

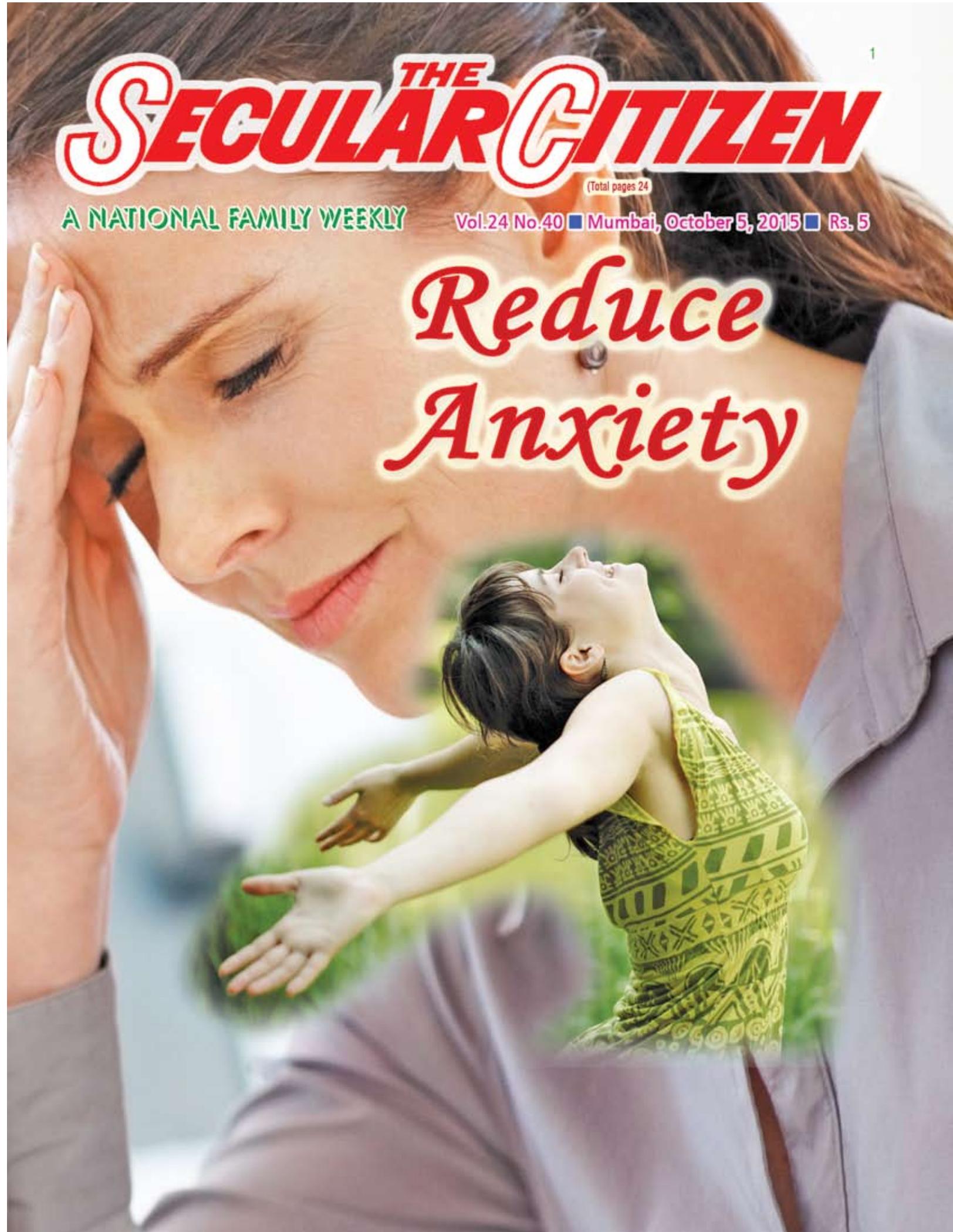
THE SECULAR CITIZEN

(Total pages 24)

A NATIONAL FAMILY WEEKLY

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Reduce Anxiety



Ernakulam-Angamali archdiocese to take on love marriages

Kochi: Hundreds of Syro-Malabar Catholic couples will assemble in Kochi to address true and immature love.

“Believers should be able to differentiate true love from immature love,” says Fr Augustine Kallely, director of family apostolate of Ernakulam-Angamaly archdiocese.

True, says the priest, is committed while in sensual love allows one to have multiple relationships.

The priest is organizing a conference on December 5 where 1,423 couples from 130 parishes of the archdiocese are expected to attend.

The main topic for an open forum discussion at a conference will be “Is premarital a sin or pranayam a bliss?”

The web portal nyoooz.com says the archdiocese is organizing the conference as it is worried about its flock straying and marrying people from other religions.

The archdiocese conducted a zonal conference at Ernakulam on September 21 in preparation for the conference. It will also conduct such meets at Angamaly on September 24 and at Cherthala on October 2.

Some topics to be debated at the conference are: Difference between sensual love and true love, challenges facing healthy love, should love marriages be encouraged, should the Church start services for lovers, is love in the family essential for the formation of an individual.

Though young and impressionable minds are the target, the church, keeping generations ahead in mind, believes that the learning should begin with parents.

The conference takes place in the backdrop of increasing number of Catholics marrying people from other religions.



The growing phenomenon of Catholics marrying outside the faith and the challenges that it poses to the church in countries like India, where Christians are a minority was the subject of discussion at a recent gathering of Asian moral theologians.

Fr. Michael Peters, an Indian moral theologian who studied mixed marriages in several archdioceses in southern India between 2005 and 2010, said his survey revealed “a clear indication” that such marriages are steadily growing in the country.

In light of this trend, the church is rethinking its earlier rigid stand against marrying outside the church and is open to serving couples in this situation, Peters found, but significant challenges remain.

According to the Missionaries of the Precious Blood priest, the new trend is the result of the technological revolution of recent years that has brought drastic changes in how young people form relationships.

The July 17-20 pan-Asian meeting of Catholic ethicists in Bangalore addressed “Doing Catholic theological ethics in a cross-cultural and interreligious Asian context.”

Fr Peters found that information technology is a major contributor to the trend of mixed marriages in Asian countries.

On one level, he said, information

technology itself connects young people together across religious, caste and cultural divides.

On another level, the information technology industry creates working environments that bring together legions of young hires from diverse backgrounds into the same physical location and allows them to interact with each other.

“In this scenario, our youngsters fall in love, and religion and faith at that point matter less,” Peters said, adding that such relations often end in marriages between parties of different faiths. “Their hearts are united while they differ by their faith.”

Even the working paper for the Vatican’s upcoming Synod of Bishops on the family has noticed this trend, he says. The document acknowledges that spouses in many Catholic families in Asia, North Africa and other regions are people from other religions.

While these couples bring “great richness to the church,” Peters said, they also pose difficulties, especially in countries where religious affiliation has implications in civil law. In India, for example, different religions have their own sets of personal laws that govern matters relating to family life, such as marriage, divorce and inheritance.

What is positive in all this is the church’s ability to evolve with the times, said Peters. The church that had earlier banned Catholics from marrying people of other religions now allows such relations under a dispensation called “disparity of cult,” provided the couples agree to raise their children as Catholics and the Catholic partner continues to practice the faith.

Courtesy: mattersindia

'Thought for the week'

A friend is one of the nicest thing you can have, and one of the best things you can be.

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Cover : Reduce Anxiety

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Testing Waters! Testing Times!

Banner headlines in several of the major newspapers of the country this morning screamed, 'Deleting Whatsapp, FB, Viber chats could be made illegal!', 'Centre mulls controls on instant messaging apps!', 'Save your Whatsapp messages, govt wants to play peeping Tom!' and so on, as the Central Government introduces yet another proposal which not only infringes but also violates a fundamental right of the Indian citizen.

The proposal (a draft policy on internet security) seeks to strengthen the Government control over private data; one of the points states that "instant messaging, apps like (Whatsapp) users will have to keep their communications for 90 days and should be able to produce them if asked by the authorities". A blatant attempt to gag social media and freedom of speech! That such a proposal can even be contemplated would surely make the thinking citizen wonder whether "the dark times" have already arrived!

On hindsight however, one should not be surprised! The ruling political dispensation, the Bharatiya Janata Party (BJP) is the political wing of the Rashtriya Swayamsevak Sangh (RSS); the main ideologue of the RSS is its second Sarsanghchhalak MS Golwalkar who in two of his significant works "Bunch of Thoughts" and "We or our Nationhood defined" makes it clear what their core ideology is all about; this includes the denouncement of the Constitution of India, the upholding of the 'Manusmriti' code; the negation of basic democratic principles and above all the treatment of minorities as second-class citizens. Given the fact that all the key Ministers of the Government had to pay obeisance and to report to the RSS top brass recently is a clear proof that it is the RSS that is calling the shots in the country today.

Since May 2014, there have been several efforts by the Sangh Parivar and their ilk to tamper with, manipulate and intervene in almost every section of the life of the ordinary citizen. The way the education system of our country is being mauled makes one squirm; the students today are fed with a syllabi which is loaded with myths, superstitions, half-truths, discriminatory attitudes and everything else which hardly befits a nation which desperately seeks to find a niche as a global player. It is unbelievable that people without the necessary academic qualifications and competence are now made directors



BY FR. CEDRIC PRAKASH SJ

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of reputed institutes of learning and even Vice Chancellors! The Government has entered the private domain of what people eat and wear, what films they should see and whether or not an Indian girl can even be out late at night! The "ban" culture reigns supreme as an aura of "majoritarianism" gains a stronghold. Media to a great extent is muzzled as never before!

The 'Ghar wapsi' programmes and the 'Patidar's stir' in Gujarat also makes transparent the intentions of those who govern us: a national anti-conversion law and of course as RSS Chief Mohan Bhagwat has said unequivocally that 'reservations need to be done away with'. The denigration of minorities include the attacks on Churches and Christians and the re-naming of roads with Muslim names.

The impunity by which another affiliate of the Sangh Parivar, the 'Sanathan Sanstha' has murdered intellectuals and rationalists like Govind Pansare also demonstrates that those who stand up for what is right will be severely dealt with. The murders of other rationalists like Dr. Narendra Dabholkar, Dr. MM. Kalburgi also point to this group; as expected, no Government official has condemned these dastardly acts. Human Rights Defenders, RTI activists, whistleblowers and other civil society members - who fight for truth and justice continue to be the target of vicious attacks.

One certainly has to toast the many who from every walk of life have had the courage to take a stand against what is happening in the country today; however, when one looks at the broader picture there seems to be no groundswell of protest; no visionary political leadership which can contain the heap of violations, abuses and injustices to which the common man and woman of India is subjected to today.

Yes, the waters are being tested today! It's testing times for the country at large! We, the people of India need to wake up and act, before it is too late!

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

Property disputes plague Catholic families in Goa

A man stabs his mother and sister over a family property dispute. Another bludgeons his brother and sister-in-law with a spade. Yet another kills his younger brother while arguing over property.

In another case this month, an obituary announcement asked family members who had opposed inventory proceedings of the deceased, not to attend the funeral.

Such incidents in this former Portuguese colony, now a western Indian state, indicate the growing divide among Catholic families who, because of close historical ties to colonial authorities, have large ancestral agricultural properties.

Goa, a Catholic stronghold and India's smallest state, is known for its white sand beaches and palm-fringed villages and is an attraction for both national and international tourists. As people migrated to Goa from across India in the past two decades, land prices have soared and become preferred investments.

This has led to a disturbing trend in recent times, with siblings alleging partiality of parents in sharing land and fighting for a better, "rightful share" in ancestral property.

These rifts are primarily because traditionally large extended families have split into smaller units, says Elvis Gomes, a police officer who was also earlier director of panchayats,

or village councils. He suggests that the Goa archbishop should start special courts to resolve such issues in a Catholic spirit.

"In the past, it was community living, where one brother would reach out to the other, and one's wealth was seen as common wealth. This no longer holds true in present society," Gomes said.

'An equal share'

Empowerment of women, too, has contributed to the problem, according to Antonio Fernandes, a social scientist.

Over the years, women who were married off with a dowry signed a document surrendering all rights to family property. But women are now challenging such documents following legal advice that they are entitled for an equal share of ancestral property, Fernandes said.

If a sibling has converted ancestral land to a commercial complex or apartment complex, "then the daughters too ought to be given a share in the commercial profits," he said.

Moreover, "the daughters are seeking an equal share, often at the behest of their husbands," Fernandes said.

Pilar Father Valente Azavedo, a counselor, attributed jealousy to the discord as nuclear families want more than what they have or received.

"There are cases where parents show more affinity to a particular sibling and allot a greater share to the favorite," he said.

Father Simon Diniz, a clinical psychologist and principal of Rosary College in South Goa district, said people have forgotten the purpose of life.

"People have become slaves to money ... They are not bothered about heaven or hell, and are ready to do any jugglery, forgery, fabrication and concoction to attain wealth," he said. "Spouses as well as children do not respect each other. People live as if they have come to here to live forever."

"Envy has grown so much because we have no God in life today. Everybody is qualified, but not educated," the priest said.

About a quarter of the state's 1.8 million people are Christians, almost all of them Catholic.

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Interesting facts about Bandra



There are many interesting facts about Bandra-which is called the Queen of the suburbs.

Bandra comes from the Persian and Urdu adaption word bandar- and Duncan Forbes A Dictionary of Hindustani and English 1848 defines it as a city,an emporium,aport,harbour,atrading town to which numbers-many-of foreign merchants resort and in Marathi Bandra is Vandre meaning port derived from the same Urdu Persian word and Fernandes Braz A -1927 -Bandra-Its Religious and Secular History and Bombay Historical Monograph and Faria de Souza in 1505 calls Bandor a Konkan coastal town and Mendeleso in 1639 calls it Bandera and Fryer who visited it in1675 mentions Bandura and in Portuguese accounts it was and is still called Bandora but Ovington in 1688 drops the B and calls it Pandara-however Murphy's map of 1843 calls it Bandorah and James Douglas calls it Bandra but early Marathi documents it was called Vandra and around 1894 the Railway Company changed the station boards to BANDRA.

In the 12th century it was ruled by the Silhara dynasty.

Bandra was a tiny fishing village of Koli fishermen and farmers acquired by the British East India Company-the rest of Bombay belonged to the Portuguese.

Human habitation existed before the stone age and the Kolis a Marathi fishing community were the earliest settlers of the islands of Bombay.

Bandra included villages of Chium, Sherly, Rajan and Pali had narrow winding roads, village squares, freshwater wells and rice fields houses were picturesque cottages with red tiled roofs and brick walls, mosaic

by Peter Castellino

floors and iron bars against shuttered windows and families lived with relatives and elders.

Some homes were two storied bungalows with Burma teak ceilings, spacious terraces , ornate verandahs and slanting attics where children explored old junk to find diaries and account books of their great grandparents besides other family treasures and elders basked in the sun on large reclining armchairs.

In the early 20th century there were few tarred roads and people either walked or rode bicycles and hand pulled rickshaws and pony carts were common and cowherds delivered milk at street corners and hawkers with baskets on their heads sold vegetables door to door announcing their wares in staccato rhythms.

Rowboats,sailboats and trawlers were used for fishing,fruitsellers pushed open handcarts downstreets,a Chinaman sometimes brought a bundle of silks for sale.

Bull driven covered wagons transported goods and people travelled in horse drawn carriages for important journeys,a tram pulled by four to eight horses was a luxury, the first train connecting Bombay to the northern suburbs was inaugurated in April 1867,in 1901,the Parsi business magnate, the first Indian to receive the title of Baronet from the British was the only person who owned a car in Bombay and the first bus service came to Bandra in the1930s.

Some families had small fountains whose sprays went into ponds lined with white river bed stones,corn fields surrounded villages, beehive were found in forest glades, talaos fed by freshwater springs irrigated paddy fields, buffaloes swam in monsoon filled ponds which had different species of yellow and green frogs at dusk, people drew water from their own wells or the nearby ones-before swimming in the sea boys learnt swimming in wells with ropes tied to their waists and some wells had water drawn from them by bulls pulling a circular wheel with swinging vessels that scooped water from below and swished it into mud channels to feed the newly planted rice.

Fire flies flew at night and sparkled and people carried oil lamps or torches to avoid scorpions and snakes and herds of sheep and goats would suddenly pass by on streets on the way to the slaughter house and people would move aside for them to pass, performing monkeys and child acrobats attracted children, a snake charmer with a cobra coiled before him dancing to melodious pipe was seen and people threw coins into his handkerchief, cockfights with betting was another roadside entertainment and a lavishly decorated bull picked out the richest, cleverest or most henpecked husband from a crowd when asked to do so by his master who did so with the plaint of a soulful drum.

Rarely sighted elephants and camels were viewed from house windows, donkeys carried cement and sand, in

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Reduce Anxiety



whelmed, gently place both palms side by side on your face, fingers gently resting on your closed eyelids. This cocoons and quiets the mind, until you feel more centred and ready to face the world again.

Try some Chamomile tea:

Chamomile is an herb that has been used to treat symptoms associated with physical and mental ailments for thousands of years, including anxiety. A cup of chamomile tea is a popular choice but it can be taken as a supplement as well. The longer the herb is consumed, the more effective it can be, so it is important to take it consistently.

Lavender works wonders

Lavender, like chamomile, is an herb that has been around for centuries to treat symptoms of anxiety. You can add lavender scented bath salts to a warm bath, light a lavender scented candle, or buy it in the form of an oil to carry around with you should an anxious moment strike.

Look for something warm

We often associate feelings of warmth with relaxation and serenity. Think about it- when was the last time you were stressed out while on the beach or in a bathtub? When our bodies experience warmth, whether it is in a sauna or even while exercising, we are reducing muscle tension and anxiety.

Breathe deeply:

The more anxious you become, breathing becomes shallower and higher in the chest. Consciously lengthen your breath, breathing deeper into the belly. Count to three on the in-breath, and four on the out-breath.

Meditate more:

Meditation isn't always simple, especially when you're starting out (not to

No one should have to live with anxiety. But anxiety isn't the type of condition you can simply cure on a whim. You need some type of treatment - a treatment that will break the effects of anxiety so that you can live a more relaxed and happier life.

Stress and anxiety in this modern world is omnipresent. Anxiety isn't the type of condition you can simply cure within seconds. You need some type of treatment - a treatment that will break the effects of anxiety so that you can live a more relaxed and happier life.

Some people turn to prescription medications, but mental health medicines have significant dangers and considerably addiction risk. That's why so many people want a way to treat anxiety naturally. Luckily, there are several options for curing anxiety that do not involve any type of prescription medication.

When you're feeling anxious, you might feel stuck and unsure of how to feel better. You might even do things that unwittingly fuel your anxiety. You might hyperfocus on the future, and get carried away by a slew of what-ifs. Thankfully, there are many tools and

techniques you can use to manage anxiety effectively. There are many different types of natural anxiety treatments options. The term 'natural' simply means 'without chemical medicine' and this opens up hundreds of different doors that you can choose from to reduce and prevent your anxiety. Here are a few healthy ways to beat stress and anxiety.

Get Closer to Nature

Nature brings you closer to our own spirit. Many researches have shown that people who live near parks or any kind of natural setting, have reduced anxiety, less depression and greater well-being. Researches have also indicated that taking nature walks can actually lower stress levels and improve overall mood.

Try Aromatherapy

The sense of smell bypasses the cognitive brain (the bit that does the worrying). Light some incense e.g. nag champa or sandalwood. Burn some aromatherapy oils such as lavender or rose. Or just wear your favourite perfume or cologne. You can also try a few essential oils; all these help you in lowering your stress.

Practice Cocooning

In the moment you feel totally over-

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mention while experiencing anxiety), however, there are many useful videos online geared specifically to calm feelings of anxiety. Ten minutes of meditation twice a day is typically all it takes.

Why stop playing:

As adults, it's easy to become so busy and wrapped up in responsibilities that we forget to do things simply for the enjoyment of them. Think back to activities you enjoyed as a kid. You may be surprised by how much you still enjoy them and their ability to take your focus off your anxiety. Get into playing a sport or a few games.

Talk to yourself

Affirmations are positive, self-affirming messages to self. In the case of anxiety, calming and positive is required. Try "All will be well", or "I always cope, just breathe and relax". or the very famous "All is well - All is well."

Circuit breaker

Get your mind off the problem, it's not going anywhere, but you can. Take the dog for a mini walk. Revisit your funniest emails. Listen to your favourite song. Google a beach in Tahiti. Make your self a cup of herbal tea.

Bananas

There are numerous mental health benefits that can be found in bananas but anxiety sufferers will be most pleased to hear that they work as an all-natural beta blocker, which can actually block adrenaline. Eating a banana or two a half hour before an anxiety-provoking event has been shown to help reduce symptoms of anxiety.

Nature

New research has indicated that group nature walks can actually lower stress levels and improve overall mood. Nature, walking and socializing have all been shown to reduce anxiety levels individually so why not combine all three?

Sleep

Research has suggested that lack of adequate sleep can trigger areas of the brain responsible for anticipation and anxiety. Some of us need more sleep than others so monitor how many hours it takes for you to wake up feeling minimal anxiety.

Reflexology

Reflexology is the belief that pressure to certain points on the hand can relieve stress in the rest of the body. Reflexologists utilize these pressure points in a way that many believe has a very calming effect for all types of stresses.

(Contd.. on p. 9)

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08.30 am : Mass **Fr. Samuel Rayer** (Raigad Deanery)
10.00 am : Mass **Fr. Simon Borges** (St. Michael Church Parish Priest & Dean)
11.00 am : Solemn Procession of Fatima Statue, followed by Mass
11.30 am : Mass **Fr. Barthol Machado** (Dean Raigad Deanery)
1 to 2 pm : Novena & Prayers animated by Legion members of Amarnath & Mumbai

2.00 pm to 4.00 pm : Intercessory Healing Prayer/Adoration Mass at 4 pm
Animated by : **Fr. Sanjay Bramhane / Fr. Michael Anthony** (Aurangabad Diocese)

05.00 pm : Bhajans & Kirtans **Yohan Kshirsagar** (Nagar) & **Carlos Kasbe** (Mumbai)
07.00 pm : Fellowship Meal with the Neighborhood People

Tridum : 14, 15 & 16 Oct. 2015. Novena Mass at 5.30 pm.

Tuesday 13th OCTOBER 2015 Full day Fatima Devotional service

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9.00 am : Mass, Unfurling of the flag, Novena, Message, Testimonies
12.30 pm : Mass, Fellowship meal, Inner Healing Prayer, Adoration



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Why Should't A Political Party Be Penalised If It Fails To Live Up To Poll Promises?

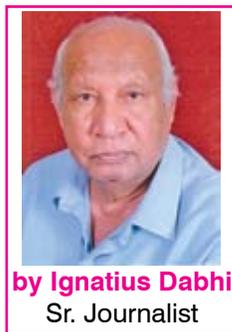
“A successful Politician is one who before the election would promise anything, and once elected, would explain why the promises could not be kept....” so said The British Prime Minister, Mr. Winston Churchill once to a journalist. And exactly, here comes the point of this writeup. Before the last General Elections, our beloved Prime Minister's tongue slipped on the black money. When he could not defend himself, he must have asked, it seems to great Mr. Amit Shah to come to his aid. Mind you till today, he would not utter a word on 'black money'! The Indian crowds that throng to hear him, seem to have either forgotten the poll promises given by Modi or gracefully forgiven him...!

An article in the Times of India, based on this issue, says : “Why should'nt there be a penalty on political parties if they fail to live up to their manifesto promises?” In a country like ours unhappily, right from the first General Election, there has been tradition for one and all, to be extra generous in giving promises before the elections. Every candidate knows it very well that once elected, you have to conveniently forget the people. There is no authority, no commission, no nobody, to check whether the candidate lives up to his poll promises. Be it a Congress or a BJP.

Here comes the point. Can there be some check or a controll by some effective body to remind the candidate of the promises he gave amidst a thunder of clappings.... In the west, the people are less tolerant than our uneducated Indian masses. In India, crowds at the election meetings are gathered by so many means. This is



not so in any Western countries. Indian crowds hardly follow or fathom what is being said. All political parties want crowds, not the listeners. Indian news channels show the thickness and the greatness of crowds. Only a few or none really understand what is being said! This is the biggest folly of our crowd democracy. It is a mobocracy!



by Ignatius Dabhi
Sr. Journalist

The first Prime Minister Jawaharlal Nehru, in every one of his public meetings used to ask the crowds : “Do you hear me? Do you really understand what I say?” This writer has been the witness of this fact. In most of the meetings of Narendra Modi,

there used to be a drama, ‘Nautanki’ or something else.... The real issue like poverty, joblessness, cast discrimination, corruption, mal practices in public offices, and hunger were never touched. The paid crowds clapped, and dispersed!

The BJP Government in Gujarat tried to pass and tried to make voting madatory in local governments polls. Such a move by the Anandiben’ BJP government was stayed by Gujarat High

Court. Gujarat government introduced an Ordinance for elected representatives and candidates contesting polls to vote or face disqualification. The High Court was wise enough to stay such a move.

If the present government of Narendra Modi is pro-people, it should seriously control over his poll promises. The Election Commission should have every candidates speech. Unhappily, during the last General Election we witnessed so many unfortune instances which still hang in the courts...

Indian democracy, as we practise, is convinient mechnism in which people are royally goofed, and fooled. Netajis do not have accountability! They are accountable to none. Once in power, you ruthlessly forget people. The party matters. The country can go to hell!

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(Contd.. from p. 7)

The Rights of Senior Citizens

Magnet Therapy

Another interesting form of therapy is magnet therapy, also known as magnetotherapy. Magnet therapy believes that placing various magnets on your body will move elements around and provide you with therapeutic properties.

For those that are willing to commit to some type of treatment that isn't plant or medicine based, the following are the most common and effective treatment options:

Cognitive Behavioral Therapy
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In 2014, India had about 10 crore people above 60 years of age, this number is expected to touch 32 crores by 2050. The 2014 report by a NGO- Helpage India highlights a very sad state of affairs in the lives of the "old in age-young at heart". According to this survey more than 50% respondents faced some form of abuse and 41% of them chose to keep silent and bear the pain. It's time that the hands that nurtured us reclaim their rights.

The document 'UN Principles of Ageing' (1982) is considered the basic guideline for promotion of the rights of senior citizens. The five principles enumerated therein are: Independence; Participation; Care; Self-Fulfillment and Dignity. The right to access adequate food, water, shelter, clothing and health care is basic to the lives of senior citizens. They should also have access to health care to help them maintain the best possible level of physical, mental and emotional well-being. Older persons have a right to live in dignity in safe environment; free from exploitation and mental, economic and physical abuse. The Indian laws provide for maintenance for parents, who are ignored and neglected by their children. The section 125 of the Code of Criminal Procedure provides for the maintenance of parents who are unable to maintain themselves. The Protection of Women from Domestic Violence Act 2005 provides protection from violence, the right to residence and maintenances for women even mothers who face violence from their children.

The Maintenance and Welfare of Parents and Senior Citizens Act, 2007,



is an Act that provides more effective provisions for the maintenance and welfare of parents and senior citizens guaranteed and recognized under the Indian Constitution. Parents and senior citizens have a right to be maintained by their children. Similar to the theory of reverse mortgage, all those who will benefit from the property and assets of the Senior Citizens are legally bound to provide for the needs of the Senior Citizens. So if the senior citizen has a property which his/her children will inherit on his/her death, then according to 2007 Act, they



by Adv. Aileen Marques

are legally bound to maintain the senior citizen during their lifetime. Children have an obligation towards their parents. In an attempt to rejuvenate the lives of the Senior Citizens, the government of India has introduced many policies and schemes. Senior Citizens have to realize that they have rights, the most important being the right to life. It is important that Senior citizens become aware of their rights and assert them rather than succumb to the pains and pressure of their victimizing children. Life is a blessing of God, live it with grace and dignity.

Mahatma Gandhi had said that the 'Seven Social Sins' would destroy an individual, the society and even the nation. These are also called the 'Seven Blunders of the World'; and it was published by the Mahatma in his weekly newspaper Young India on Oct. 22nd, 1925. He gave this list to his grandson, Arun Gandhi, written on a piece of paper shortly before his brutal assassination. The country would do well to truthfully implement these ethics on life. And from a Christian viewpoint, which is also applicable to all people of goodwill, I have quoted the relevant Bible passages.

1. Wealth without Work:

Tainted 'wealth' has no lasting value, but right living can save your life – (Proverbs 10:2).

For even when we were with you, we used to give you this order: if anyone is not willing to 'work', then he is not to eat either (2 Thessalonians 3:10).

2. Pleasure without Conscience:

He who loves 'pleasure' will become a poor man. He who loves wine and oil will not become rich (Proverbs 21:17).

Let us draw near with a sincere heart full with the assurance of faith, by having our hearts sprinkled clean from an evil 'conscience', and our bodies washed with pure water (Hebrews 10:22).

3. Knowledge without Character:

The fear of the Lord is the beginning of 'knowledge'; fools despise wisdom and instruction (Proverbs 1:7).

More than that we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces 'character', and 'character' produces hope (Romans 5:3-4).

4. Commerce without Morality:

A multitude of camels will cover you; the young camels of Midian and Ephah. All those from Sheba will come, bringing 'gold and frankincense', and

Scriptural Supports for Seven Social Sins

– DR TREVOR COLASO



will bear good news of the praises of the Lord (Isaiah 60:6).

In everything, therefore, treat people the same way you want them to treat you; for this is the 'morality' of the law and the prophets (Matthew 7:12).

5. Science without Humanity:

Where were you Job, when I laid the 'foundation of the earth'? Declare, if you have understanding ... He stretched out the north over an empty place, and 'hanged the earth' upon nothing (Job 38:4 ... 26:7).

So God created man in His own image; in the 'image of God', He created him; 'male and female' He created them (Genesis 1:27).

6. Worship without Sacrifice:

Ascribe to the Lord the glory due to His Name; 'worship' the Lord in the splendor of holiness ... O come, let

us 'worship' Him and bow down; let us kneel before the Lord, our Maker (Psalm 29:2 ... 95:6).

Does the Lord delight in burnt offerings and 'sacrifices'? Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living 'sacrifice', holy and pleasing to God – this is indeed true and proper worship (Romans 12:1).

7. Politics without Principles:

Every person is to be 'subject to the governing authorities'; for there is no 'authority' except from God, and those which exist are established by God (Romans 13:1).

Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any 'excellence' and if there is anything 'worthy' of praise, dwell on these things (Philippians 4:8).

Conclusion: Jesus' Richness and Poverty:

All humanity should take cognizance of the example of Jesus Christ, Whom the Mahatma regarded as his Guru – "Jesus is the most active resister known to history. His was non-violence par excellence" (Correspondence with the Government – No 301).

St Paul decisively reveals: "For you know the generous act of our Lord Jesus Christ, that though He was rich, yet for your sakes He became poor, so that by His poverty you might become rich" (2 Corinthians 8:9).



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How Marketers Condition Us To Buy More Junk Food

While excess weight and obesity is a growing global concern, there has been more and more advertising and promotional effort encouraging the consumption of unhealthy food.

In many cases this marketing is targeted at children, and takes place online. In our recent study we investigated the impact of online marketing communications on children and their intention to consume unhealthy food. We found fast food ads on social networking sites can manipulate young audiences – their purchasing likelihood, their views of fast food and their eating habits.

The qualitative study included a sample of 40 Australian children who use social networking sites. Half (21) of the children were male and the average age was 14 (the youngest being 12 and the oldest 16). Their parents were also present during the interview, however they agreed not to intervene during the conversation.

A growing problem:

The prevalence of excess weight and obesity among Australians has been growing for the past 30 years. Between 2011 and 2012, around 60% of Australian adults were classified as overweight, and more than 25% of these fell into the obese category. In 2013, more than 12 million, or three in five Australian adults, were overweight or obese. On top of that, one in four Australian children were overweight or obese. Excess weight and obesity is only beaten by smoking and high blood pressure as a contributor to a burden of diseases.

Despite this, the food industry is succeeding in using marketing communications to change attitudes,



Most fast food ingredients contain more energy, total fat, saturated fat, carbohydrates and added sugars than healthier food of the same weight.

perceptions and perceived norms associated with unhealthy food.

Consumers are lured by surprisingly cheap deals, which are especially attractive to teenagers and young adults with low income. But sales promotions such as discounts and coupons often offer only short-term benefits to consumers and are usually not effective among middle-age adults.

However, if a promotion is offered for a long period of time (i.e. more than three months), it can actually influence customer habits, encouraging repeat purchases – for example, the \$1 frozen Coke.

Similarly, sales promotions can make other brands be perceived as less attractive by customers after a period of time. For instance, the \$1 frozen Coke campaigns by McDonald's and Hungry Jack's affect the perception of frozen Coke in terms of monetary value. Many consumers become less willing to buy a frozen Coke that is more expensive than \$1. The same can be said of \$2 burgers or \$5 pizzas.

Peer pressure:

Peer pressure is heavily related to eating habits, especially during puberty when there is usually a shift from home influence to group motivation. Teenagers and young adults in particular tend to choose a particular type of food under peer pressure.

More than 70% of teenagers will choose a food according to the preference of their friends. This means marketing communications promoting fast food consumption can create a snowball effect within this group of customers. For example, Jack, Sara and Park go out together. If Jack and Sara order Big Burgers with extra cheese, the likelihood that Park will order another Big Burger with extra cheese is approximately 75%. In contrast, only 2.7% of people aged over 40 choose fast food because of their peers.

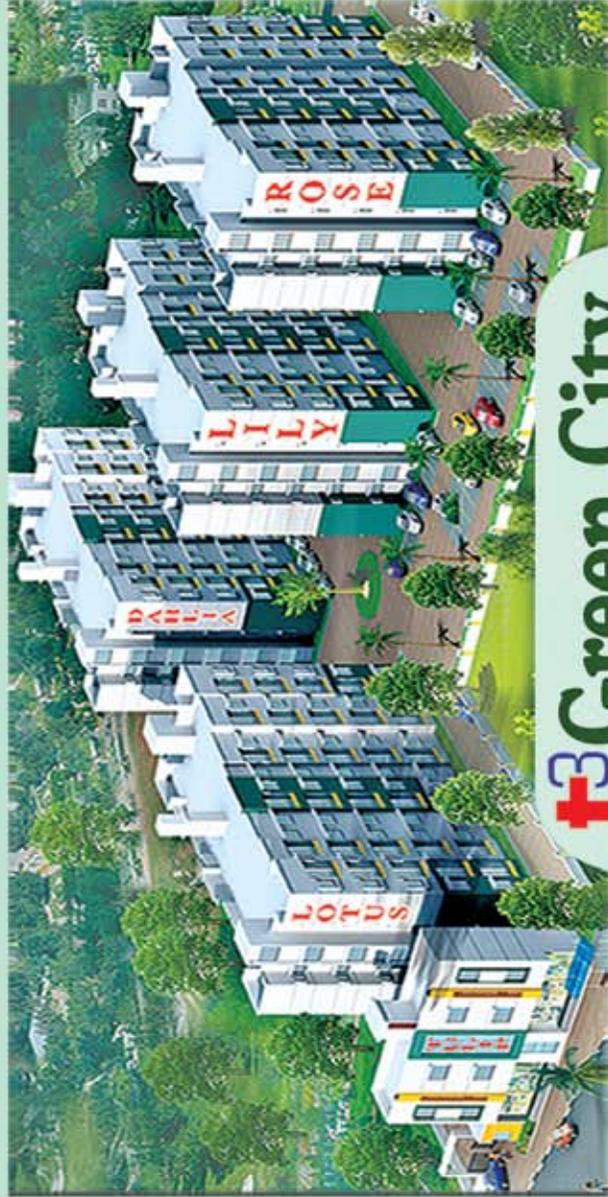
It's clear marketing efforts by fast food chains can promote unhealthy eating habits. Also, peer influence plays an important part in forming eating habits. This means the intervention of government and health organisations should concentrate on increasing customers' attention to health issues, self-efficacy and perceived norms, and at the same time, lessening the influence of marketing efforts aimed at motivating unhealthy eating habits.

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The reality about money is that the more control you have over your finances, the fewer money stresses you have. And less stress translates into more happiness.

Do you have to be rich to be happy? A little extra money absolutely can buy happiness. While money is responsible for only a small piece of your overall happiness, it can rob you of happiness completely. Fighting about money can drain the joy out of your marriage or other personal relationships, while chasing after money in the belief that it will make you happy can cost you the opportunity to focus on the truly important things in life. Here are few simple ways:

Get Organized:

You don't have to hire a professional organizer or spend a fortune for this. You just need to come up with some sort of system that you understand, so if you have to put your finger on an important piece of paper, you can do it quickly and without a great deal of trouble. Pay your bills as they come in, rather than stockpiling them until the end of the month. This will lower your stress levels and make you feel more in control. Why? Sitting down to pay a dozen or so bills all at once is drudgery, and it eats up a chunk of time that you'd rather spend doing just about anything else. Moreover, watching all that money fly out of your door can be an emotional drain. Do it in bits and pieces.

Spend Sensibly:

That double decaf latte may make your stomach sing as it goes down, but if you can't afford it, it'll give you headache later. If you have trouble living within your means, you need to understand the specific items sabotaging your wallet. Once you've iden-

Turn Your Money Into Wealth



Work Towards Your Goals

Visualizing what you want is the first step in setting goals. Think big, but be as specific as possible. Setting a goal of "buying my first house soon," is too vague. Deciding you want to buy a three-bedroom home within 30 minutes of your office before my 35th birthday is better. Write down your financial goals, then figure out what steps you need to take to achieve them.

tified them... whether they're car payments, restaurant bills, mobile phone charges or too many birthday gifts... you can make changes.

There are many ways to make deals with yourself to live within your means. You can brew your own café latte at home. Buy that second hand car. Cut back on your clothing budget. Spending no more than you can afford is absolutely essential to financial control.

Minimize Debt:

Having a very low level of total debt (including mortgages, car loans, home equity loans) does not necessarily make us better off. In today's economy, affording a house, or undertaking an extensive home renovation, means taking on some debt. Credit card debt however, is a different animal. You can't take ownership of the rest of your financial life unless you bring your relationship with your creditors under control and reap the psychological rewards that come with the bargain. If you've borrowed so much that you have trouble making the payments on your monthly cards, stop spending and stop borrowing. It's as simple as that. Do whatever is necessary to make that happen... lock your credit cards in a drawer if you have to. If you're in a hole, you've got to stop digging.

The 5 percent policy:

when you're saving money, your control over financial matters gets stronger and stronger. The easiest way to save is to get that five percent out of your hands before you have a chance to spend it. Arrange to have money taken out of your pay pocket and targeted directly into your savings. Or join a good mutual fund scheme's systematic investment plan that takes five percent from your savings account each month and deposits it into savings... best also to look into using a tax-advantaged plan.

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Understanding Devotion To The Most Precious Blood



BY MELVYN BROWN

Divine worship is a powerful measure of hope where there is suffering, deception, hate and violence. The essential characteristic of sanctity and the sacred arises when we turn to God, His Son Jesus, the Holy Spirit and to devotion. It is never a just solution to use violence to stop violence to save the world, especially when the Precious Blood devotion can wipe away the spread of evil ultimately destroying those who spread barbaric acts.



Abel, the first two children of Adam and Eve. Abel was the good son, and his brother Cain was evil. Abel would offer God the firstlings of his flock; Cain would bring the fruits of the earth. God looked with favor upon the offerings of Abel.

This angered Cain. So, one day Cain said to Abel, "let us go for a walk in the fields." Not suspecting evil, Abel agreed. Out in the open green fields, suddenly Cain turned around and killed his brother.

The grace of God is an invaluable treasure available to all His followers. In divine worship to the Lord we receive the wisdom to know of misinformation and inaccuracies Satan drums up around the world. Jesus, the Messiah, had become the lamb of God having offered his blood for our salvation. The evil one had been defeated. The blood of Christ became the pledge of God's faithful love for all those who believe and trust in Him.

The blood of Abel called out to God from the earth. And God was enraged. Abel became the figure of the innocent Christ who was also killed by the envy and hate of the Jews. Abel's cry has not ceased to this day as human blood flows on the earth because of hate and envy. Life is sacred. Life belongs to God.

Gaspar del Bufalo, a Roman Catholic priest and founder of the Missionaries of the Precious Blood was known as the Apostle of the Most Precious Blood. Gaspar was born on the Feast of the Epiphany, 6 January 1786 in Rome, Italy. It is interesting to note that he was baptized on the same day he was born with the name Gaspar Melchior Balthazar, the names attached to the Magi's who had been to see the infant Jesus.

Pope emeritus Benedict XVI has strong devotion to the Most Precious Blood of Jesus. It is a tradition which Pope St. John XXIII had extolled and explained its significance with approval for the "litanies". The Feast of the Most Precious Blood was once promoted on the First Sunday in July. Pope Pius X finally assigned the date of the feast to be on the First July. In 1960 Pope St. John XXIII revised the General Roman Calendar and classified the feast as of the first class. The Mass of the Most Precious Blood of Our Lord is placed among the votive Masses. The pontiff John XXIII had a tremendous devotion to the Precious Blood.

In Sacred Scripture the theme of blood is of primary importance. Blood is associated to that of the Pascal Lamb. We must always remember the scene at the Last Supper of Christ when he said, "This is my blood of the covenant, which is poured out for many for the forgiveness of sins."

Gaspar del Bufalo met with much opposition, even faced ecclesiastical opposition for his society, the Missionaries of the Precious Blood. This opposition started under the reign of Pope Pius VII, ABOUT 1820. The irony was that Pius VII had been a strong advocate at the founding of the society in 1815. His successor was Pope

Leo XII who was very adverse to the community. When Gaspar went and met the Pope the situation was resolved and brought on a more understanding situation.

Gaspar was active in many missions for the Church. He helped the sick, the poor and founded a religious organization of prayer and charity. He was ordained a priest in 1808. The young Gaspar was entirely dedicated to Holy Mother the Church. He began preaching for a widespread celebration of devotion to the Precious Blood of Jesus, resulting in the founding of a society of priests, the Missionaries of the Precious Blood, at the abbey of St. Felice in Giano, Umbria.

Bishop St. Vincent Strambi, a Passionist priest, described the preaching of Gaspar del Bufalo "like a spiritual earthquake."

Gaspar died on December 28, 1837. He had worked very hard to re-evangelize central Italy and the Papal States. He was buried in Albano till his body was removed to the house of the Missionaries on the via dei Crociferi in Rome.

"Devotion to the Precious Blood is not a spiritual option, it is a spiritual obligation, and not only for priests, but for every follower of Christ." Pope Clement I. The Holy Father also said, "Let us fix our gaze on the Blood of Christ and realize how truly precious it is, seeing that it was poured for our salvation and brought the grace of conversion to the whole world."

Gaspar del Bufalo was beatified in 1904. Almost fifty years later Pope St. John Paul II canonized Gaspar in 1954.

Internal splits force Anglicans to discuss looser global ties

London: The Archbishop of Canterbury has called a meeting of leading bishops to discuss loosening the Anglican Church's global structure due to growing differences over homosexuality and female bishops.

The Anglican Communion, the world's third largest Christian body with 80 million members, has been split between the more liberal churches of North America and Britain, where women are now allowed to become bishops and same sex couples can marry, and their more conservative counterparts in Africa.

In 2013, senior African Anglican leaders denounced the Church of England's decision to allow celibate gay bishops, warning this would only widen divisions within the worldwide

Anglican Communion.

Justin Welby, the Archbishop of Canterbury who is spiritual leader of the Anglican Church, will propose to the 38 national church heads that communion be reorganised as a group of churches all formally linked to Canterbury but no longer necessarily to each other.

In a more decentralised Anglican church, different congregations around the world would be able to hold different views without any common Anglican doctrine.

The meeting, set for January 2016, will address issues such as religiously-motivated violence, the protection of children and vulnerable adults, the environment and human sexuality.

"The difference between our societies and cultures, as well as the speed of cultural change in much of the global north, tempts us to divide as Christians," Welby said on Wednesday, Zee News reported.

"A 21st-century Anglican family must have space for deep disagreement, and even mutual criticism," he added in a statement. "We each live in a different context."

Welby's move represents a change of

strategy from that of his predecessor Rowan Williams, who was committed to getting liberals and conservatives to work together globally.

The Anglican Communion split deeply after Canada's Anglican Church began blessing same-sex couples in 2002 and the Episcopal Church, its U.S. branch, ordained its first gay bishop in 2003.

In January of this year the Church of England consecrated its first woman bishop, and women already serve as bishops in the United States, Canada, Australia and New Zealand.

However Anglican churches in many developing countries, particularly in Africa, do not ordain women as priests and they have called for homosexuality to be re-criminalised.

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(Contd.. from p.5)

summer hordes of parrots descended for sweet round yellow guavas, birds nested in jackfruit trees yearlong, bulbuls, sun-birds, sparrows, crows, eagles, kites, owls and orioles were seen in summer.

In the start of the 19th century there were three massive cholera outbreaks in Bombay, from 1895 to 1902 Bandra residents feared the plague that their relatives and neighbours had succumbed, outbreaks existed in 1706 and 1861 but the disease was not wiped out and kept re-occurring, typhoid, malaria, elephantiasis, tuberculosis and rheumatic fever killed people because of unhygienic conditions and inadequate sewage systems and gravestones showed young women who died in childbirth and husbands would remarry again for sons.

John Francis Gonsalves, Sr Karuna Mary Braganza's maternal grandfather risked death to attend to many plague victims-so because of cyclones, gales, tidal waves and two plague epidemics the people of Bandra erected roadside crosses where they prayed in gratitude or wept for deliverance.

The architect of Mt Mary's Church was Bombay architect Shappoorjee Chandabhoy - the basilica was built at a cost of 1 lakh in 1904 and the original church was built to serve the garrison at Castella de Aguada Fortress at Land's End, Bandra.

In 1879, Jamsetjee Jeejeebhoy made a flight of steps to Mt Mary's Church called Degrados de Bomanjee-Steps of Bomanjee.

Bandra Lake or Bandra Talao or Motha Reservoir was built by a rich Konkani Muslim of Naopada/Naaupada/ or Naoppara from an adjoining village of the Municipal Corporation of Greater Mumbai-it was later called Swami Vivikenanda Sarovar-paddle boating facilities and pisciculture activities existed till 1990s but are now stopped-the lake is a heritage structure under Heritage II.

Film director Mehboob Khan founded Mehboob studios in Bandra in 1954 and it became an Indian movie industry center and in the 1970s a recording studio was set up.

St Andrew's Church is the oldest church in Bandra.

Walking with the Lord!



The Lord calls ... He wants to walk with me
To hold my hand, steady my step,
To be a lamp for my feet and a light unto my path.

When morning breaks, He is at my bedside waiting
I brush Him aside, - I'll attend to you later
Now I need to attend to my family. I have uniforms to press
Lunches to pack and send them on their way
Wishing them a good day...

Time to cherish the first refreshing cup to fortify myself
And I see His reflection on the surface, a reminder He is waiting
No time, I need to sustain myself to work the day out
I have chores to do, miles to walk.

Dusting, cleaning, cooking, putting the house in order
While my life waits to be put in order.
Savouring a snack, quenching a drink to sustain my body
But the one who sustains and nourishes my soul
Waits on the sideline, waiting, waiting....

The day ends around the sacrificial altar in the house of the Lord
And I raise my voice in song and prayer- Walk with me O Lord
He who has waited the whole day to walk with me
Taps my conscience -
But it was you who insisted on walking alone today!!



BY VERA ALVARES

Beautiful letter written by a father to his son

Dear Son,

I am writing this to you because of 3 reasons.....

1. Life, fortune and mishaps are unpredictable, nobody knows how long he lives. Some words are better said early.
2. I am your father, and if I don't tell you these, no one else will.
3. What is written is my own personal bitter and better experiences that perhaps could save you a lot of unnecessary heartaches.

Remember the following as you go through life....

Do not bear grudge towards those who are not good to you. No one has the responsibility of treating you well, except your mother and I. To those who are good to you, you have to treasure it and be thankful, and ALSO you have to be cautious, because, everyone has a motive for every move. When a person is good to you, it does not mean he really likes you. You have to be careful, don't hastily regard him as a real friend.

No one is indispensable, nothing in the world that you must possess. Once you understand this idea, it would be easier for you to go through life when people around you don't want you anymore, or when you lose what / who you love most.

Life is short and every day counts. Do not look for another day or event or person or a thing to give you happiness. Staying happy is your decision and you can be happy in any situation, if you desire to be so. Trust me, I have lost a major part of my life waiting for "something from some to happen at some time" to give me happiness. Finally, I have realized that "something is my decision to stay happy and enjoy life", that "some one" who can give me happiness is myself and that "some time" is "now" and ever. Trust me I feel like being a new born and wish that I realized it 39 years ago. Better late than never. I would advice you to start



being happy from today.

Do not postpone actions. If you have something to do, do it now. Keep saying to yourself "If not me, who". If not now, when?". It is better to finish the work and stay relaxed later.

Love is but a transient feeling, and this feeling would fade with time and with one's mood. If your so called loved one leaves you, be patient, time will wash away your aches and sadness. Don't over exaggerate the beauty and sweetness of love, and don't over exaggerate the sadness of falling out of love.

A lot of successful people did not receive a good education, that does not mean that you can be successful by not studying hard! Whatever knowledge you gain is your weapon in life. One can go from rags to riches, but one has to start from some rags!

Do not worry about failure. Some times, failures can teach you more powerful lessons than the success. The lessons learnt from failure will not be easily forgotten. Learn from your mistakes. Do not repeat mistakes. Make newer ones, so that you can learn new lessons.

I do not expect you to financially support me when I am old, either would I financially support your whole life. My responsibility as a supporter ends when you are grown up. After that,

you decide whether you want to travel in a public transport or in your limousine, whether rich or poor.

You honour your words, but don't expect others to be so. You can be good to people, but don't expect people to be good to you. If you don't understand this, you would end up with unnecessary troubles.

There is no free lunch! Even if you get one, it won't taste as much as the one that you have bought yourself. Do not wait or plan for fortune. Work hard, learn and earn your success. Do not accept "success" as a gift, work your way to "earn" it.

No matter how much time I have with you, let's treasure the time we have together.

Be thankful for what you have today... Your friends, your belongings, your family and everything...Nothing is permanent. Relish and value them when you have it. If you miss any of them, work your way to earn them back.

Know that every step of your way, your mom and I will be there to support you...We trust you, have faith in you and love you so dearly. We are thankful to God or whatever it is, that gave you to us.

I am not your friend, but your dad. That means that I am more than a friend to you. Trust me and feel free to share anything with me, with out worrying about what I will feel and how I will react. We are here to help you.

Do not worry about others laughing at you. The laughing ones will stay there and you will move on and up your way to success. Do not be distracted from your journey and focus.

There will be some to bully you, but learn to maneuver your way through them and beyond them. If things go out of hand, escalate to your Teacher / Mom / Myself / Police based on the case.

*Always affectionately,
Yours father*

Inspiration!

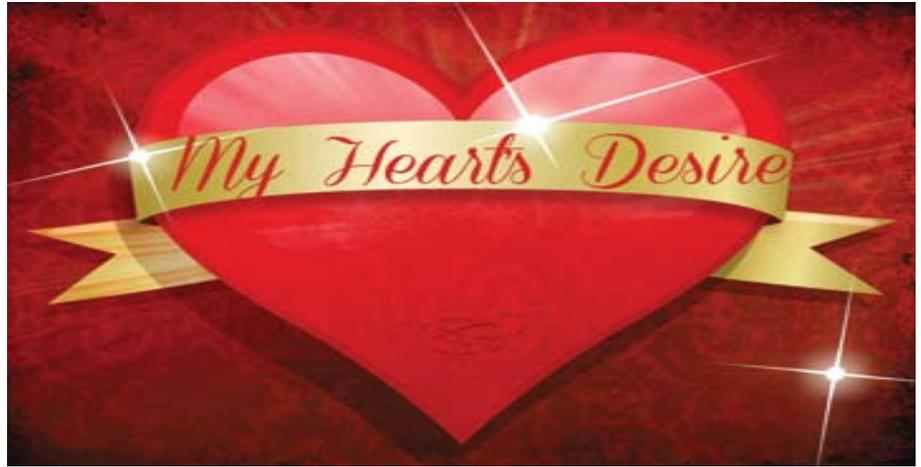
Fulfill Your Heart's Desire

- When we totally accept, have faith and trust the fulfillment of our heart desires according to the highest and best good for us

Before you can get what you want, you have to know what you want. So here is proven steps to fulfil your heart's desire

Do you ever have the feeling that your life isn't as satisfying as it could be? Do you have long-held hopes and dreams that have not been fulfilled? Or have you spent so much time caring for others that you forgot to take care of yourself? No matter how far away you think you are from enjoying a satisfying life, the change you long for can happen in the blink of an eye. And the best time to start is right now. Here's how.

- All the power, wisdom, love and goodness in the universe is within you, individualized as you. When you align with this energy it raises your energy vibration to a much higher level, and you will not be relying solely on your mind power. This is important, as it opens the opportunity for a much more desirable result. The greater your acceptance of being one with the eternal and sublime energy that is within you and everything in the universe, the greater your understanding will be, and this feeds your ability to manifest your heart desires.
- When we focus our thoughts and take time to go within and plumb the depths of our mind, heart and soul, then we can choose what it is we truly desire in our life. Make a list and continue honing it until it resonates within the core of your being.
- You simply cannot have what you



desire in life until you can accept it at the core of your being. You must be able to make the choice and accept it actually coming into your life not only mentally but on an emotional, feeling level.

- When you want something it is always in the future and will always remain there - unmanifested and unattainable. When you develop the concept of having, your consciousness shifts from a sense of wanting to a sense of having, which brings it into now.
- When we use the creative power of our minds, we can visualize that which we desire to manifest in our lives. Through imagination, we tap into this power. See yourself having the fulfillment of your desires in the present moment.
- Every word we speak creates a vibration in the universal energy field, and the effect of that vibration will return to us in direct proportion to the nature and emotion of that word. It could not be otherwise: Like attracts like. We must monitor our thoughts at all times and be certain that they are for our best good

and for all, we can let go and let the process work. We rest easy in knowing that we are doing what is necessary and can get out of the way and trust in the manifestation process.

- Being grateful represents a joyous release of the desire to the universe, as we know that our challenges are resolved and our needs/desires are now fulfilled.
- The law of life works through us according to our active partnership. Your desires will not be achieved if you sit passively by. It is necessary to do everything reasonable in the physical realm that you are led to do to support your desires. If it is better health you seek, do that which you know and which is in your power to do. If it is love – start by loving yourself and loving others.

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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)**

6353. MUMBAI : Mangalorean Roman Catholic Bachelor, aged 37 years, Ht. 5' 11", Wt. 80 kgs, Fair Complexion, Edn. HSC + Dip. in Catering, working on cruises 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 Engineering, 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 RC 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 : Mangalorean RC Bachelor, aged 27 years, Ht. 6', Wt. 75 kgs, Wheatish Complexion, Edn. B.E. Electronics, working as a Sr. system Engg in Mysore. Seeks a graduate, Mangalorean girl below 25 years. Contact email : dsz.roshan@gmail.com OR 9699672525 / 8767173907 **(Regd. No. 6168)**

CANADA : Mangalorean RC Bachelor, aged 28 years, Ht. 5' 4", Wt. 62 kgs, Wheatish Complexion, Edn. B.Sc., Hotel Management, working in Hotel line. Seeks a Mangalorean girl, below 27 years. Contact email : mathias.brian@ymail.com OR 5875824352 **(Regd. No. 6167)**

MUMBAI : Mangalorean RC Bachelor, aged 31 years, Ht. 5' 8", Wt. 64 kgs, Wheatish Complexion, Edn. B.Com., working for Bank. Seeks a suitable match. Contact email : joeldsouza@rocketmail.com OR 9833129976 **(Regd. No. 6164)**

MUMBAI : Goan RC Bachelor, aged 30 yrs, wheatish complexion, ht 5'9", wt. 68 kgs, sober habits, Edn. B.E. (Mech), MBA, Employed with an MNC, seeks alliance from R.C spinsters with pleasant personality and strong moral values. Contact: matrimadvert8@gmail.com/9869480235. **(Regd. No. 6163)**

MUMBAI : Goan RC Divorcee, aged 33 years, Ht. 5' 6", Wt. 62 kgs, Wheatish Complexion, Edn. Undergraduate, working as a Admin. job in U.K. Seeks a graduate, simple, fair, un-

derstanding willing to work and live in U.K. below 33 years. Contact email : mariaferns5553@gmail.com **(Regd. No. 6123)**

MUMBAI : RC Bachelor, aged 44 years, Ht. 5' 5", Wt. 50 kgs, Wheatish Complexion, Edn. SSC., working as a Jewellery setter. Seeks a suitable match. Contact Mob : 9833046266. **(Regd. No. 6121)**

MUMBAI : Goan RC Bachelor, aged 54 years, Ht. 5' 6", Wt. 58 kgs, Wheatish Complexion, Edn.

Bachelor in Hotel Management, working as a Food & Beverage Manager in Australia. Seeks a fair, should be willing to relocate overseas, single/divorced or Widow below 46 years. Contact Email : jjabranche@hotmail.com OR 9769494588 OR +61 433072951. **(Regd. No. 6126)**

MUMBAI : RC Goan Bachelor, fair, 40, Ht. 5' 6", Wt. 74 kgs, B.Sc., Post Graduation in Chemistry from St. Xavier's Mumbai, having own accommodation, working for a reputed company in Mumbai as a section Head, seeks alliance from RC Goan graduate spinsters upto 36 years with good family background and christian values. Pls. reply with details and latest photo to monty_017@rediffmail.com OR 9930904563 / 9619925304 **(Regd. No. 6401)**

MUMBAI : Goan RC Bachelor, aged 38 years, Ht. 5' 7", Wt. 78 kgs, Wheatish Complexion, Edn. BBA, working as an Asst. Manager. Contact email : johnpereira.pereira@gmail.com OR 9820304069 **(Regd. No. 6399)**

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MATRIMONIALS

MUMBAI : Roman Catholic Spinster, aged 29 years, Ht. 5' 8", Wt. 61 kgs, Wheatish Complexion, Edn. M.Sc. working for Govt. Firm. Contact email : marymvmvarghese@gmail.com OR 9987890858 **(Regd. No. 6423)**

MUMBAI : Roman Catholic Spinster, aged 26 years, Ht. 5' 5", Wt. 64 kgs, Fair Complexion, Edn. B.Sc. Computer, working as a Graphic Designer. Contact email : kgfrancis@rediffmail.com OR 9820326609 **(Regd. No. 6421)**

MUMBAI : Mangalorean Roman Catholic Spinster, Only Child, aged 24 years, Ht. 5' 2", Wt. 45 kgs, Fair Complexion, Edn. B.Com., working as HR. Contact email : staceydsouza95@gmail.com OR 9930276885 **(Regd. No. 6367)**

MUMBAI : Mangalorean Roman Catholic Spinster, Only Child, aged 30 years, Ht. 5' 6", Wt. 65 kgs, Wheatish Complexion, Edn. Post Graduate (Marketing & HR), studied and working in **SYDNEY-AUSTRALIA**. Contact email : sydn2020@gmail.com OR 9892112703 **(Regd. No. 6366)**

MUMBAI : Goan Roman Catholic Spinster, aged 31 years, Ht. 5' 4", Wt. 45 kgs, Wheatish Complexion, Edn. BMS & appearing for MBA. working as a HR Manager in IT Company. Contact email : alee_812@rediffmail.com OR 9967924579 / 8454841729 **(Regd. No. 6365)**

MUMBAI : Goan Roman Catholic, 1st marriage annulled by the church, aged 40 years, Ht. 5' 2", Wt. 60 kgs, Fair Complexion, Edn. B.Sc. (MBA Pursing) working as a Quality analyst. Contact email : ephania_helen@yahoo.com OR 8879867471 **(Regd. No. 6364)**

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 : vvlfernandes@yahoo.co.in / vcfernandes@gharda.com OR 9923597306 / 9867138818 **(Regd. No. 6362)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 3", Wheatish Complexion, Edn. M.Com, (Accounting) GNIIT, Working for a reputed IT - MNC as a Finance Executive. Seeks a well qualified and settled Mangalorean groom age upto 31 years, working in India or abroad. Contact email : nishalobo88@gmail.com OR 9930913027 / 9869077568. **(Regd. No. 6340)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 28 years, Ht. 5', Wt. 68 kgs, Fair Complexion, good looking, Edn. B.Com., Working for Dimond Company. Contact email : dsouzanancy87@gmail.com OR 9987769662 **(Regd. No. 6235)**

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

MUMBAI : Mangalorean Roman Catholic Spinster, aged 33 years, Ht. 5' 5", Wheatish Complexion, Edn. B.E. Elex / Telecom. Working as Technical Support Engineer in a Software Company. Contact email : dsouzawalter@rediffmail.com OR 9892627425 **(Regd. No. 6233)**

MUMBAI : Goan Roman Catholic Spinster, aged 37 years, Ht. 5' 7", Wt. 85 kgs, Wheatish Complexion, Edn. B.Com., working as an Assistant Manager Training. Contact email : joycepintoplacyda@gmail.com OR 08898078210 **(Regd. No. 6232)**

MUMBAI : Goan Roman Catholic

Spinster, aged 32 years, Ht. 5' 3", Wt. 55 kgs, Wheatish Complexion, Edn. BMS., Working as Insurance Associate. Contact email : ladsouza2013@gmail.com OR 8655220756 **(Regd. No. 6149)**

MUMBAI : Goan Roman Catholic Spinster, aged 29 years, Ht. 5' 6", Wt. 72 kgs, Wheatish Complexion, Edn. M.D.S., Dentist by profession. Seeks a Godfearing and highly qualified bachelor. Contact email : drmercyj@gmail.com OR 022-28936063 **(Regd. No. 6145)**

MUMBAI : Goan Roman Catholic Spinster, aged 29 years, Ht. 5' 4", Wt. 75 kgs, Fair Complexion, Edn. HSC + ECCED Course, Teacher by profession Only Child. Contact email : graciaas@rediffmail.com OR 9869088728 / 9869088736 **(Regd. No. 6137)**

MUMBAI : East Indian Roman Catholic Spinster, aged 30 years, Ht. 5'4", Wt. 54 kgs, Fair Complexion, Edn. MA (Pol.Sc.), working as an Admin., Contact email : crystalpereira2012@gmail.com OR 9867563488 **(Regd. No. 6397)**

MUMBAI : East Indian Roman Catholic Spinster, aged 30 years, Ht. 5' 6", Wt. 56 kgs, Fair Complexion, Edn. B.Com., CS., LLB., working as a Manager. Contact email : Ifaroz@gmail.com OR 9819824865 **(Regd. No. 6394)**

MUMBAI : Roman Catholic Spinster, 29 years, Ht. 5', Wt. 47 kgs, Wheatish Complexion, Edn. F.Y. B.A., working for HR Firm. Contact email : janeqothery@gmail.com OR 9867447645 **(Regd. No. 6335)**

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

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

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

MUMBAI : Tamilian Roman Catholic Spinster, aged 26 years, Ht. 5' 5", Wt. 60 kgs, Wheatish Complexion, Edn. BHMS/BAMS, Homoeopathic Doctor. Contact email : shanin2304@gmail.com OR 98200 55319 **(Regd. No. 6355)**

MIRAJ : Roman Catholic Spinster, aged 33 years, Ht. 5'4", Wt. 57 kgs, Wheatish Complexion, Edn. M.A., B.Ed., Fashion Designer / Teacher. Contact email : histellain@yahoo.com OR 08421515747 **(Regd. No. 6348)**

MUMBAI : Goan Roman Catholic Spinster, aged 23 years, Ht. 5' 3", Wt. 45 kgs, Fair Complexion, Edn. Graduate, Management, working as a Travel Consultant. Only Child , good looking. Seeks a well settled bachelor. Contact email : shanice.fernandes@hotmail.com

OR 8108468273 **(Regd. No. 6338)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 29 years, Ht. 163 cms, Wt. 62kgs, Fair Complexion, Edn. M.D. (Ophthalmology) Doctor by profession. Seeks a Mangalorean bachelor from Mumbai or Mangalore below 32 years, preferably Medical profession. Contact email : rufa0107@gmail.com OR 9969642490 **(Regd. No. 6325)**

MUMBAI : Tamilian Protestant Spinster, aged 29 years, Ht. 5' 1", Wt. 48 kgs, Wheatish Complexion, Edn. Post Graduate, working as a Manager in Bank. Contact email : ratnam.rachel@gmail.com OR 9833425894 / 9869308405 **(Regd. No. 6315)**

MUMBAI : Keralite Roman Catholic Divorcee, aged 28 years, Ht. 5' 6", Wt. 55 kgs, Fair Complexion, Edn. M.Sc. Computer Science, working as a Software Engineer. Contact email : lsengg@gmail.com OR 0251-2270204 **(Regd. No. 6314)**

MUMBAI : Maharashtrian Methodist Protestant spinster, aged 23 years, Beautiful, Ht. 5' 2", Wt. 52 kgs, Wheatish Complexion, Edn. M.Tech. Seeks a well educated and well settled bachelor below 26 years. Contact email : rohitkhare1997@gmail.com OR 9881441774 / 9969227598 **(Regd. No. 6313)**

MUMBAI : Karnataka Methodist Protestant Spinster, aged 29 years, Ht. 4' 8", Wt. 55 kgs, Wheatish Complexion, Edn. B.Tech, working as a Deputy Manager in HDFC - IT Industries. Contact email : gmshilesh@gmail.com OR 9765361362. **(Regd. No. 6312)**

BAHRAIN : Born and broughtup in Bahrain Keralite Roman Catholic Spinster, aged 25 years, Ht. 5' 4", Wt. 56 kgs, Fair Complexion, Edn. Holding Master Degree Seeks a professionals like Engineer, C.A., etc or Professionals NRI Indians. Contact email : rajanvs1234@gmail.com / maryrajan66@gmail.com OR 973-3960881 **(Regd. No. 6311)**

MUMBAI : Mangalorean Roman Catholic Spinster, 34 years, Ht. 5' 1", Wt.

55 kgs, Wheatish Complexion, Edn. B.Com., MBA (Finance) working as an Asst. Manager. Seeks a suitable match. Contact Email : florineb81@gmail.com OR 9820233988 **(Regd. No. 6098)**

HYDERABAD : Anglo Indian Roman Catholic Spinster, 29 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)**

INDORE : Roman Catholic Spinster, aged 41 years, Ht. 5' 4", Wt. 53 kgs, Fair Complexion, Edn. M.Com., well settled. Seeks a suitable match. Contact email : seema_francis@rediffmail.com OR 09827011122 **(Regd. No. 6114)**

MUMBAI : Mangalorean Syrian Orthodox Christian Spinster, 35 years, Ht. 5' 8", Wt. 62 kgs, Fair Complexion, Edn. MBA, B.Com., working as a Programmer in IT Software. Contact email : rdrques@gmail.com / rfrancis_55@yahoo.com OR 9167135860 **(Regd. No. 6111)**

UDUPI : Mangalorean RC Parents of spinster daughter 27 years, 5' 4", Height, Wheatish, B.E. in Electronics and Communications. Working as Software Professional in BANGALORE, God fearing and family oriented. Seek alliance from Mangalorean RC Bachelors, well educated and settled, age below 32 years. Please send detailed Profile and recent photograph to email : saldanhaej@yahoo.co.in OR 0984 588 8703 and 0820 258 3452 **(Regd. No. 6216)**

M.P. : Protestant Christian Divorcee, aged 35 years, Ht. 5' 3", Wt. 52 kgs, Wheatish Complexion, Edn. B.E. (Computer Science), MBA (HR), working as a Senior Manager , MNC Mumbai. Seeks a match residing in Mumbai, having a decent qualification and well settled. Contact email : estherjoseph@rediffmail.com OR Mob.: 9589635540 **(Regd. No. 6337)**

Unfailing Prayer to St. Anthony



O holy St. Anthony, gentlest of Saints, your love for God and Charity for his creatures, made you worthy, when on earth, to possess miraculous powers. Miracles waited on your word, which you were ever ready to speak for those in trouble or anxiety. Encouraged by this thought, I implore of you to obtain for me (request). The answer to my prayer may require a miracle, even so, you are the Saint of Miracles. O gentle and loving St. Anthony, whose heart was ever full of human sympathy, whisper my petition into the ears of the Sweet Infant Jesus, who loved to be folded in your arms; and the gratitude of my heart will ever be yours.

—George D'Souza,
Navi Mumbai

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