performance should be the only criteria for selection/leadership, not his past contribution to it. Dhoni fails on these two counts and should have stepped down after multiple foreign tour white-washes , paving the way for a successor. The BJP old guard is unwilling to walk off into the sunset following the PM’s right decision to make 75 yrs the “use by ” age for a cabinet berth in his government. This seems to be a common Indian failing - the inability to see the writing on the wall and when brought to attention, the reluctance to accept it. Age and experience must yield to youth and initiative for progress in all walks of life.

—Bernie Tellis

Government Employment Vs Church Voluntary Service

UCAN news (26 June 2015) has it that Julius Jawahar Devakandan, a parishioner of the Cathedral of the Madura-Ramnad diocese of the Church of South India has moved the Tamil Nadu High Court against government employees holding positions in the diocese in violation of state rules. It is also reported that Justice R. Mahadevan of the Madurai Bench of the said court has on 24 June ordered issuance of notices to government and church authorities concerned on the petition - a trend that ought to make Catholic Church authorities in the country sit up and think.

Of course, one does not know whether the government employees who are members of the CSI Diocesan Council are paid employees of the diocese, albeit one would presume

they were not. However, the Catholic Church in India does have fairly large numbers of its faithful volunteering their services as members of councils, apart from other ministries, both at the parish and diocesan levels, some of whom at least might be in the ‘government servants’ category.

It may not be long before some wisecrack in any of our parishes gets a brainwave and, instigated by disgruntled elements, does something similar just in order to get even with someone for having been rubbed the wrong way! It would therefore be prudent for Catholic diocesan authorities across the country to be on the alert and ready to effectively counter such situations or answer such ‘notices’ before an issue gets blown out of proportion.

—Ladislaus L D’souza, Malad

On Christian Modesty

In his very forthright and perceptive article, “Whither Christian Modesty?” Ladislaus L. D’Souza (Secular Citizen, 22 June, ‘15) has shown a lot of courage in highlighting a rather recent, but tricky problem facing the Catholic Community, in Latin Rite parishes, mainly in Mumbai. He wonders why the parish Fathers are doing little about tackling this problem, which projects a very poor image of the Community to people of other religions – as reflected in Hindi films, and which also reinforces the impression that Christianity is a Western religion and a colonial remnant. There are many factors that have brought about this undesirable situation, which make it very difficult and embarrassing for our priests to even recognize this as a problem. Firstly, many in the Community, both priests and lay people (who are considered modern and progressive, many even trained abroad) are prone to accept easily the latest trends in Western culture, which, they fail to realize, has lost all sense of God, the sacred, the sense of sin and sense of man’s unworthiness before

(Contd.. on p. 8)

(Contd.. from p. 7)

God. Nothing is sacred any longer, whether it be human life, the human body, marriage, human relations, religion, authority or a church-building. Everything is okay and there should not be any guilt-feeling about anything. In the end, all will be saved and go to Heaven. At all costs, we must be competitive and show that we are up-to-date and modern!

This culture is being actively encouraged, both inside and outside our churches, through the active use of the latest music and media of communications coming from the West. It has even, very subtly, entered our worship (especially at services for children and youth). The efforts at inculturation, in the 1970s and much earlier during the last century, at creating a serene, ashram-like, contemplative atmosphere at our prayer-meetings and Eucharistic celebrations (clearly supported by Vatican II), which would surely have a strong appeal to the Indian masses, have been virtually abandoned. Everything is oriented to make the Church more western, and more attractive to westernized elites, who are only looking for opportunities to leave the country for greener pastures abroad. What can individual Fathers in parishes do, if this trend has the support of those who count within their parishes and in the Archdiocese?

There has to be clarity about what is truly Christian and what sort of image we wish to project, on the part of our leaders and people, and a uniform approach to tackle this problem. If one parish alone is strict and the others tolerate or, even encourage the opposite, rules and regulations imposed will only produce resentment and incur the displeasure, even ridicule, of those who consider themselves progressive. In order to face the problem squarely, we need to first recognize it, and accept it as a problem that affects Christian morality, stability of marriage, family-life and social interactions. Then we shall have to work in unity to revive the 'sense of the sacred', particularly inside our churches, which could be palpably felt earlier, even by Non-Christians, for

nearly 2000 years. It is noticeable that Non-Christian places of worship, like temples, mosques, gurudwaras and fire-temples, do not face this problem because they are still regarded, even by the younger generation, as sacred (places where God is present) and secular activities are never tolerated. By contrast, some of our churches are perceived, more and more, as public halls for socializing and community celebrations in the name of religion, where the Real Presence of the Lord in the tabernacle or at the Eucharistic Celebration is no longer revered, and where even food and drink may be served sometimes. Perhaps, those who dress inappropriately have been brought up with such a mentality, viz., to consider our churches as places for legitimate display of one's talents and personality, and for religious entertainment -- auditoriums beautifully decorated by event-managers, where applause is often heard, and where there is no distinction between what is sacred and what is profane. How can they be blamed?

—**Joseph M. Dias, S.J.**
Andheri (E)

Laudato Si - Be Praised !

Pope Francis has just delivered the above Encyclical, 'On the Care of Our Common Home'! It takes its title from the patron of the environment, St Francis of Assisi, whose Canticle extols God's creation. This 192-page Encyclical inspires everyone, to conserve the Earth and its resources. The release comes six months before international leaders gather in Paris to try to seal a deal to reduce 'carbon emissions' (greenhouse gases), which is the main culprit in 'global warming'! This chiefly results from human activities such as the burning of fossil fuels, and the conversion of land for agriculture leading to 'deforestation'! Pope Francis warns: "We have come to see ourselves as the Earth's lords and masters, entitled to plunder her at will ... The violence present in our hearts, wounded by sin, is also re-

flected in the symptoms of sickness evident in the soil, water, air and in all forms of life ... This is 'collective selfishness'; but there is still time to halt the damage by restraining consumerism and greed!"

From the very beginning God expected man to use the products of nature not only for his sustenance, but to have responsibility – to "subdue and have dominion" (Genesis, 1:28). And by extension also to guard, protect and preserve the ecology or "the garden of Eden to 'till' it and to 'keep' it" (Genesis 2:15).

—**Dr Trevor Colaso**

“Church land deals “Sole Trustees” power to “perish”

"The Archdiocese has decided to dilute the sweeping power to make land deals and administer its properties which is possessed mostly by its parish priests at present will now be made by a committee of priests in each parish."

This is a response to the above headlines in DNA of 5th June, 2015

The move to curb and stifle the powers of the laity is a ploy to strengthen the powers of the Clergy in decision making to alienate church properties at will. This move should be resisted by the laity for the following reasons:

Priests are "pastors" and they should concentrate on pastoral work in the parishes instead of being administrators of the temporal goods of the church. In Europe, the Americas and in Australia, the temporal goods of the Church and the finances are managed by the laity. The priests are freed to do pastoral work.

A small group of lay persons of Salvation Church, Dadar were fighting for seventeen years to arrive at a consensus on how the properties of the church should be managed. The "Church", ignored and continued with the selling spree - selling church properties. The parishioners resisted and opposed the sale of church land and wanted laymen on the board of man-

(Contd.. on p. 16)

Yoga – India’s Gift to the World



by Joseph M. Dias, S.J.

ancient times. Some speculate that yoga may have originated in pre-Vedic times -- in the Indus Valley Civilization. However, we are more certain that it was practiced, quite widely during the Vedic period (6th to 5th century BCE), by ascetics who withdrew to remote places, far away from the common people and the complicated rituals of the Brahmanical religion.

The earliest texts on yoga are found in the Hindu Upanishads and the Buddhist Pali Canon. The Yoga Sutras of Patanjali, on which most modern yogic practices are based, were written in the first century CE. There have been many different and complex schools of yoga in Hinduism, Buddhism, Tibetan Buddhism and Jainism for centuries, each based on its own different system of beliefs. Sikhism resisted yoga in the beginning, but later on, accepted it and evolved its own systems of yoga. Among Muslims, only a few among the tiny group of Sufis took to it seriously. Yoga was hardly ever known, in the past, to the dalits, adivasis and tribal societies in India, except, perhaps, among the Buddhists who rejected the caste-system. In most of the traditions mentioned, yoga is much more than mere physical exercise. It is a physical, mental and spiritual practice of discipline meant to facilitate individual meditation and to achieve a spiritual goal: moksha, liberation, self-realization, nirvana, union with the Absolute. According to the Mahabharata, the purpose of yoga is to experience union of the individual 'Atman' with the universal 'Brahman' that pervades all things, through the experience of 'self-realization'. The Bhagavad Gita explains, in detail, 3 types of yoga: 'Karma yoga' or yoga of action (through selfless action or nishkama karma); 'Bhakti yoga' or yoga of devotion (concentration on one god like Krishna or Vishnu); and 'Bhakti yoga' or yoga of knowledge (of the Brahman, the Highest Reality, one's true Self).

It was mainly Swami Vivekananda who introduced yoga and Hindu spirituality, in a big way, to the West, at the end of the 19th century and beginning of the 20th century, during his travels in Europe and America. He focused mainly on Raja Yoga (Ashtanga Yoga of '8 limbs') or 'kingly Yoga', based on the Yoga Sutras of Patanjali. He also evoked immense interest, among Western thinkers, in the Upanishads and their philosophy of Advaita Vedanta. Advaita ('non-dualistic'; not two, but only One Reality exists) philosophy believes that the goal of life is to attain the state of 'Moksha' or 'self-realization', in which each individual 'Atman' attains total bliss by realizing its oneness with the 'Brahman'. This is a monistic (non-dualistic) experience, of the individual losing his identity in God, who alone exists (like a drop of water merging with the ocean), by using the regular practice of Raja Yoga.

In the decades that followed, yoga became more and more popular in the West, as a system of physical exercise; though back in India, the traditional schools of yoga retained their original spiritual and meditative orientation. In the 1960s, the increasing interest in Hindu spirituality in the West, gave rise to several neo-Hindu schools of spirituality, especially directed to the Western public. The main international gurus of yoga, during this period, were BKS Iyengar, Pattabhi Jois, Swami Vishnu-devananda and Swami Satchidananda. Today, the practitioners of yoga in the USA alone exceed 20 million. Of late, both in India and abroad, new approaches to yoga are being propagated by well-known gurus like Baba Ramdev and Sri Sri Ravishankar of the Art of Living Foundation.

Since the 1950s, several Christian missionaries have experimented with yoga. Fr. Jean-Marie Dechanet, OSB is known as the Father of Christian Yoga. He wrote an excellent book titled, "Christians Practicing Yoga – Yoga from a Christian Perspective", taught yoga to many, and wrote about

(Contd.. on p. 10)

Our country went all-out to celebrate the First International Day of Yoga, with great pride and fanfare, on 21st June, 2015, setting two new world records for its grand show at Janpath, New Delhi, led by our Honorable Prime Minister, Narendra Modi, himself. The Day was also marked by big demonstrations of yoga in New York, Sydney, Paris and several other major cities of the world, as well as in 192 countries around the globe. What is it that has led to this immense worldwide popularity of yoga, even before the United Nations declared an International Day of Yoga? What is yoga? What are the various kinds of yoga? Where and when did it originate? What are its aims? May Christians practice yoga without any reservations? What are its health benefits?

Actually, the popular yoga we are seeing today, is only one particular type of yoga, known as 'Hatha Yoga', which consists of various 'asanas' or bodily postures and breathing exercises, which help to tone up the mind and body, and bring many physical, psychological, emotional and spiritual benefits. It is quite secular and does not identify with any faith in its approach today though, at its origin in the 11th century, it was associated with Tantrism and other Hindu philosophies. There are a large variety of yogic practices dating back to very

(Contd.. from p. 9)

it extensively for over 20 years (1950-1970). Other eminent Benedictines, like Dom Bede Griffiths and Swami Abhishiktananda wrote much and started their own ashrams to promote Hindu-Christian Spirituality. Several other writings on Christian yoga have also been published, both in India and in the West. Since the Second Vatican Council, yoga is being taught in many seminaries and religious houses of formation for those training to be, both priests and nuns. When I was in the Jesuit novitiate in the early 1960s, we were given an excellent course on various yogic asanas by the Fr. George Ribas-Espasa, S.J., a Spanish missionary. After that exposure, I practiced a few yoga asanas for several years, but finally gave up since I felt that yoga required a more serene and regular life-style, like that in an ashram or seminary, which I could not afford due to the many demands on my time in a highly crowded and busy city. Over the last few years, many Christian writers, thinkers and preachers have tried to integrate yoga with prayer and meditation in order to experience God in a deeper way and even used it during retreats.

Yet, many Christians, both Catholics and those of other Christian denominations, have raised serious ob-

jections to Christians practicing yoga. According to Vatican II, "The Catholic Church rejects nothing which is true and holy in other religions..... She exhorts her sons and daughters, through dialogue and collaboration, to acknowledge, preserve and promote the spiritual and moral goods found among these people, as well as the values in their society and culture." (Nostra Aetate, No. 2)..... In another more recent document, the Church teaches that one can take from other religions what is useful, so long as the Christian conception of prayer, its logic and its requirements, are never obscured. It also says that a Christian can learn, for his/her meditation, from other religious traditions (zen, yoga, controlled respiration, mantra). However, in 2003, the Vatican, in its document, "A Christian Reflection on the New Age", warned that concentration on the physical aspects of meditation "can degenerate into a cult of the body", and that equating bodily states with mysticism "could also lead

to psychic disturbances and, at times, moral deviations", adding further, that "there must be some fit between the nature of other approaches to prayer and Christian beliefs about ultimate reality."

During the last 3 decades, a large number of well-documented studies by scientists, especially in the US, on the modern practice of yoga, have shown that its regular practice reduces stress and risk factors which cause many ailments, and helps in the psychological healing process. It has been able to cure insomnia, pain, fatigue, depression and in anxiety-control. Yoga's physical and mental strength-building exercises and postures (asanas), have served as complementary interventions in the treatment of cancer, schizophrenia, asthma and heart disease. We may, therefore, safely conclude that yoga, when practiced under proper guidance, can bring physical, psychological, emotional and spiritual wellbeing to all human beings, both non-Christians and Christians. It is surely proving to be a great boon given by India to mankind.

Subscriptions for

THE SECULAR CITIZEN

Renewal as well as New, can be sent through Bank Fund Transfer to any one of the following banks:

Bank: HDFC Bank
Branch : CST - Mumbai VT
Account Name: The Secular Citizen
Account No. 03552000006744
ISFC code: HDFC0000355

or
Bank: Citizen Credit Co-op Bank Ltd.,
Branch : Colaba, Mumbai
Account Name: The Secular Citizen
Account No. 00000000100489
ISFC code: CCBL0209003

Please inform us through email: secular@vsnl.com or through phone: 22693578 after transferring the same.

PRAYER TO THE HOLY SPIRIT



"Holy Spirit, you 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 all the wrong that is done to me and you and who are in all instances of my life with me. I, in this short dialogue want to thank you for everything and affirm once more that I never want to be separated from you, no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual glory. To the end and submitting to God's holy will, I ask from you. (mention your favours) Amen".

— Aruna & Irene

FERNANDES PROPERTY SOLUTION

DAHISAR

@ 9700 PER. SQ. FT.

MIRA ROAD

@ 6500 PER. SQ. FT.

VASAI

@ 5000 PER SQ. FT.

Contact :

022 28123473 /

9920258471 /

9322632712.

BJP celebrations soured

The BJP was in a celebratory mode for the past few weeks showcasing to the world at large what it had 'achieved' in the past twelve months. There was emphasis on scam free governance with patriotism and nationalism as core values. In my earlier piece – "Modiversary", I had wondered if it was too premature to it a clean chit. Unfortunately, the sudden explosive and damning reports of how Sushma Swaraj of BJP government went out of her way to lend a helping hand to an absconder on humanitarian grounds rattled the government and the party. Madam you could have simply told the British authorities that India has no objection if Lalit Modi was allowed to travel only between London and Portugal strictly for a limited period and that's it. You cannot give a carte blanche. This was within a couple of months after BJP came to power.

Her indiscretion was compounded by the fact that her daughter and husband have been handling legal cases of the absconder. Normally, in such situations, she should have recused herself from taking a call on the request of Lalit Modi saying that her family has close links with the accused and passed on the request to the PMO for decision. Many years back a judge had recused himself from hearing a case against a bank where someone was injured due to electric shock in a bank saying that it would not be fair to hear the case as he had a small savings account with that bank. That is probity, Sushmaji!

As if this was not bad enough, the present Rajasthan CM Vasundhara Raje went one step further as a then leader of the opposition with cabinet rank. She wanted to make a clandestine deal [without the knowledge of the Indian authorities] with the same fugitive. Dushyant Raje has dubious financial dealings with companies linked to Lalit Modi. In the case of the Rajes, shares with a face value of Rs10 were purchased by the fugitive at a premium of Rs 96180. Lalit Modi would put even Rakesh Jhunjhunwala to shame for his acumen in reading the phenomenal prospects of the company which does not even qualify to be called a laggard. The woes of the party are compounded by this birthday gift. Smriti Irani and

VIEWS on NEWS

Munde have added a new meaning and dimension to probity.

The BJP leadership which came to power on probity and anti-corruption plank is now redefining these terms. They are in a catch-22 situation. If they sack one, they will have to sack all four possibly. The party's brazenness is hard to accept. They fear split in the party and who knows the Lalit Modi episode can suck in more big boys in the central cabinet. Kirti Azad, BJP MP has said the entire gamut of IPL needs to be investigated; he knew exactly what he was talking about. L K Advani, the so called Marga Darshak's advice should be heeded when he said 'public trust must be upheld' giving his own example how he resigned in the wake of Jain hawala controversy. But who cares?

Arun Jaitleyji, while reluctantly defending Sushmaji said that a Light Blue notice has been issued for the absconding fugitive. Incidentally, Light Blue notice is Interpol's UNSC special notice issued for groups or individuals who are targets of UNSC sanctions committee. Jaitleyji should have known this being a lawyer of repute. It is hard to accept that Lalit Modi's case falls under this category. Actually Dark Blue notice is applicable to get the wanted person's location and activities. Interpol's other notices are Red, Green, Yellow, Black, Orange and Purple – for specific purposes. . Even if the 'ladies in the soup' are ultimately sacked due to persistent opposition onslaught, the credibility of the BJP and Modi in particular will nose-dive.

The patriarch speakth

Lal Krishna Advani one of the founders of the BJP of which the present dispensation is enjoying the fruits, spoke his heart out in an interview to a local daily. The man who was a direct threat to the ambitious Narendra Modi was sidelined ever since the latter decided to take the centre stage and saw himself as a potential PM candidate. The final nail in the coffin came when he was made part of the Marga Darshan panel in the company of another old horse M M Joshi – the brain dead as per Yashwant Sinha. The names of the PM and the HM were added to his panel for some degree of respectability. At times Advani showed his frustration

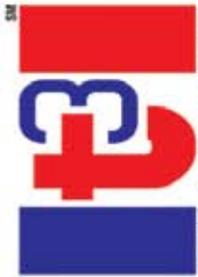


by Marshall Sequeira

– first when he refused to go to Goa Modi's coronation. The much touted Marga Darshan panel has not met yet to get the guidance and views of the two elder statesmen of the party. They are in reality not even consulted on important issues of the party. In public, leaders sing 'LK' praises for being a father figure and a source of inspiration to the new order. The party spokesmen parrot these lines from time to time. In reality, the Marga Darshan panel is no more than a Home for the Aged.

This time the patriarch was very forthright. He did not mince words. When questioned specifically he replied that in future the dark days of emergency are not ruled out all together. I don't think the generally articulate statesman was talking about the next millennium. He also spoke about the immaturity of the leadership in a clear reference to the government and party led by Narendra Modi and his buddy Amit Shah. For sure he was talking about the quality of their leadership which rules the roost. [A BJP leader Raj Purohit said the same thing in a sting operation for which he is now in the dock]. Nor was LK referring to the future leadership of the 22nd century. This was the first direct attack on the Prime Minister which shook the entire Sangh Parivar. Modi must be rattled but he can do nothing. The RSS jumped in to defend the government while the BJP tried to downplay the comments. LK can keep the pressure on, he has nothing to lose anyway.

If Modi really considers him to be a father figure, heed to Advani's veiled warnings, notwithstanding his belated weak clarification that he spoke in general terms. All mature leaders speak this type of civil language not the tapori type which Modi is used to. Immediately after getting 3 seats in Delhi, BJP deleted its 44 seat jibe directed at the Congress and it is now time to delete the 'Scam' Congress jibe as well. Your ammunition is fast running out, Modiji. May be RSS can help.



Truthful. Thoughtful. Thankful.

Presents



t3 Sooryakanthi

Near Modankap Church
B.C. Road, Mangalore.

1 BHK

16.99 Lacs

(All Inclusive)

2 BHK

24.99 Lacs

(All Inclusive)

1 BHK

9.99 Lacs

(All Inclusive)





2 BHK
14.99 Lacs
(All Inclusive)

t3 Green City

Vamadapadav - Mangalore.

LUXURY AMENITIES

👉 24 HRS. drinking water 👉 24 HRS. Hot water for Bath room through solar system 👉 24 HRS. Automatic Generator for Elevator, Common Lights & Apartments 👉 24 HRS. Security with Intercom system connecting apartments & Security room 👉 FREE Car Parking Space for All 👉 Free Modular Kitchen for all Apartments 👉 Automatic Lift with sensors 👉 2x2 Luxurious Vitrified tiles flooring 👉 Weather coat anti fungus paint for Exteriors 👉 Emulsion paint with Double Coat putty for walls and ceilings. 👉 Flush Valves for commodes 👉 Hot & Cold Mixer unit in bathrooms.

CALL : V P LOBO: +91 9321292899 (MUMBAI) STANY: 9900995720 PANDURANGA : 9740824691

T3 URBAN DEVELOPERS LTD.

Head Office : 201, Corporate Arena, Near Railway Station, Goregaon West, Mumbai - 400104.
Mangalore : 2nd Floor, Harmain Complex, B.C.Road, Mangalore, Karnataka. Pin Code- 574219.
Website : www.t3urbandevelopers.com Email : info@t3urbandevelopers.com

How to Deal With an Angry Husband



How do you deal with a husband who has simply had enough and appears to be close to his breaking point? Check out these tips for dealing with an irrationally angry spouse.

Some women compare living with an angry husband to living by an active volcano. One always waiting for something to blow up and splatter molten lava everywhere. Even a small outburst can immediately throw one off-balance and ruin a perfectly lovely day.

The one big difference between a husband and a volcano is that you can more easily move away from one of them.

All of a sudden, things are beyond reasoning. What do you do next? Check out these tips for dealing with an irrationally angry spouse.

Listen

Quite often, the best thing you can say is nothing! Rather, just sit back and listen. Let your spouse vent his frustrations and get whatever is bothering him off of his chest. He may just need to feel like someone cares about his opinion and is really listening to his point of view. So, become that listening ear.

Be patient

None of us are perfect. From time to time, you're going to have to put up with your spouse's imperfections — just as they put up with yours. Sometimes when a person reaches his or her breaking point, all those imperfections seem to come out in full bloom. Regardless, be patient with your spouse — he or she will come around.

Try to see things from his or her perspective

Try putting yourself in his or her shoes. How would you feel? Would you be upset, hurt or offended? How

would you want to be treated? What would you want to change? Considering the situation from the other person's perspective can provide valuable insight and help you be empathetic, rather than judgmental, of his or her feelings.

Stay calm

Rather than becoming irrational yourself, stay calm. Take some deep breaths and retain your composure. Remember, it takes two to tango. Regardless of how your spouse is acting, stay in control of your own emotions. Eventually, his or her fire will run out of fuel as long as you don't feed it.

Don't get offended

It's quite possible that in the heat of the moment your spouse will say something he or she doesn't really mean. It might be rude, unfair and uncalled for, but try to let it roll off your back. In moments of frustration we've all said things that we regret. So, rather than getting offended and holding a grudge, just let it go and remember that he doesn't really mean what he's saying

Give him or her some space

Your spouse may just need a little space and some time to cool off. So

be accommodating of that, and go get yourself some ice cream (or get your spouse some ice cream). No doubt, a little space and time can calm feelings and benefit both of you. If you're having a heated discussion, take a break and come back to it when cooler heads have prevailed.

Show him or her some love

Perhaps the best thing you can do is to simply love your spouse -- even in his or her least lovable moments. There's nothing quite like love that can break down barriers and resolve conflict.

Quick psychology tip:

A man may get angry at his wife for showing emotions that he himself is suppressing and is afraid to show. So when you start crying over things, it may evoke the same feeling inside, and the little voice in his head may say: "Men don't cry." So what you may get in return is an angry outburst that will attempt to suppress your cry. That's all that is—his little voice talking and not his actual, active voice of the man who loves you and claims himself as your life partner.

HOLY FAMILY COLD STORAGE

John Rodrigues House, Chakala, Andheri (E), Mumbai – 400099

Located on the way to International Airport, Nr Cigarette Factory

Convenient for the Passengers carrying the stocks abroad.

Try our Fresh Pork Meat; Fresh Real Good Chicken; Cold Cuts; Ready to eat items; Goan Sausages; Goan, Mangalorean and East Indian variety of Masalas.

Note: We provide *FREE HOME DELIVERY* to our most valuable customers.

Phone : 2827 0498 Mobile: 99695 73121

Heaven Is Not A Geographic Location

by Francis Lobo

As the reality of my terminal condition dawned on me there were several options. The chances of survival the Specialist had said was 5%. However another doctor stated - dont go by statistics. There are statistics on one side and you on the other. You are never going to accept that you are part of the statistics. You are never one of the thousands who die in an earthquake or die in a train accident. So I was not to consider the statistics as a given.

The other options were a misdiagnosis. a miracle, Heaven or Hell. I did not want to consider the first 2 options at this moment. And I dont believe in Hell. How can a loving God create something like Hell where his children can languish for all eternity. Can a loving forgiving father who gave up his only Son to be crucified on the cross for the forgiveness of sinners, see his loving children suffering in Hell for all eternity. I intend to take this up with the Almighty when I meet him. The only option was for me to concentrate on Heaven.

Heaven is what we were made for in this life and the next. St. Pope John Paul II , said in the General Audience on June 28th 1999, that Heaven and Hell are primarily states of consciousness which are in themselves very real and lasting. Heaven is not a geographical place.

Can I imagine what Heaven would be like. Of course I experience bits of it everyday in the lots of goodness that come to me in my life. In my vision of Heaven it is populated with the most attractive people I can imagine. A beautiful person is one you notice. An attractive person is one who notices you. In Heaven the Saints understand you perfectly and you reciprocate this. There are no disagreements, no quarrels, no issues, only PEACE.



This is because in Heaven you will have perfect and total knowledge of the universe. How can there be such perfect understanding? This is because of the love within us which comes to full realization when we die - absence of prejudices, biases , fears and ignorance.

How can we Humans who are so diverse and different see things the way God would want us to see them. This is because it is implanted in each of us, Social and Emotional Intelligence which enables us to relate effectively with others through our expressions, words, behavior and how we relate to situations.

But Heaven will be populated with saints coming from different age groups and cultures. Differences vanish in Heaven and we are all one in the Spirit. If the Kingdom of God is to be brought down on Earth, is this possible? The power of the Holy Spirit will make this possible if we choose this route.

Further the Resurrection of the Body is an article of Faith and the Saints will have their bodies most appropriate with the persons they are interacting with. Change in appearance, age , knowledge will be an ongoing process. The Saints will have the most brilliant minds and interacting with them will be an emotional and intellectual feast.

Dealing with perfect Human Beings who know all, never make mistakes, who can see through you and analyze

your motive isn't easy. However the Saints in Heaven are different. They all realize they are there by the Grace of God and are Humble, not arrogant. They have shed their egos and learnt to accept that all Humans are equal. The process of change, the Catholic Church teaches us, occurs in Purgatory. But whether this purification is an instantaneous action like having one's Sins forgiven in the confessional or occurring over a period of time is something I have to find out..

Exclusive!
Creative!

WEDDING
Invitation Cards

Designed to suit your
Wedding theme, Concept,
Colour scheme, Idea, etc. ...

Call - 9820524481
022 26406679

Also...
The latest in LASER CUT designer cards



BONDS OF LOVE
Cards for Every Occasion
E-mail: dregobrian@gmail.com

(Contd.. from p. 8)

agement of Church administration of properties. The Archdiocese refused to allow a role for the laity in the management of church properties. The Parishioners of Salvation Church took the matter to the Charity Commissioner.

The Deputy Charity Commissioner, Mr. S. S. Chaudhari passed the following order:

“The Board of Management of Church Assets will have seven members out of which three, including the Parish Priest, will be nominated by the Archbishop. The remaining four members will be appointed or nominated by the Parish Council to be elected by the general body of parishioners. The Board will have a five year tenure.”

This order was published in the “Examiner” dated September 26, 19 92

The Archdiocese did not and has not followed the order of the Deputy Charity Commissioner.

To counter the Order of the Deputy Charity Commissioner, the Catholic Church came out with Canon 537 –In each Parish there has to be a Finance Committee to help the Parish Priest in the administration of the goods of the parish.....

(a) The Finance Committee is compulsory and is ‘consultative’ in nature, not merely “advisory.” That means its opinions have to be sought on matters prescribed and in some cases (e.g. alienation of property, etc.) the Parish Priest must have the approval of the Finance Committee.

(b) The appointment of the Finance Committee is the responsibility of the Parish Priest. However, to avoid the criticism that the members chosen are his stooges, it is recommended that the Parish Council be asked to suggest names of persons who meet the qualifications from which list the Parish Priest will make the appointments.

This Canon -537 favours the Parish Priests. They can choose their own “chamchas” on the Finance Committee. The Parish Priest must be forced to get the endorsement of the Parishioners in the formation of the Finance Committee. The members on the Fi-

(Contd.. from p. 3)

obliviousness and silence until pressure was built up on him to respond.

It is being said that conventional and social media puts us beyond any possibility of any threat of suspension of democracy in the future. It very well might, but ownership of a huge portion of mainstream media by big corporations very friendly with the administration is an alarming concern. Showing only what they want to show, self censorship is a massive problem with the media today.

We heard little about Assam’s floods and nothing about riots against the marginalized in Rajasthan’s villages where the police stood by as a mob burnt down an entire village of the marginalized, as both an MLA and MP had interests in the land.

Journalists who expose too much are being killed on a routine basis all across the country, very often by the police and bodyguards of ministers.

Talking of social media, there is clear evidence of its biggest platforms having been manipulated to meet the agenda of the US government on numerous occasions, including the Arab spring. Indeed, technology giants like Google- who every minute, all of us willingly give swathes of information to- are not as innocent as their logos seem. They are hand in hand with aspirations of governments. Ambitious and corruptible, there is no reason why they wouldn’t team up with anyone else.

It is well and good for the prime minister and finance minister (who, it must be added was part of the struggle against the Emergency and so knows how bad it was) to say technology will prevent any usurpation of power by the state, but we all know what happens to people who reveal too much. Julian Assange and Edward Snowden.

Internet and technology are today increasingly becoming more and more prone to surveillance by governments and corporations. The Aadhar card is being linked with our every move, and much of our online ac-

tion must be made to sign an indemnity bond making them responsible for their actions and make them liable to pay/reimburse any loss that may be incurred to the Church by their actions.

In my Parish – we have a five member Finance Committee including the Parish Priest. The four members from the laity are nominated by the Parish Priest. They are the “stooges” of the Parish Priest. They have agreed to serve on the Finance Committee

tivity through our phone numbers, generating big data for corporations to get to know us better and improve understanding of their market. The Big Brothers- the government and large corporations are together looking down on most of our actions today.

Censorship, bans and arrests for cartoons, movies, books and internet posts which question, expose and provoke had reached a peak before the Supreme Court struck down 66A earlier this year. But the government is mulling another, more powerful legislation to subvert this – taking on the judiciary’s sensibilities with its absolute majority in parliament.

The censor board itself has witnessed India’s most renowned cultural personalities quitting because of government interference and coercion; leading journalists have left their jobs due to the attempts of big corporations and the government to control their freedoms.

And RTI activists continue to be murdered, very often by heads of villages.

If questioning and expressing dissent is so difficult, there can be no doubting that the foundations of our democracy are tenuous.

The country is rife with a milieu of emergencies, and there is a certain collective fear we as citizens feel from our own government today, without having done anything wrong. Even as forums of challenge themselves are systematically being weakened, there is silence from the government on too many things, and little resistance tolerated on the ground.

Numerous antics to get foreign investment and international relation bonanzas are doing their job at overshadowing what is going on within the country, in the form of a quiet siege.

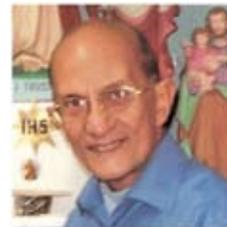
We are living through a condition of diffused emergency, which may not have the need to explode into an official statement suspending democracy to have very deep, long lasting harm.

on the condition that they will not be asked to handle property matters,. Hence, their only job is to count cash collected from the Parishioners at Sunday and Saturday Masses. In my office, this job of cash counting was done by “chaprasis”.

Hence, when and if the Finance Committees of the Churches consist of “chamchas”, “stooges” and “chaprasis” complete surrender to the clergy is inevitable.

—Chagas Fernandes

EPISTLE for the coming JUBILEE YEAR of MERCY



BY MELVYN BROWN

People often base their views on the media's portrayal of violence, corruption, rape, genocide, destruction, and definitely shocking news when heads roll. From the slaughter of innocent lives (9/11) to the brazen and barbaric sweep of the ISIS around pockets of the civilized world: who is accountable? "Where are the people who have the destiny of peoples in their hands?"

Pope Francis is not the accidental pope. His merciful impact on the suffering earth of pain, poverty, hunger, fear and concern for the environment being devastated is being tested. Man's evil suicide-syndrome to end it all, without taking blame, is disgusting. The pontiff is regarded by many as the "Pope of Mercy". His deep desire has been for a poor Church to be a witness of compassion, love and charity. He wants his flock never to tire asking for forgiveness. Francis has described his papacy as a "Kairos" of mercy, which means a privileged moment in God's plan of Salvation.

In April 2015 Pope Francis convoked the Extraordinary Jubilee Year of Mercy and issued a Papal Bull, 'Misericordiae Vultus', Face of Mercy. The Bull of Indiction cracks down on 25 numbered sections. In these paragraphs the Holy Father has written about the salient features of mercy. He established the theme on the light of Christ's face. The Church is shown as a sign of mercy, for it is stated in No.10 "Mercy is the very foundation of the Church's life".

The opening of the Jubilee Year will coincide with the 50th anniversary of the closing of the Vatican II Ecumenical Council. The Jubilee will begin 8th December 2015. The closing of the Year of Mercy will be celebrated on 20th November 2016, "with the liturgical Solemnity of Christ the King.". The Holy Door in Rome will be sealed, and



a thanksgiving to the Most Holy Trinity will be announced for the time of grace. The Holy Year will be celebrated in all the dioceses of the world.

It was Saint John XXIII who wrote about the "medicine of mercy", and Pope Paul VI who drew attention on the spirituality of Vatican II and the Good Samaritan. The motto will be emblazoned from the start : "Merciful like the Father." Attached to this will be found the need for forgiveness. At this time a profound need for God's mercy will be discovered in the Gospel, when the poor will have special proof. The Pope's pastoral care will be disclosed in a new initiative No.18 in sending out "Missionaries of Mercy."

The Bishop of Rome takes a stern stand against violence and those who are "advocates and accomplices" of corruption No.19. It will be a strong appeal to crush the head of the serpent, and mitigate this "festering wound". True conversion in the Holy Year can be the need of the hour. Evil leadership and a transparency of justice must end. This will be a "special time of mercy offered by the Church."

We are a Church of martyrs. It makes no difference whether the victims are Catholic, Copt, Orthodox or Protestant. They are all the same in their confession of Christ.

In section No.22, the granting of indulgences is explained. This is a traditional feature in a Jubilee year. Pope Francis will be open to dialogue with other religions, eliminating "every form of closed mindedness," and to end disrespect, and discrimination No.23. This Jubilee Year will be a bend in the spiritual river of God's divine plan for His mercy. May the Church empower men and women in offering comfort, care and compassion. The tradition of Holy Years began 700 years ago. Since then the Church has celebrated 26 Jubilees. Let us pray for the Holy Spirit to shower us with wisdom and guide us along the path to a grace-filled Year.

PRAYER TO THE HOLY SPIRIT



"Holy Spirit, you 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 all the wrong that is done to me and you and who are in all instances of my life with me. I, in this short dialogue want to thank you for everything and affirm once more that I never want to be separated from you, no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual glory. To the end and submitting to God's holy will, I ask from you. (mention your favours) Amen".

— Aruna & Irene

Catholic Advocates Guild celebrate Patronal Feast

The Catholic Advocates Guild Mumbai Celebrated the Feast of its Patron, Saint St. Thomas More, on 20th June 2015 at Holy Name School Hall, Colaba.

The Eucharist was con-celebrated by Fr. Avin Franklin, the Spiritual Director and Fr. Aniceto Pereira, Director of OLCM, in thanksgiving for all the graces received during the year. After the Holy mass there was a fellowship gathering followed by a meeting.

Mr. Walter Lewis, President, thanked all who came braving the heavy rains and then presented the annual report of activities for 2014-15. Fr. Aniceto suggested that the Constitution and Bye-laws which were drafted could be finalised this year and adopted later. As there was a need to expand the core committee, Ms Savina Crasto and Mr. Olav Albuquerque were co-opted. An appeal was made to those present to request the advocates and lawyers they know to register themselves online on the website <http://clgm.olcmbom.org/>. The evening concluded with a fellowship dinner.

NOVENA PRAYER TO ST. JUDE

O Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all



who invoke your special patronage in time of need, to you I have recourse from the depth of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present urgent petition, in return I promise to make your name known and cause you to be invoked.

Say three Our Fathers, three Hail Mary's and three Glory be's.

St. Jude pray for us and all who invoke your aid. Amen.

—Mrs. Lydia Fernandes, Andheri

Do you know that?

- It is easy to hate, but difficult to love.
- It is easy to lie, but difficult to tell the truth.
- It is easy to be a sinner, but difficult to be a sage.
- It is easy to break, but difficult to make.
- It is easy to forget, but difficult to remember.
- It is easy to fight, but difficult to make peace.
- It is easy to spend, but difficult to earn.
- It is easy to preach, but difficult to practice.
- It is easy to think, but difficult to act.
- It is easy to die, but difficult to live.
- It is easy to weep, but difficult to laugh.
- It is easy to sink, but difficult to swim.
- It is easy to curse, but difficult to bless.
- It is easy to play, but difficult to study.

— Jubel D'Cruz, Dombivili.



ST ANN'S GROUP OF INSTITUTIONS

Mulki, Mangalore - 574 154

Ph: 0824 - 2293880, 2293881, 2290505

Fax: 0824 - 2293882

Website: www.saintanns.in

E-mail: saintanns2003@gmail.com

Recognized by Indian Nursing Council, Karnataka State Nursing Council & Govt. of Karnataka, Directorate Medical Education
Affiliated to KSDNED, Bangalore & Rajiv Gandhi University of Health Sciences, Bangalore.

Admission Notification

- DIPLOMA IN MEDICAL LABORATORY TECHNOLOGY (DMLT)
- DIPLOMA IN X-RAY TECHNOLOGY WITH CT SCAN AND MRI (DXRT)
- B.Sc. IN MEDICAL LABORATORY TECHNOLOGY
- B.Sc. IN MEDICAL IMAGING TECHNOLOGY
- B.Sc. IN OPERATION THEATRE TECHNOLOGY
- DIPLOMA IN GENERAL NURSING (GNM)
- B.Sc. NURSING (BASIC) • P.C. B.Sc. NURSING
- M.Sc. NURSING - MEDICAL SURGICAL, OBG, PSYCHIATRY PAEDIATRIC & COMMUNITY

FOR DETAILS CONTACT OUR LOCAL REPRESENTATIVE

Students who have completed Xth or XIth and XIIth in Arts/Commerce stream willing to pursue allied health courses may contact the office between 9 a.m to 5 p.m. on all working days.

Supplementary passed students can also apply.

Eric C. Lobo
Chairman
Mob.: 09845105181

Prof. Helen D'Souza
Principal
09591476770

Sr. Emma Joseph
Vice Principal
09845720782

Estd: 1993

LOBO TEACHERS FOUNDATION ®

Redg: 2003

Jos Villa, D. No. 15-13-785, Kadri Coconut Garden Road, Mangalore - 575 002

Ph: 0824 - 2215488 Mobile: +91 9900254880

Inspiration!

Boost Your Confidence

Confidence is everything. Our level of confidence at any given moment dictates how we feel about ourselves and how sure we are of our abilities to succeed at any given activity.

our levels of self-confidence are quite possibly the most important thing we possess. At any given moment, our confidence is directly correlated with how happy we are, and how “good” we’re performing at whatever it is that we’re doing.

Below are five key habits that have proven confidence-building capabilities.

Meditation:

Meditation is amazing. But it often gets written off as being some weird, spiritual routine...

Mediation has been clinically proven to reduce stress and anxiety, through lowering blood pressure and resting heart rate, among other things. When you’re stressed out or worrying about something, it’s extremely hard to feel comfortable. Meditation is the answer for this.

Reading:

Reading is a meditation of sorts. We often get caught up in negative thought loops in our minds, and these can cause a lot of anxiety. Reading forces you to focus on something else, the same way meditation gets you to focus on your breath, and this is a game-changer. You will certainly feel better.

Lifting weights:

Lifting weights and getting stronger has several crucial confidence-building effects, especially for men.



First of all, when you exert yourself to the point of exhaustion, any tension or stress that you’re holding in your body tends to evaporate. On top of this, lifting weights builds muscle and physical strength. And this makes us feel stronger, both mentally and physically, which in turn causes us to feel more confident. So next time you feel depressed, try lifting something heavy around you and feel the difference.

Cold showers:

Cold showers have actually clinically been proven to have anti-depressive effects. By immersing ourselves in cold water, we release key hormones and neurotransmitters that make us feel happier.

In addition to these hormonal changes, cold showers also cause us to breathe deeply (this is the first thing your body will do when you step in) and feel more awake and energized. This is the reason why we always feel cheerful after a cold water shower.

Accepting reality:

Too many people get caught up wishing things were different than they are. By getting stuck wishing for things to be different than they are you are essentially rejecting reality... And this never ends well. It only leads you to further regret, anxiety, and anguish... All confidence-killing emotions.

You have to accept the reality of the situation, no matter how grim or bleak it is. Only when you accept the way things are, or how people tend to behave, can you work on taking action to effectively change them... Or just take an altogether different route.

Ways to boost your confidence:

- * Stay away from negativity and bring on the positivity.
- * Change your body language and image
- * Don't accept failure and get rid of the negative voices in your head.
- * For tough times, when all else fails: Create a great list.

Get your Dressful of Joy
at
Merrill fleur

We specialize in Bridal Gowns, Bridesmaid, Flower Girl Dresses, Christening Dresses and Designer Outfits for Western & Indian Wear.

But above all, we joyfully make your dream a reality.

Get in touch with Lourdes D'Souza and let the celebrations begin...

M. 9819277717 | FB. Merrill Fleur Weddings

Shop No.4, Lourdes Tower, Opp. Orlem Church, Gautam Buddha Lane, Malad (W), Mumbai 64.

Studio fernandes
CUSTOM DESIGN

MEN'S APPAREL, FORMALS & ETHNICS

Shop No. 1, Harmony CHSL, I. C. Colony, Holy Cross Road, Borivali (W), Mumbai - 103.
Tel.: 022 - 2894 0451 | Cell : +91 - 96643 04393



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 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 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 Roman Catholic Bachelor, aged 33 years, Ht. 5' 7", Wt. 70 kgs, Wheatish Complexion, Edn. Software Diploma, working as an IT Engineer. Seeks a understanding, caring, simple Mangalorean Girl. Contact email : johndmello@rediffmail.com OR 24972108 **(Regd. No. 6354)**

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 37 years, Ht. 5' 11", Wt. 80 kgs, Fair Complexion, Edn. HSC + Dip. in Catering, working on cruise line in store department. Handsome, sober, having own house, seeks a simple, godfearing, working Mangalorean girl. Contact email : lewisroyston@yahoo.com OR 7208759704 **(Regd. No. 6353)**

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 45 years, Ht. 5' 10", Wt. 77 kgs, Fair Complexion, Edn. Graduate + Civil En-

gineering, having own consultancy business and own accommodation. Contact email : info@richardproperty.net OR 9820324492 **(Regd. No. 6352)**

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)**

MUMBAI : East Indian Roman Catholic Divorcee, aged 45 years, Ht. 5' 9", Wheatish Complexion, Edn. BE/MBA., working as a Software Professional. Contact No. 9819406433 OR email: examinerboy@yahoo.com **(Regd. No. 6347)**

MUMBAI : A R.C. Goan Widower age 70 no encumbrances, owns spacious flat, in perfect good health seeks matrimonial alliances from widows / spinsters above 60 years. Contact email : rick6522@gmail.com OR 7208966328 **(Regd. No. 6344)**

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 28 years, Ht. 6' 2", Wt. 82 kgs, Fair Complexion, Edn. Hotel Management, working as a Manager. Contact email : collin.n.dsouza@gmail.com OR 9967286246 **(Regd. No. 6336)**

MUMBAI : Roman Catholic Bachelor, aged 40 years, Ht. 5' 5", Wt. 55 kgs, Wheatish Complexion, Edn. SSC, working as a Lab. Technician in Dubai. Currently in Mumbai contact email : clementd818@gmail.com OR 25741993 **(Regd. No. 6334)**

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 29 years, Ht. 5' 9", Wt. 80 kgs, Fair complexion, Edn. M.Sc., Advance Computer Networking, working as a Networking Engineer. Contact email : grettadsou-

za53@gmail.com OR 9833418836 **(Regd. No. 6328)**

MUMBAI : Goan Roman Catholic Bachelor, aged 32 years, Ht. 5' 5", Wt. 63 kgs, Fair complexion, Edn. 12th Sc., + Nautical Studies, working as 3rd officer in Merchant Navy. Seeks Only Goan girl. Contact email : ferns1244@gmail.com OR 9920884799 **(Regd. No. 6327)**

MUMBAI : Tamilian Roman Catholic Bachelor, aged 40 years, Ht. 5' 9", Wt. 75 kgs, Wheatish Complexion, Edn. B.E. Electronics, Self employed, having own house. Contact email: cyril.khanna@yahoo.com OR 9867070056 **(Regd. No. 6322)**

MUMBAI : Goan Roman Catholic Bachelor, aged 40 years, Ht. 5' 10", Wt. 73 kgs, Wheatish Complexion, Edn. Higher Secondary. working as a Fabricator in **U.K.** Contact email : savioeferns@gmail.com OR 9769054347 **(Regd. No. 6321)**

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 34 years, Ht. 5' 10", Wt. 71 kgs, Wheatish Complexion, Edn. B.Sc., Diploma in HRM, working as an Executive Asst., Secretary in MNC. Contact email : conrad_2305@yahoo.co.in OR 9869661682 **(Regd. No. 6319)**

MUMBAI : Goan RC Bachelor 32 years, Ht. 5' 6", Wt. 60 kgs, Wheatish Complexion, Edn. S.Y.B.A., Computer Engineering, working as a Team Leader. Seeks a Goan or Mangalorean girl. Contact email : myfrancis@gmail.com OR 9969887236 / 9870002508 **(Regd. No. 6310)**

Address your replies to :

Regd. No.
ROYAL CHRISTIAN FAMILY,
99, Perin Nariman Street, 1st
Floor, Fort, Mumbai - 400 001.

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

To Place Your Matrimonial Advertisement Call:
2269 3578 OR 2265 4924



MATRIMONIALS

MUMBAI : Mangalorean Roman Catholic Spinster, aged 28 years, Ht. 5' 2", Wt. 62 kgs, Wheatish Complexion, Edn. M.Sc.(N), MBA (HCS), working as a Nurse Educator and Hospital Supervisor. Only Child. Goodlooking, smart. Seeks a suitable match. Contact email : vvfernandes@yahoo.co.in / vcfernandes@gharda.com OR 9923597306 / 9867138818 **(Regd. No. 6362)**

MUMBAI : East Indian Roman Catholic Spinster, aged 24 years, Ht. 5' 5", Wt. 60 kgs, Fair Complexion, Beautiful, Edn. Graduate, BMS., working in Mumbai as a Hairstylist in Paris Company. Seeks well settled bachelor, preferably NRI. Contact email : pereiragladys1@gmail.com OR 9820169008. **(Regd. No. 6293)**

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)**

DUBAI : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 5", Wt. 58 kgs, Fair Complexion, goodlooking and smart, Edn. MBA., working as a Manager in Bank. Seeks a graduate Bombay based Mangalorean bachelor, working in Dubai. Having a good status. Contact email : vick5256@gmail.com OR 0097155 5902447 **(Regd. No. 6150)**

MUMBAI : Roman Catholic Spinster, aged 30 years, Ht. 5' 5", Wt. 75 kgs, Wheatish Complexion, good looking, Edn. B.Com., MBA Diploma in Jewellery, working as a Manager. Seeks educated, established, from good family background. Contact email : philu159@yahoo.co.in OR 9823910490 **(Regd. No. 6297)**

MUMBAI : RC Goan Spinster, B.E.

**Royal Christian Family
Helps In Choosing
The Right Life-Partner
Serving Since 34 Years**

- Computer Engineering, studying Executive MBA, Completion in Aug, 2015, Working for reputed MNC in Pune but has permanent residence in Mumbai. 26 yrs., 5 ft., wheatish, homey with good family background. Career minded and willing to relocate abroad. Please send details and photo to email : ashil2628@gmail.com **(Regd. No. 6296)**

MUMBAI : Goan Roman Catholic Spinster, simple and decent, aged 29 years, Ht. 5' 2", Wt. 62 kgs, wheatish complexion, Edn. M.Sc., B.Ed., Teacher by profession. Seeks a well educated and well settled bachelor. Contact email : fritzydsouza@gmail.com OR 9833952113 / 8976343556 **(Regd. No. 6295)**

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

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

MIRAJ : Roman Catholic Spinster, aged 32 years, Ht. 5'4", Wt. 57 kgs, Wheatish Complexion, Edn. M.A., B.Ed., Fashion Designer / Teacher. Contact email : histellain@yahoo.com OR 9657614996 **(Regd. No. 6348)**

NEW PANVEL : Mangalorean Roman Catholic Spinster, 30 years, Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., Working as a Sr. Accountant. Contact email : slobo2283@yahoo.co.in OR

9819643183 **(Regd. No. 6109)**

MUMBAI : Mangalorean Roman Catholic Spinster, 29 years, Ht. 5' 4", Wt. 73 kgs, Wheatish Complexion, Edn. B.Com., working as a Advisor. Seeks a well settled Mangalorean Bachelor. Contact email : renita.cabral@rediffmail.com **(Regd. No. 6104)**

KOLKATA : Roman Catholic Spinster, 27 years, Ht. 5' 4", Wt. 75 kgs, Fair Complexion, Edn. MBBS, MD (PAED), Doctor by profession. Seeks a simple, qualified, preferably Doctor, adjustable, good family background. Contact email : geraldinesawney@yahoo.com OR 9331220504 **(Regd. No. 6102)**

HYDERABAD : Anglo Indian Roman Catholic Spinster, 28 years, Ht. 5', Wheatish Complexion, Edn. M.Sc., Computer Science, working for a reputed Indian company. Seeks a suitable match. Contact email : aparna.nirmal@yahoo.co.in OR 9652464648 **(Regd. No. 6101)**

MUMBAI : TAMILIAN Roman Catholic Spinster, aged 26 years, Ht. 5', Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., Working in Hospital in Administrative. Contact email : anharichard@gmail.com OR 9769277062 / 9819315925 **(Regd. No. 6291)**

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

Address your replies to :

Regd. No.
ROYAL CHRISTIAN FAMILY,
99, Perin Nariman Street, 1st
Floor, Fort, Mumbai - 400 001.

**Please renew your membership
at lease a month in advance before
its expiration date.**



MUMBAI : Tamilian Roman Catholic Spinster, aged 26 years, Ht. 5', Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., Working in Hospital in Administrative. Contact email : anharichard@gmail.com OR 9769277062 / 9819315925 **(Regd. No. 6291)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 25 years, Ht. 5' 1", Wt. 54 kgs, Fair Complexion, Edn. M.A., working as a HR & Admin., Contact email : pearl-cfrrl@gmail.com OR 9867118077 **(Regd. No. 6288)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 29 years, Ht. 5' 6", Wt. 62 kgs, Wheatish Complexion, Edn. B.Com., M.Com., PGD-BA., working as a Sales Executive in Chemicals Company. Contact email : joswin13@yahoo.com OR 09820914606 **(Regd. No. 6262)**

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

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

DUBAI : Mangalorean Roman Catholic Spinster, aged 25 years, Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. BMS, MBA Finance, working as a Bank Officer in Dubai, Contact email : pdsouza.acb@gmail.com OR 08970986766 **(Regd. No. 6258)**

KUWAIT : Mangalorean Roman Catholic Spinster aged 34 years, Ht. 5' 5", Wt. 58 kgs, Fair Complexion, Edn. B.Com., Computer, Finance,

Banking Marketing Course & Airlines Course completed, employed as a Travel Co-ordinator in Kuwait. Seeks a groom preferable working in Kuwait. Contact Email : lucy777p@gmail.com OR 00965-65686358 / 9867308911 **(Regd. No. 6255)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 29 years, Ht. 5' 2", Wt. 45 kgs, Wheatish Complexion, Edn. M.Sc., Service. Contact email : nmd2612@yahoo.in OR 9869959289 **(Regd. No. 6287)**

LONDON : East Indian Roman Catholic Spinster, aged 37 years, Ht. 5' 2", Wt. 55 kgs, Fair Complexion, good looking, Edn. B.Pharm (Mumbai), M.Sc. (London) working for MNC in London. Due for U.K. Citizenship. Visiting India every six months. Seeks a handsome, well settled and educated any Roman Catholic Bachelor. Contact email : blossomcolaco@yahoo.com OR 9326463210 / 9011869244 **(Regd. No. 6288)**

MUMBAI : Goan Roman Catholic Spinster, aged 26 years, Ht. 5' 4", Wt. 58 kgs, Wheatish Complexion, Edn. B.Sc., I.T. working as a Software Engineer. Contact email : marialns123@gmail.com OR 9833659905 **(Regd. No. 6272)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 35 years, Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., working as a Sr. Customer Service Associate. Contact email : dsouza.arati@gmail.com OR 9869612479 **(Regd. No. 6184)**

MUMBAI : Goan Roman Catholic Spinster, aged 24 years, Ht. 5' 5", Wt. 53 kgs, Fair Complexion, Edn. Graduate in Interior Designer, working as a Interior Designer. Contact email : alexmichaelpaul@gamil.com OR 9322145137 **(Regd. No. 6060)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 33 years, Ht. 5' 5", Wt. 58 kgs, Fair Complexion, Edn. B.E., (Computers) working as a Software Engineer. Contact email

: catalyst.nirmala@gmail.com OR 9820445461 **(Regd. No. 6058)**

MUMBAI : Goan Roman Catholic Spinster, aged 39 years, Ht. 5' 2", Wheatish Complexion, Edn. T.Y. B.Com., working as a Computer Operator A/c's department. Contact email : michellefernandes17@hotmail.com OR 9930661771 **(Regd. No. 6055)**

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

MUMBAI : Mangalorean Born again Christian Spinster, aged 27 years, Ht. 5' 3", Wt. 60 kgs, Wheatish Complexion, Edn. M. Com., working in Dubai. Contact email : elle_2k7@yahoo.co.in OR 00971-555404182 / 9833747558 **(Regd. No. 6271)**

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 : Mahrastrian 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)**

6266. 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)**

KOLHAPUR : Goan Roman Catholic Spinster, aged 25 years, Ht. 5' 7", Wt. 52 kgs, Wheatish Complexion, Edn. MBA (HR), MBA (System), Lecturer by profession. Seeks a well educated with good family background. Contact email : srm13_serin@yahoo.com OR 9226088408 / 9226944426 **(Regd. No. 5991)**

Homes that spell happiness ... Experience it.

Award Winning Project



Inland Windsors (Res)
Airport Road, Mary Hill, Mangaluru



Inland Windsors Club House



Gymnasium



Lobby



SURAKSHA PURASKAR
SAFETY AWARDS 2011
NATIONAL SAFETY COUNCIL OF INDIA



BUILDER PAR
EXCELLENCE
CREDAI MANGALORE



OUTSTANDING CONCRETE
STRUCTURE
ACCES/AMR/ULTRATECH AWARDS 2014



BEST RESIDENTIAL
DWELLINGS
CREDAI KARNATAKA AWARDS 2015

Ready to Occupy



Inland Espana (Res)
Bejai New Road, Mangaluru

Starting From ₹ 52 Lakhs*



Inland Echelon (Res)
Ballalbagh, off M. G. Road, Mangaluru



Inland Sovereign (Res)
Mission Gori Road, Mannagudde, Mangaluru



Inland Eon (Res)
Matadakani Road, Gandhinagar, Mangaluru

Starting From ₹ 43 Lakhs*



Inland Imaad (Res)
Hegdenagar, Bengaluru

Starting From ₹ 39 Lakhs*



IN-LAND® INFRASTRUCTURE DEVELOPERS PVT. LTD.

"Inland Ornate", 3rd Floor, Navbharath Circle, Mangalore - 575 003.
Phone: +91 824 - 2496110, 2492180, 2491795 Fax: +91 824 - 2496291
E-mail: info@inlandbuilders.net Web: www.inlandbuilders.net
Mobile: +91 98801 38019, +91 99720 14055, +91 98801 38015, +91 99720 89099

SINCE 1986

Regd. Office : "Abhilasha Arcade", # 495, 3rd Floor, CBI Road, R.T. Nagar, Bangalore - 560 032,
Telefax : +91 80 23545277 Mobile : +91 98801 45145, +91 97403 99033

Dubai Office :

Inland General Trading LLC, 304-1, Zabeel Business Centre, Behind Karama Post Office, Karama,
Dubai, UAE, P.O Box - 28452. Ph. : +971 4 3955659. Mobile : +971 56 3748091 E-mail : info@inlandtrading.ae



Membership Number:
"IGBC - CS - 2082"

Find us on



INLANDINFRASTRUCTURE

* Conditions Apply



You want it, You got it!

Getting a loan at CITIZENCREDIT is as easy as pie! The key to your financial needs is an arm's length away. Drop in at your nearest branch, and experience the warmth and friendship we have spread for years.

MUMBAI: Amboli - 26771280; Bandra (Mt. Carmel) - 26443765; Bandra (Hill Road) - 26437089; Bandra (Turner Rd) - 26430802; Borivli - 28937776; Byculla - 23719862; Chembur - 25218157; Colaba - 22047753; Dadar - 24374948; Dhobi Talao - 22610112; Four Bungalows - 2637 4415; Gorai - 28452650; Goregaon - 29275801; Kalina - 26660052; Kurla - 25041370; Madh - 28889975; Mahakali - 2830 3141; Mahim - 24474480; Malad - 2862 2159; Manori - 2845 2741; Marol - 2821 5286; Mulund - 2564 1710; Sahar - 2682 9285; Santacruz - 2604 7770; Vakola - 2668 5077; Vikhroli - 25779750; Wadala - 24104551 **NAVI MUMBAI:** Vashi - 27825113

PUNE: FatimaNagar - (020) 26860327; Camp - (020) 26331122;

THANE: Bhayandar - 28170131; Mira Road - 28118323; Naigaon - (0250) 2200715; Thane - 25425447; Vasai - (0250) 3240930;

UNION TERRITORY OF DAMAN: Moti Daman - (0260) 2230397; Nani Daman - (0260) 2250152

GOA: Panaji - (0832)2432995; Porvorim - (0832)2412371; Margao - (0832)2700096; Mapusa - (0832) 2254078; Vasco-da-Gama - (0832)2501870

 **CITIZENCREDIT®**
CO-OPERATIVE BANK LTD
your dreams, our wings

www.citizencreditbank.com