THE SECULAR CITIZEN

(Total pages 24)

A NATIONAL FAMILY WEEKLY

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From Envy to Affection

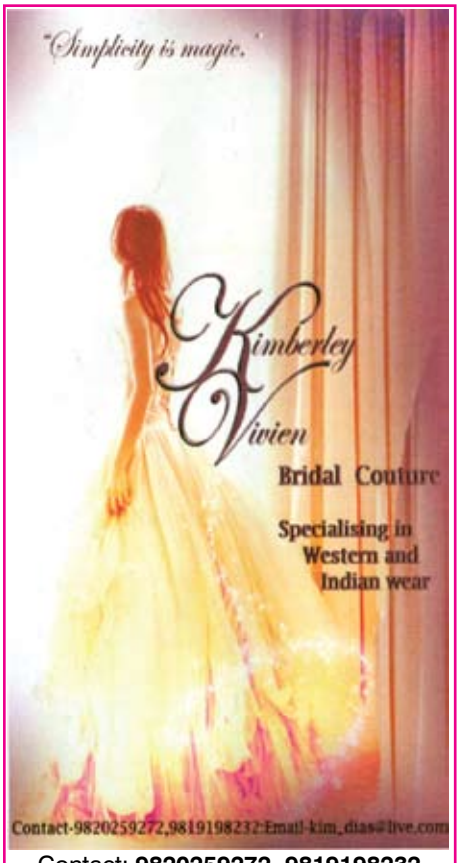
Ultimately, the wealthy need to be seen in different light. From envy to affection. Envy is a negative emotion whereas affection is an embracing one.

International Eucharistic Congress

About 12,000 delegates are expected to attend the International Eucharistic Congress 2016 (IEC 2016) in Cebu City this weekend, an announcement posted on the Catholic Bishops Conference of the Philippines (CBCP) website said.

The IEC is a venue for local delegates and those coming from at least 71 countries to discuss current church issues, problems and challenges regarding the sacrament of the Eucharist.

The theme is "Christ in you, our hope of glory," with emphasis on the Eucharist, as source and goal of the Church's mission. This year's theme is lifted from the Bible, the letter of Saint Paul to the Colossians, which is meant to bring to fuller light the bond among the Eucharist, Mission, and Christian Hope, both in time and eternity. I



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" My Soul magnifies the Lord, and my spirit rejoices in God my saviour.
I am the slave of the Lord, be it done to me according to your word'

(Lk-1:46-47,38)

Congratulations

To my Sweetest, adorable, cute and only, Darling Grandson,

Joshua Maryel Jansen
S/o Garfield & Shirley
On his 1st Holy Communion
The happiest day of his life
given by his Excellency,
The Most RT . REV .DR. Lawrence Pius Durairaj
The Lord Bishop of Dharmapuri, South India,

on the 8th of June 2015

with best wishes, affection, blessings and love,
your loving Grandmother,
Thelma Jansen

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Cover : From Envy to Affection :

(Article on p. 2)

FROM ENVY to AFFECTION

by Don Aguiar.

It's not a good time for those who believe in the trickle-down theory of wealth as the rich have grown richer and the poor poorer

The wealthy of our community carry great burdens. The burden of always making more money, the burden of them measuring up to societal expectations, the burden of being viewed as ones who are involved with our community and not just profiteering and finally the burden of wishing to be a part of a more just and equal society. Most people of our community who are rich are remembered for their riches. Only a very few are remembered for what they did beyond their wealth.

By nature, man celebrates success. But the difference we are witnessing today is that success also has only one genre - wealth. Cerebral prowess or for that matter artistic prodigies are long forgotten. Things will change with the shifting sands in global geo-politics, as also the table of wealth tilting between the rich and poor in our community. There was a time when culture was given greater credence than commerce. But today, for a large part, commerce helps you to acquire culture. So, many have moved from being passionate to being predatory, which doesn't augur well either for the advance of culture or of commerce.

Then there's the whole issue of guilt. We in our community are putting moral responsibilities on the wealthy of our community rather than appealing to their natural humanism. We are forcing them to give back to our community either by promising them alternate fame or suggesting it will help their personal brand image or at times, the businesses they helm. Compassion cannot be a by-product of a quid pro quo. Compassion must come from within and cannot be mandated, which is why I abhor alternate fame given in our community to people who engage in philanthropy.

Humanity cannot be transactional. It must be relational and the day we look at it from the prism of a transaction, both the willingness to give and the desire to receive will suffer. The giver will know he or she is giving it under duress or for tax reasons and the recipient will believe that the giver had no choice but to give. In this, trust and respect will be fatalities.

We need to change the manner in which people give back and all giving back needn't be confined to obvious human lacuna. Our poor and less fortunate must be supported with equal vigor. For that, the imprint of giving back, as we know it will change.

Compassion is not fashion or fad. We cannot have people giving back because they will be the flavor of the month: they must give back because they feel the need to do so and believe in it.

(Contd.. on p. 4)

(Contd.. from p. 3)

The idea of justice always boils down to one simple thought: the idea of fairness. For true justice is about fairness; and if we then examine the way our community is progressing, the question that begging to be asked is, are we creating a more just community? We all recognize the fact that the community will never be equal. We need not worry about the poverty of wealth but the impoverishment of equal opportunities. These are beyond color, caste, creed and religion and are instead anchored in basic education; primary health and basic nutrition. These are globally recognized fundamental human rights and it is this domain that we need to work the hardest in.

Over the last few decades we have seen the wealthy in our community willing to part with more and more of their money. Many believe they do it for fame; many believe they do it for community access, while others feel they do it for legacy building. The motivations for compassion in these unequal times can wait. What is, however, urgently needed is more and more inspirational stories that encourage people in our community of all wealth strata to give back. From school-children who are willing to forego ten rupee's worth of ice-cream to midsize company owners; we need to encourage giving back as a way of life. It must be a philosophy and not just some replicable process or philosophy. It must become our leitmotif in many ways.

Our community is grappling with several problems: from migration to impoverishment to malnutrition to the absence of a basic human architecture. We are building borders qua geography rather than demolishing the walls that make us unequal. In such an environment, it is not only clergy and religious that must engage The wealthy need to lead by example. They need to engage, empower and emulate. They need the community they live in to look at them differently. We need to realize that we are custodians of human values and not just the forebears of future generations that will bear our surnames. We need to know that our community today cannot be more divided; more enraged and poorer. We need a balm of humanism quickly and comprehensively.

We are building borders qua geography rather than demolishing the walls that make us unequal.

We need the world to be a better place not just for our children but for every child regardless of their country of birth. We need the world to be secure. We mustn't have a situation where people are flung far from their place of birth whilst there are several fighting for just their place on this earth.

We have to be empathetic to reality. As a responsible person we have to find a balance between the way the world is and the way you'd like it to be. Sometimes it goes the way you think it will, sometimes it takes an unexpected fork down the road and that's what makes the fun. We bend reality but we cannot break it. If we get stuck too much with the way we want the world to be, we will find that the world passes us by.

Ultimately, the wealthy need to be seen in different light. From envy to affection. Envy is a negative emotion whereas affection is an embracing one.

Much like we need to embrace the world and not just those who are our family; or our community, the wealthy need to move from being worldly to those who belong to the world and give it succor and hope like they do in their businesses. That should be their calling.

Disposal Of Dead Bodies

Burial in Shroud Upsets Mumbai Catholics

The above headlines was recorded in The Secular Citizen, 18 Jan. 2016, pg. 3. A section of Catholics in Mumbai have written to the Archbishop regarding a trend to bury corpses without coffins. However, the Bombay Archdiocesan spokesman, Fr. Nigel Barrett said, that the laity have been given an option to go in for a shroud or a coffin to bury their beloved. There is no compulsion. From what I foresee, burial in a shroud or white bedsheet, will save wood, and prevent deforestation. The only losers will be funeral parlours and undertakers. The monies saved could be donated to the Church and for charitable causes.

The Catechism of the Catholic Church gives enlightened guidelines regarding disposal of dead bodies and organ donation in the following articles:

2300: The bodies of the dead must be treated with respect and charity, in faith and hope of the Resurrection. The burial of the dead is a corporal work of mercy; it honors the children of God , who are temples of the Holy Spirit.

2301: Autopsies can be morally permitted for legal inquests or for scientific research. The free gift of organs after death is legitimate and meritorious. The Church permits cremation, provided that it does not demonstrate a denial in the Resurrection of the body.

St. Paul reveals the ultimate triumph: "When the perishable has been clothed with the imperishable, and the mortal with immortality, then the saying that is written will come true: 'Death has been swallowed up in victory! Where, O death, is your victory? Where, O death, is your sting? … But thanks be to God Who has given us the victory through our Lord Jesus Christ" (1 Cor 15: 54-55; 57).

—Dr. Trevor Colaso, Bandra (Now at Ashburn, VA, USA).

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Pertinent Points

The Secular Citizen dt 18th January raises several pertinent points and interesting opinions. Firstly, there is the objection of some Catholics in Mumbai to persons being buried in shrouds, and not in coffins! What is the hullabaloo all about? There is nothing "Christian" about coffins. They are a mere European tradition, not to be confused with the Christian faith. Interestingly, Jesus himself was buried in a shroud, as per Jewish custom. Earlier Lazarus, whom Jesus raised from the dead, was also wrapped in a shroud. Infact the Shroud of Turin is the finest and most accurate scientific proof of Jesus' suffering, torture, death and resurrection.

Incidentally, my wife and I have both pledged our bodies for medical research to the anatomy department of the local medical college. What nobler way to end one's earthly sojourn?

I endorse the candid views of Robert Castellino regarding opulent First Holy Communions. Here again, faith has been replaced by social mores. A pity.

Then there is Vincent Bagul's objection to priest and nun lawyers taking up individual cases of domestic discord. The legal profession is a noble one, as there is rampant injustice everywhere. Religious personnel in the legal profession should take up public interest and social causes, or work for those poor people who have no one to turn to for justice. However, taking sides in a private dispute, where the prime concern is protecting one's client's interests, and not justice; should be avoided. Knowing only one side of the story they could end up advocating gross injustice, as Bagul seems to imply.

Lastly there is the report of alleged homosexual acts with a minor, by a Catholic priest in Mumbai. The incident reportedly occurred in November 2015; but it has appeared in the Catholic press after two months! Was there a deliberate attempt to hush up the case? It is commendable that the archdiocese of Mumbai has stated that there will be zero tolerance of such acts. Since it is an allegedly criminal act, let the police investigate and pursue the case. If the charges are proven the concerned priest should be immediately removed from the clerical state. In the interim, he should be debarred from public exercise of any priestly ministry.

I congratulate the Secular Citizen for its fearless and unbiased reporting of various church-related issues.

—chhotebhai, Kanpur

The Name of God is Mercy!...

A new Book with the above 'Title' was released in 86 countries on Jan. 12, 2016, in which Pope Francis reveals his vision of 'God's Divine Mercy'! Several extracts on his vocation, on a merciful church, and on corruption etc. were also made available by the publisher, Piemme. I shall briefly highlight just two aspects, namely, 'Prisoners and St. Peter'!

"To the prisoners of Palmasola, Bolivia, I reminded them that even Saints Peter and Paul had been prisoners and sinners. I have a special relationship with people in prison, deprived of their freedom. I have always been attached to them, precisely because of my awareness of being a sinner."

"Every time I enter the gates of a prison to celebrate Mass, or for a visit, I always think: why them and not me? I should be here! Their fall could have been mine. I do not feel superior to the people who stand before me. It might seem shocking; but I derive consolation from Peter who betrayed Jesus. I don't think that we should be surprised if his successors describe themselves as sinners. Even then Peter was chosen: 'Tend My sheep' (John 21)."

This writer also inserts: That it is a healthy habit to communicate with prisoners, and those imprisoned in situations of crime and addictions; by performing 'acts of mercy', in order to rid them off their sinful conditions. Jesus desired: "I was in prison and you approached me" (Matthew 25:36)'.

—Dr. Trevor Colaso, Bandra, (Now at Ashburn, VA, USA).

Official Break With Tradition

Pope Francis' decision to include women and girls in the feet-washing ritual on Maundy Thursday is no surprise, and comes at a time when there is a move in the church to change and move with the times. It will also help to clear the misunderstanding and raised- eyebrows in some parishes, caused by some priests who, over the past few years chose to break with tradition suo-motu, and include women , girls and some non- Christians in the ritual, in accordance with their new understanding of 'discipleship'. Washing of the feet on Maundy Thursday is an age-old tradition practised in the Catholic church every year, in accordance with the example set by Christ, when He washed the feet of the 12 Apostles (disciples) on the night before he died. Since the Apostles were all males , the tradition of having only males in the ritual continued over the centuries in true unbroken Apostolic tradition. It is for this reason that women were excluded and continue to be excluded even today from the ministerial priesthood. With the new thinking in the church, the day may not be far when we will also have women priests and bishop,s as in some Protestant churches, so that all may be one.

—A. F. Nazareth, Alto Porvorim

National Emmaus Experience

Going by what one has read in the recent issues of the Examiner, the National Eucharistic Congress [NEC] held at the diocesan seminary at Goregaon East [12-15 November 2015], was an experience which participants are not likely to forget in a long while. Having participated merely in the Inaugural Mass and the Closing Mass [as chorister under the baton of the quintessential conductor of the Holy Name Cathedral Choir, Mario Nazareth], I am apprehensive about the Emmaus Experience felt by the participants remaining the exclusive preserve of a privileged few [5 cardinals, 70 bishops, 225 priests, 140 nuns, 1200 laypeople]. The experience could well be shared with the rest of Christian India by way of a follow-up effected to enable all dioceses and parishes to view recordings of the proceedings, inviting even people of various Christian denominations and also of other Faiths to share in the discussions and reflections and reap a harvest of rich benefit to Church and society alike.

by Ladislaus L D'Souza

Memorial in Flesh and Blood

It would be in the fitness of things if those concerned were to make this possible so that, more than a structural memorial of the NEC that Cardinal Gracias of Bombay hinted at in his closing speech, the memorial of the Lord's Passion, Death and Resurrection itself becomes a vibrant reality—as a result of the Emmaus experience—in the life of not only the participants of the NEC but of the general body of believers. Such a reality must needs allow itself to be spelt out in the form of Eucharistic renewal of community life at various levels - family, zonal, parish, religious congregations and so on. A change in the mindset of Catholics as regards what the Mass is all about, the commitment that belief in the Eucharist demands of a participant at Mass, the depth of congregational participation in the Mass and other sacraments, not to mention the various aspects of the Liturgy whereby pre-Vatican spectatorship is once again replaced by wholesome participation in the singing and responses.

Occasions for a Renewal

The 38th International Eucharistic Congress [IEC] held in Bombay in 1964 heralded congregational participation in the Mass by way of prayers and responses being done in English as well regional languages in place of Latin. New hymns suiting the Mass of Paul VI had the congregation literally relishing the feel of what it meant to praise the Triune God with one's own lips and in one's own lingo!

The Papal Visit [PV] of Saint John Paul II set in motion a different kind of revolution in Bombay what with Father Aniceto Nazareth the then Secretary of the Archdiocesan Liturgy Committee leading a liturgical renewal of sorts. His practices for the huge Papal Mass Choir were prefaced with input sessions on understanding what the liturgy was all about, what role singing has in the Liturgy and so on. What followed the Papal Mass was the formation of the Proclaimers choir to assist in carrying forth the clear concept of polyphonic singing vis-à-vis congregational singing in our parishes. That wasn't all – Father Aniceto's sessions on learning to read music and for playing the keyboard facilitated the manifestation of musical talent suited to Church singing and courses for the laity on the Liturgy. Slowly things started changing for the better. The rhythm box on the keyboard went silent with soulful melody flowing from the organ leading choir and congregation alike in singing worthily to the heavens even as new hands, encouraged by Father Aniceto, started to wield the baton! [Methinks, Aniceto Nazareth is one priest who should not have been eased out of what he was doing so well!]

Whither the Vatican II Spirit?

Sadly, over the time, most choirs in our diocese, barring a few, have sent polyphonic singing packing out of the window. What we see and hear today is something that makes for distasteful singing, with no understanding of the distinction between liturgical singing and praise-and-worship songs, the congregation a mere spectator. In several parts across the country it's even worse, chaotic to be precise, with Liturgical norms flouted brazenly, irrelevant hymns being sung in place of the Responsorial Psalm, Ave Maria solos during the distribution of Holy Communion and the Our Father belted out to the strumming of the guitar as though on a public stage. Prayerful participatory singing? That was heard of only for a short while after the IEC and then the PV.

We need a revival of the Vatican II spirit in relation to the Liturgy and liturgical singing once initiated by Fr Aniceto Nazareth. Could the ALC of Bombay make that possible by taking the initiative before the fervour worked up by the recently concluded NEC fades into oblivion?

Fr Salvador Rodrigues Memorial Award

The Bombay Catholic Sabha is pleased to announce the 2nd Fr Salvador Rodrigues Memorial Lecture and Award in memory of the late priest, who was also the Ecclesiastical Advisor to the BCS for several years.

The Award will be given for:

- Outstanding contribution to the promotion of Social Understanding and upliftment of the weaker sections of society.
- Any published works or a mass movement that has made a substantial impact on the quality of life of any marginalised group of society.
- Efforts or Programmes towards integrating underprivileged or weaker sections of society into the mainstream through socio-economic schemes, education, skills training, etc.

The Award will include a cash prize and a citation.

Eligibility: Catholic Individuals, NGOs, Institutes

Contributions made within the period of five years immediately preceding the nomination will be considered.

Nomination forms are available at the BCS Office or on our website: www.bcsabha.in or send an email to: president.bcs@gmail.com. The last date for submission of nominations (with supporting documents) at the BCS Office, St. Michael Church, Mahim is Monday 17 February 2016 by 5 pm.

The decision of the Jury will be final.

The Awards function is to be held on Sunday 6 March 2016 at 11 am. Further details will be announced in The Examiner and on website: www.bcsabha.in

Widespread Intellectual Intolerance!

Top Bollywood producer, Karan Johar, in TOI – Jan. 22, 2016 cautioned: "The talk about 'freedom of expression and democracy' is the biggest joke! As a filmmaker I feel bound at every level, be it what I dish out on celluloid or what I say on print. I feel like there is some sort of a legal notice awaiting me. I have become a sort of an FIR king!" He was speaking at the Jaipur Literature Festival.

Recently Shah Rukh Khan and Aamir Khan found themselves in a controversy for speaking against the "growing intolerance" in the country.

Now noted economist and Nobel laureate, Amartya Sen noted: "The situation has led to secularism being used as a bad word. Democracy and Liberty could be next. The declassification of Netaji's files is 'petty minded politics'. Bose's vision was an Independence Movement to provide equity, justice, education and healthcare. But now there is a sense of division cultivated on communal lines." He was lecturing at the Netaji Research Institute, Jan. 23, on the occasion of Bose's birth anniversary.

Some time back nearly 40 renowned writers had returned their awards to the 'Sahitya Academy' for their silence on fellow writer and rationalist MM Kulburgi's murder, as well as against the prevailing "communal atmosphere".

Gandhiji had warned against prejudice and bigotry: "Intolerance is itself a form of violence, and an obstacle to the growth of a true democratic spirit." Our Lord Jesus was also a victim of severe intolerance and persecution for "when they heard His words of liberation" (Luke 4:18-19) "they rose up to thrust Him out of the city" (Luke 4: 28-29).

—Dr. Trevor Colaso, Bandra (Now at Ashburn, VA, USA).

DKA To Celebrate Opinion Poll Day On 16 January

Dalgado Konknni Akademi (DKA) will celebrate for the first time Opinion Poll Day on January 16, 2016 at 4.00 pm at Dept. of Art & Culture's Multipurpose Hall, Sanskruti Bhavan, Patto, Panaji with a lecture highlighting the importance of the historic referendum which safeguarded Goa's distinct character and identity (osmitai).

On this occasion, Goa's former MLA and noted social activist Adv. Radharao Gracias will deliver a lecture on 'Dr. Jack de Sequeira and Goa's Opinion Poll' followed by open discussion.

It is a fact that Goa would have lost every trace of its identity and our mother tongue Konkani would have been a piece of history if the Opinion Poll did not go in its favour. In the process, contribution of Dr. Jack de Sequiera who is considered as the Father of Goa's Opinion Poll is being neglected. It is with a view that the new generation must be aware of the historical facts that DKA has come forward to celebrate the day as Osmitai Dis.

DKA Secretary Vincy Quadros has appealed to college students and Goans from all walks of life to attend the programme and celebrate Goa's Opinion Poll Day.

NEWS IN BRIEF

Medicine for Blood Cancer

'Imitinef Mercilet' is a medicine which cures blood cancer. Its available free of cost at "Adyar Cancer Institute in Chennai". Address: East Canal Bank Road, Gandhi Nagar, Adyar, Chennai -600020 Landmark: Near Michael School. Phone:044-24910754, 24911526, 22350241

ISIS destroy Iraq's oldest monastery

The monastery stood for more than 1,000 years before it was razed by Islamist militants

St Elijah's Monastery of Mosul had stood for 1,400 years and had recently been used as a place of worship by US troops. However, satellite photos obtained by Associated Press (AP) show that the monastery has been razed.

Italian nun gets year's extension to stay in India

Mumbai: Italian nun Sr. Bertilla Capra, who was asked to leave the country after her visa lapsed, has been granted a visa for a period of one year.

"Sr. Bertilla can now stay till November 2016. Thereafter she will have to apply afresh under the new rules,"" said Sr. Tessie, her colleague at a dermatological centre in Versova

Misleading News

A news being circulated with regard to the DOORS OF MERCY which is misleading.

It gives the impression that merely walking through the Doors of Mercy will result in the forgiveness of sins.

It must be understood that walking through the Door of Mercy indicates the desire for the forgiveness of sins, and walking through it symbolises a leaving behind of the past and entering into a new life through Christ, who is the door!

These doors are not magical doors and we need to understand that to experience and obtain the Indulgence, the faithful are called, as pilgrims, to avail of the Sacrament of Reconciliation, to participate in the celebration of the Holy Eucharist with a reflection on mercy, make a profession of faith, and pray for the Holy Father and for his intentions for the good of the Church and of the entire world.

Please note that walking through the Holy Doors is not a substitute for the Sacrament of Reconciliation.

Issued by the Press Office,
Archdiocese of Bombay

Thanksgiving

Thanks to Divine Mercy, Our Lady of Vailankanni, Our Lady of perpectual Succor and St. Anthony

—Mrs Nirmala S. Serrao, Mumbai

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The Human Person ..... The Heart Of Peace

by Ninette Dsouza

All of us are made in God's image and likeness. There is a desire to love and be loved in each one's heart. Each of us is a reflection of God's perfection and love, so together we contribute in our own little ways, to complete that perfection and love, thus making a beautiful picture of God, visible to the world. "Blessed are the Peace Makers for they will be called Sons of God." (Mt 5:9) Of the 8 Be attitudes this one seems to have maximum relevance to the present times. If there is one thing the world needs right now it is 'Peace Makers'. The painful knowledge that while we have scaled peaks in Science and Technology, we have inadvertently also gained the power, to annihilate ourselves, through global destruction, has alerted people all over the world, to the need for peace, between nations, between societies, in families and more importantly in each human. As long as it remains an unfulfilled hunger, we will continue to yearn for it.

Why??? I suppose because inner peace is necessary for outer peace and inner peace is difficult for any man to achieve. Great statesman have striven for peace, but none has ever really achieved it. Inner peace i.e. peace of soul brings with it peace of mind, and that comes from the love of God. If you really love God, you will do your best to express that love, by keeping his commandments, for love is expressed in action. Such a trusting, obedient soul will rest in peace, through all trials and will be able to live at peace, with God, with himself, and with other people in whom he will always see, the God he loves. Until men trust in God and give themselves up to Him, they will fail to understand and accept the peace Christ offered, (which is not of this world). Until then wars, small personal ones and international wars, will abound.

Today the appeal for peace is more urgent than ever before, because men and women in the face of the tragedies, which continue to afflict humanity, are tempted to yield to fatalism, as if peace were an unattainable ideal. Peace remains possible. This is what the Church has always taught, and continues to teach, even today. Peace is a duty. It must be built on the 4 pillars of truth, justice, love and freedom. When real and lasting peace is established, there will be no more need for demonstrations, for it will echo, not only in our individual lives, but all around us too. Many activists who work for peace, may disagree, but the fact remains that, as long as we are not at peace within ourselves, we will create situations, on which we will project, our insecure feelings. It is always easier to blame politicians and word leaders, for problems both big and small, rather than to look into one's own heart, and accept individual responsibility. If Jesus were here amongst us now, He I think, would bless all those people (Christian & of other faiths) who embody today, the virtues of which, He was a living example. People of goodwill believe in: loving one's neighbour as one self, doing good and charitable works among fellow men and above all forgiving sincerely someone who has hurt you, for they comprehend that, there can be no peace without forgiveness. Such people are in harmony with God, and with themselves and that is reflected in their dealings with others.

"Blessed are the peace makers, for they shall be called Sons of God." How could this saying, which is a summons to work, in the immense field of peace, find such a powerful echo in the human heart, if it did not correspond to an irrepressible yearning and hope dwelling within us? And why else would peace makers be called children of God, if not because God is by nature, the God of peace? For the establishment of true peace in the world though, justice must find its fulfilment in charity. Certainly law is the first road leading to peace, and people need to be taught to respect the law. Yet one does not arrive at the end of this road, unless justice is complemented by love. Justice and love sometimes appear to be opposing forces. In fact they are but 2 faces, of a single reality, 2 dimensions of human life, needing to be mutually integrated. By itself, justice is not enough. Christians know that, love is the reason, for God's entering into relationship with man. And it is love, which he awaits, as man's response. Consequently, love is also the loftiest and most noble form of relationship possible, between human beings. Love must thus enliven every sector of human life, and extend to the international order. Only a humanity in which there reigns a civilization of love, will be able to enjoy authentic and lasting peace: the deepest hope of every human heart.

(Contd.. on p. 17)

Saying "Good-Bye!" For Now!!!

Today, January 17th 2016 - is being observed as the 'World Day of Migrants and Refugees' - it's an appropriate day, I feel, to share with you a NEW CHAPTER in my life!

FR. CEDRIC PRAKASH SJ

I am really not sure where to begin! What I want to share - has many different dimensions; it's like a multi-coloured tapestry - delicately but exquisitely inter-woven into a unique design! The creativity and the dexterity involved can be appreciated and understood - only by those who can watch it's unfolding from a distance! Somehow, I feel myself in that situation: looking into, about to leap into something I did not even think was possible - some months ago!

Fr. Pedro Arrupe is for me and for several of my brother Jesuits and others one of the great Saints of the post-Vatican II period. He was the Superior General of the Society of Jesus from 1965, a time when the Church and the world at large was going through a historical transformation. I joined the novitiate in Ahmedabad, Gujarat in 1974. About a year later, in December 1975, Fr. Pedro Arrupe presided over the 32nd General Congregation which left a deep impression on the universal Society of Jesus which mandated every Jesuit to the service of faith and the promotion of justice. This thrust became the defining direction for Jesuits all over the world.

In keeping with the vision he had for a world which is inclusive and all-embracing which had faith-justice as its cornerstone, Fr. Arrupe launched in November 1980 the Jesuit Refugee Service (JRS) (www.jrs.net) 'with the mission to accompany, serve and advocate on behalf of refugees and other forcibly displaced persons'. Ever since the JRS has been responding to the cries of millions of people all over the world!

One of the first Jesuits to work with the JRS from India was Fr. Pierre Ceyrac, someone who has been a great inspiration in my life. He worked in Bangkok, Cambodia and other parts of South-East Asia; Fr. Jose Changanacherry (on demitting office as the Provincial of Gujarat) also went to work with JRS in Africa. Fr. Varkey Parekkatt (who was also the Provincial of South Asia) also had a stint with JRS in Nepal; listening to their moving testimonies and the fact that Fr. Arrupe has always been my hero, I always dreamt that I would one day at least "spend a little time with JRS".

It came rather suddenly and spontaneously, in November 2014. In a conversation with Fr. Stanny Fernandes, the Director of JRS, South Asia expressed this desire. A young Jesuit Priest Fr. Prem Kumar had been abducted by some Taliban outfit in Afghanistan and all efforts were being made to secure his release. My thoughts at that time was to serve for a couple of weeks or a month in Afghanistan, Nepal or elsewhere. Little did I realise that in a skype conversation later that evening with my friend Fr. Peter Balleis (the Director of JRS International) that Fr. Stanny would tell him of this desire. There were immediate communications from Fr. Peter literally asking as to when I would be ready to join the JRS; well, my response at that time was "it's only for a short time and we will see".

Early in April, I made my annual Spiritual Exercises (retreat) in the Jesuit residence of Gandhinagar. It was a troubling retreat with my thoughts constantly going back to the JRS. On Good Friday, there was this urge as never before to say "yes" and on Holy Saturday, I wrote to Fr. Peter Balleis that I think I hear the Lord calling me to serve in JRS. Peter's immediate response was "come immediately. We are waiting for you".

In May 2015, I had to go to Rome to speak at the Caritas Internationalis Assembly. I had some prolonged meetings with Fr. Peter and some others concerned there. They were certainly keen on me joining JRS as soon as possible and offered me some possibilities; the topmost, one being to work in the Middle East. I agreed to going to Beirut for a few days in July to see things for myself. My visit there was extremely positive but after the stay, I still felt that I needed more time to reflect and pray over things.

On my return to India I went through a long but difficult process of Ignatian discernment. During this process of discernment, I must have put down at least a hundred reasons why I should continue to be where I am and particularly in Gujarat. On the other side, there seemed to be just one voice saying to me to "let go" and to "let God".

In the early hours of August 22nd, the Feast of the Queenship of Mary I finally said "yes" totally, willingly and cheerfully to go and to work in the Lebanon. It was certainly an important decision in my life, a very difficult one in every sense of the word.

I have been assigned the responsibility of doing Advocacy work with JRS in the Middle East and North Africa region (MENA). I will be based in Beirut, Lebanon and while this responsibility is for the next two or three years, it is in fact open ended. My responsibilities sounded to me are challenging indeed!

I enjoyed being here in Gujarat and particularly for the last fourteen years working on issues related to human rights, justice and peace. Ever since friends and colleagues heart of my imminent departure, there has been no end of visits, phone calls, emails and messages. I truly value and feel good with all the appreciative things being said. Many have expressed feelings that I will be missed. I too will miss each one of you....!

Many also say how 'shocked and surprised' they are about my going wondering whether it was an overnight decision. Well it was not! It was kept under-wraps: very few knowing about it till very recently. Above all, no one is forcing me to go away...!

I humbly request your prayers for me, for my new responsibility and very particularly for those whom I have been called to serve.

I promise to be in touch and till we meet again, its "aavjo" (see you again) as we say in Gujarati!

With my love and prayers,
Fr. Cedric Prakash sj

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

Develop A Strong Personality

Do you have a strong personality?

Do your friends and people around describe you as pretty fearless and powerful? Well, having a strong personality is a dream that many people have, however, with the vagueness of the steps required to reach this dream lots of people just give up and remain as they are. While it's hard to define a strong personality as the definition differs from a person to a person still there are few aspects thet are common among all definitions of a strong personality. Know about them here

How can we build strong and lasting character?

- Practice patience when those around you are hurried
- Act with faith and diligence when others show mistrust or lack of commitment.
- Be gentle when you meet with cruelty and harsh temperament.
- Be courteous, even when others do not show courtesy.
- Give generously to those who have nothing to give.
- Communicate peace to those who are saddened or anxious.
- Express gratitude for every experience and person you have known.
- Act with self-control when dealing with those who are out of control.
- Be encouraging to those who are discouraged.
- Act with self-discipline, even when it is difficult to take correct actions.

According to common beliefs, a person who has a strong personality should be influential, powerful and a leader instead of a follower. Many people want to develop strong personality traits like assertiveness, leadership, and resilience. These traits are desired because people that embody them are seen as adventurous, friendly, spontaneous, and usually hold leadership positions in which their opinions are respected. Here are a few factors you need to keep in mind in order to develop strong personality

Don't Put Up With Excuses

Strong personalities do not put up with excuses. When you have a strong personality, you're not willing to listen to people waste time whining about what they can do. You would rather focus on what you can do and how you can overcome obstacles to do more. Don't question yourself for not making excuses. There might be a lot of reasons that you can't do something but there are more reasons that you can.

Have an Opinion: There is nothing more tiresome than trying to talk to someone who has no opinion on anything. A conversation has nowhere to go if you have nothing to expound on. If, however, you have an uncommon point of view or differing opinion, you are more interesting and stimulating to be with socially (unless you're a know-it-all, of course). A unique outlook expands everyone's perspective.

Never imitate, be yoursel: The next most tiresome thing after having no opinions is trying to be something you're not. Molding yourself in order to fit in, or be accepted, usually backfires. Since each of us is unique, expressing that uniqueness is what makes us interesting. Attempting to be a carbon copy of someone else not only falls flat, but reveals a lack of authenticity; instead even if your ideas are not appreciated and you feel that your work or ideas are ahead of those around, just give yourself a small pat on back but never ever try to change your opinions only to fit in a yourself but never.

Avoid small talks: Small talk is terrible. If you have a strong personality, you have a lot of ideas. You must not waste time talking about people when you could be changing the world.

Don't drown in self-pity: To have a strong personality you must never let yourself drown in self - pity. While everyone has their own moments of sorrow and regret, strong people learn how to deal with their problems. They take responsibility for their actions and own p to the consequences. They are very understanding of the reality of almost every situation. Although failure is not somthing that they strive for, once faced with it, they learn how to brush it off and move pn to better things.

Develop resilience: Resilience is the ability to endure stress and the ability to adapt to changes. If you're resilient, you're might be able to:

- Create and continue with realistic plans
- Be confident in your abilities
- Communicate effectively and solve problems
- Manage powerful emotions and impulses

Read more and expand your interests: The more you read and cultivate new interests, the more interesting you are to others. When you meet new people it gives you the opportunity to share what you know and to exchange your views with them.

Have integrity and treat people with respect: Being honest and true to your word will bring you the admiration, respect and gratitude of others. Nothing improves a person's personality more than integrity and respect respect for others, as well as respect for yourself.

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'Noshibacho Khell', Konkani movie set to premier in Mar 2016

Mumbai, 06 Jan 2016: The shooting for Konkani movie, Noshibacho Khell that was produced under the banner of Canarites Youth Association Mumbai Films Private Limited (CYAM) based on script of Konkani renowned theater artiste Henry D'Silva Suratkal Mumbai, has already completed. It has been shot in different places across Mumbai.

The movie has been directed by Harry Fernandes (Barkoor) Mumbai who has produced Marathi, Bhojpuri and bollywood movies. The talented actor Elton Mascarenhas and well known actress Ester Noronha are the lead roles. Prince Jacob (Goa), Ranjita Lewis, Clenwin Fernandes, Sujata Andrade, Stany Alvares, Alwyn Andrade and others are cast in the movie.

The movie has been shot in Film City, Bhajanlal Studio – Naigaon, Pallotti church – Andheri (East), M K Shah Jewellers – Chira Bazaar, Skylink office of Ronnie Goveas – J B Nagar, Andheri (East), Nandavan Studio, Mud Island and other places across Mumbai. The renowned bollywood director Lawrence D'Souza had offered motion for shooting the movie.

The renowned Konkani actors and directors were involved in producing expensive Konkani movie in order to fill the void of Konkani filmdom. It's the movie for the entertainment of family which has love, suspense, difficulties and happiness of rural living, said producer Henry D'Silva Suratkal.

The movie has been shot in Barkoor, Sastan, Kalaangann, Mangaluru town and coastal region of Karnataka. Victor Concesso has contributed lyrics to the songs composed by Wilson Oliver. The movie is likely to be premiered at the end of March 2016, said Henry D'Silva.

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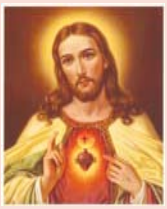
—A Devotee

Thanksgiving



Thanks to Sacred Heart of Jesus & St. Jude for the favours granted

May the Sacred Heart of Jesus be adored, loved, glorified & praised throughout the world now and forever. Sacred Heart of Jesus, have mercy on us. Sacred Heart of Jesus, Thy kingdom come. St. Jude worker of miracles pray for us. St. Jude helper of the hopeless pray for us. Amen, Say this prayer nine times a day for nine days.

— Ms. Nathaline Barboza

Patent delays: A big hurdle in Modi's 'Make in India'

As many as 98% of patents granted in 2015 were for applications more than five years old.

A patent application takes, on average, six years to get approved in India, according to an India-Spend analysis of 68,000 patents granted over the past 10 years, a process that threatens the innovation required for the Prime Minister's industrialisation push.

As many as 98% of patents granted in 2015 were for applications more than five years old. Compared to that, only 42% of patents granted in 2009 were for applications five years old or older. There was even a patent granted in 2015 for an application filed 19 years ago.

The average approval time for patents in the US and UK is three years.
Source: Controller General of Patents, Designs and Trademarks; Note: Data for 2015 up to Dec. 15
Source: Controller General of Patents, Designs and Trademarks; Note: Data for 2015 up to Dec. 15

Prime Minister Narendra Modi's grand plans to bring more multinational corporations to India under the Make-In-India campaign could be undermined by such patent delays. (In the first part of the series, we looked at how companies needed to not just make in India, but invent in India too.)

The graphic below is a reflection of how the workload of the patent office is changing and how its attention is being diverted to clearing the application backlog.
Source: Controller General of Patents, Designs and Trademarks; Note: Data for 2015 up to Dec. 15
Source: Controller General of Patents, Designs and Trademarks; Note: Data for 2015 up to Dec. 15

Modi has called for "an overhaul of the patent application filing process and a drastic reduction in the number of forms required".

Why reducing delays matter

What delays in granting patents do is prevent companies from commercialising products earlier.

Patents allow companies with innovative products to benefit from their research and development by giving them exclusive right to make these products, usually for a period of 20 years.

If patent grants are delayed, the entry of companies into the Indian market with their product is delayed too.

This is why Modi is riled. For a government looking to encourage foreign companies to 'Make In India' and invest in the country, reducing delays in decisions on patents may well be one of the first steps needed.

The main factor behind the delays is the shortage of patent examiners, according to this Mint report. In June 2015, of 337 posts available for examiners, only 130, or 37%, were filled.
Source: Controller General of Patents, Designs and Trademarks.
Source: Controller General of Patents, Designs and Trademarks.

What the government is doing about it

As a sop to companies facing delays, the government is proposing amendments to Patents Rules 2003, allowing for an "expedited examination". One of the conditions is that a company will have to commit to manufacturing in India within two years of granting the patent. This measure might benefit those willing to pay more and jump the queue, but it doesn't really address the shortage.

Increasing manpower in the Indian Patent Offices has been a long-standing concern of the five-year plans.

A scheme under the 12th Plan (2012-17) for the "modernisation and strengthening of intellectual property offices" hopes to increase the number of patent examiners, from 337 to 589, and have 263 examiners hired on temporary contracts, according to this report in the Indian Express..

In addition, the number of supervisory officers or "controllers" would be increased from 94 to 170.

A draft version of a proposed National Intellectual Property Rights (NIPR) policy tries to do something about this, too, by calling for the Office of the Controller General of Patents, Designs and Trademarks to "fix and adhere to timelines for grant of registrations" but offers no further details.

The NIPR policy could be announced by the government soon, according to this DNA report.

This article was originally published on IndiaSpend, a data-driven and public-interest journalism non-profit.

Impress Your Boss About Your Ability

You should make your impression in office as such, that they should not even consider your name for any unwanted profile change or transfer or lay off. Whether you are a new employee or have been working for quite some time now, the impression your boss has of you is of utmost importance because the face of the job market is always changing. Listed below are the ways to impress your boss about your ability.

Have a proactive attitude

First and foremost, every boss looks forward to their subordinates being proactive. They do not want to have people who need to be told everything every day.

Strive for improvement

Another quality that cannot be emphasized enough is the desire to improve always. No matter what field you are in, there is always scope to improve.

Be eager to learn

At any point of your career, learning does not stop. Not that you do not know enough, but because there is so much to know and learn that everyone cannot know everything.

Grab new opportunities

If you are a go getter, there is nothing like it. Your boss will be able to trust your ability when he/she knows that whatever work is given to you, you will somehow manage to get it done.

Be responsible

Not only is it important for your career, but as a person you should know what you are responsible for and actually take up responsibilities instead of blaming it on someone else. Remember, if it's your work, only you have to do.

Be a problem solver

You may have already proved your ability as far as your work is concerned to your boss, but in any workplace the real challenge is to be able to resolve issues and solve problems when they arise.

How To Install Husband!

A woman writes to the IT Technical support Guy :-

Dear Tech Support,
Last year I upgraded from Boyfriend 5.0 to Husband 1.0 and I noticed a distinct slowdown in the overall system performance. This is particularly in the flower and jewellery applications, which operated flawlessly under Boyfriend 5.0!

In addition, Husband 1.0 uninstalled another valuable program, Romance 9.5, and then installed undesirable programs such as NEWS 5.0, MONEY 3.0 and CRICKET 4.1

What can I do?
Rgds
Xxxx

Reply :

Dear Madam,
First, keep in mind, Boyfriend 5.0 is an Entertainment Package, while Husband 1.0 is an operating system.

Please enter command- ithoughtyoulovedme.html and try to download Tears 6.2 , then only it will automatically run the applications Jewellery 2.0 and Flowers 3.5

However, remember, overuse of the above application can cause Husband 1.0 to default to Silence 2.5 , Beer 6.1 or Whisky 6.8

Also DO NOT disturb the original package of Husband 1.0 Otherwise new virus Girlfriend 2.5 will automatically be downloaded into your system.
So please be careful!

In addition, please do not attempt to reinstall the Boyfriend 5.0 program.
These are unsupported applications and will crash Husband 1.0

We recommend: Cooking 3.0
Good Luck Madam !
Rgds

(Contd.. from p.9)

To corroborate what I have said above, I quote Mahatma Gandhi. "Nonviolence is my first article of faith; it is also the last article of my Creed. Complete non – violence under its active form is a goodwill for all that lives. It is perfect love. The world is tired of hatred. We notice that the hymn of hatred has not profited humanity. Love is the most powerful force the world possesses and yet it is the humblest that one could imagine. I am a man of peace. I believe in peace. But I do not want peace at any price. I do not want the peace that you find in stone; I do not want the peace that you find in the grave; but I do want the peace which you find embedded in the human breast which is exposed to the arrows of the whole world, but which is protected from all harm by the power of Almighty God." Excerpts taken from the writings of Mahatma Gandhi.

So what are you and I going to do, to bring about a culture of peace?? Maybe reflect on the lines below, and inculcate some of them if not all, in our day to day lives.

Love and Peace will become real and attainable **IF….**

…We believe that a smile is stronger than arms,

…We believe in the power of an outstretched arm,

… We prefer hope over suspicion,

…We choose to take the 1st step to get closer to our adversaries,

…We can rejoice when our neighbours succeed,

…We believe that forgiveness goes further than revenge,

…We accept criticism without defence,

…We refrain from always blaming someone else,

…We choose to feel wounded rather than hurting others,

…We look at the poor and oppressed without feeling superior,

…The GOSPEL does not scandalize us,

…We accept that LOVE is stronger than force.

Are Startups A Bubble Or Something More?

by Aamina Rahim

Startups are definitely so much more than a sham. In all honesty, they are not a sham at all. With young entrepreneurs coming up with refreshing ideas and mind-boggling startups, it might seem like Startups have become a cool thing, a trending hashtag that is temporary but the shelf life is just like that of a hashtag, short and ready to be dusted off.

The real picture is so much vast and brighter if you put a thought into the culture of startups in India, in the whole world for that matter. Startups are the reason why ideas bloom into their present beautiful state. The reason why exploring and passion becomes the foundation of an initiative.

With Grofers withdrawing its service from 9 cities and TDazo, Deliverwith.me shutting down completely, questions about the future of startups as well as the fate of the same are surfacing.

Well these questions can hold themselves as where these events are taking place because there are others like the Make In India Campaign which is about to take the country by a storm. This campaign, which was initiated in 2015, will take effect at the earliest and offer opportunities to international as well as domestic companies to flourish. This is being seen as a huge boom to the Startup ecosystem. Numbers suggest that India is the 4th largest base for young business and by 2020, the expansion for Startups that will be seen in the nation will be of next level.

Startups started with numerous objectives. Profit is one of them, without doubt, but a dear friend tells us that Startups came up so as to cater needs and resolve issues for the people. Sounds noble, doesn't it? And it holds true too! How many of you utilize the services provided by the Startups and feel that life has become a tad bit easier? It has, surely. Investors have started to fund Startups that show potential as these consist a 'roadmap for success and constructive outcome.'

Startups, in various ways, direct and indirect have affected the people. Whether it's the usage of services, progression of the nation, eCommerce or employment opportunities, startups have been an indispensable tool to all of these.

Speaking of employment, Startups provide opportunities in the job-area unlike any other well-settled company. Not only do they welcome ideas, they also give a working environment where once you start, you only grow. Internship opportunities is a concept that were popularised with Startups; the really young and enthusiastic minds can try the field. They learn and they grow.

Failures are certainly the flip-side of Startups but these are not permanent. Not only do Startups create a niche for discoveries, it also takes the economic and developmental state of India to a whole new level.

The Year For Consecrated Life Closes

BY MELVYN BROWN

Tuesday 2nd February is World Day of Consecrated Life it also provides closure for the Year of Consecrated Life 2015.

The World Day of Consecrated Life will renew the pledge to practice Mercy, Forgiveness, and love: it will renew the promise to keep open in our hearts the doors of faith, to send out Missionaries of Mercy, to win vocations to the priesthood and religious life, to speak out bravely and to cherish happiness in congregations of consecrated life and societies of Apostolic life.

Let us celebrate the Call to reawaken the world. The Call to become more aware of the crushing defeat Christians are facing; Christians, who need love, charity, security and trust in the faith to meet the challenges of fear and disruption. We need priests, nuns and religious to be strong in spirit, open to readily receive the refugees of fate in Jesus' name.

St. Francis of Assisi made faith grow when he preached the Gospel. He rejuvenated the Church, renewed society and by his witness he made society more fraternal. The consecrated brothers and sisters in our modern age live out their fidelity, a great moment in their lives of joy. They truly wake up the world.

Not only did the prophet Isaiah use the words, 'comfort', 'speak tenderly'; we find it also in the Book of Ruth when she finds Boaz had "comforted me and spoken kindly".(Ruth 2:13). This is the nectar to use today among our faithful who hunger for love.

The consecrated children of God follow the flame of the Spirit to bear fruit, as St. Paul said to the Galatians:" the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control". (Gal.5:22).

One afternoon, last September, I visited a priest in his room in the parish church. I noticed a white sheet of paper on his desk with the above words boldly inscribed from Galatians, written in his own hand with a black marker pen. He told me it was a model reminder to say each day. "I read it aloud once in the morning before I go down to the parish office." He smiled.

A consecrated person needs to remember the words of Simeon who stood by the temple door and received the child Jesus.

Simeon was old. He was a pious and just man who had been told by the Holy Spirit that he would not die till he had seen the Christ, redeemer of the world. Led by the Spirit, Mary and Joseph took Jesus to Simeon.

"Now, I shall die in peace. I have seen your salvation which has been prepared to be a light for the Gentiles and for the Glory of Israel," said Simeon in praise of God.

In the Gospel of John we read:" No longer do I call you servants (said Christ, introducing the bond of brotherhood), for the servant does not know what his master is doing; but I have called you friends (addressing the disciples), for all that I have heard from my Father I have made known to you."(John. 15:15).

The Jubilee of Consecrated Life closes.

Pope Francis recently quoted the Apostle Paul: "We have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified."(Gal.2:16).

Brothers and Sisters in consecrated life let me remind you of the words of the pontiff in his Homily for Holy Mass with seminarians and novices (Rome 7 July 2013): "People today certainly need words, but most of all they need us to bear witness to the mercy and tenderness of the Lord which warms the heart, rekindles hope, and attracts people towards the good. What a joy it is to bring God's consolation to others!"

This feature is dedicated to all consecrated men and women in the Church as a tribute of our reverence, love and gratitude. The Holy Father, Francis said: " If I had to choose between a wounded Church that goes out onto the streets and a sick withdrawn Church, I would definitely choose the first one."

And you have chosen well. Rejoice.

Inspiration!

Put Bitterness Behind You

Bitterness is that deep feeling of displeasure or anger that we have toward someone because of a past offense. It is our painful memory of past hurts. Bitterness or resentment is the great enemy of right relationships It destroys friendships and turns friends into enemies. But the most damaging effect of resentment is the destruction of the one who holds it

Of all the evil, destructive things that can happen to us, bitterness is one of the worst. Bitterness can rear its ugly head for a variety of reasons, whether you still hold a grudge about a fallout between you and a friend, you had a bad break-up recently, or maybe you feel frustrated at yourself for previous failures. No matter the case, feeling bitter can seriously affect your mental health and even make you feel sick. So make sure to use these tips to leave bitterness behind you

Get rid of the past: Try not to rehash negative experiences or dwell on things you cannot change; instead, set your sights on the present moment and thank the past for all the invaluable lessons it taught you. Just because you had unfortunate experiences previously doesn't mean that you will encounter these again – you just have to accept that your past served a purpose in your life, and turn the page to the next chapter in your story.

Remember-forgiveness is the key: By holding on to past pain, you only perpetuate it in the present. You give it oxygen, and a place to call home. If you want to keep bitterness from leeching the energy from you, you must forgive those who caused the resentment in the first place. You don't have to forget what happened, and you don't have to accept these people

back into your life. However, you must forgive their words and behavior if you desire a peaceful, drama-free life.

Focus on what you love: A guaranteed way to squash negativity is to redirect your attention to what you love. Where attention goes, energy flows, so thinking about stressful, undesirable experiences will only breed more of the same. If you want to leave your shadows in the dust, simply develop a more grateful attitude and get excited about life! Then, you'll start seeing a major change in your life experiences and how you view your surroundings.

change: If you look at the world too long, you will probably notice the widespread chaos and destruction and become angry at those causing it. Complaining and fixating on things outside of our control will only leave us feeling desperate and weak, while focusing our energy on what we can change makes us feel empowered and in control of our life. Change what you can, and let everything else run its course. All things will balance out in time, because that is the nature of the universe.

Add value in your life: Maybe you feel bitter because you don't feel you're contributing enough to society. In that case, provide whatever you can to your immediate community. Give old clothing to the homeless, donate food to the local food bank, organise meet-ups to encourage people to make real-life connections and support one another; lend whatever skills you have to make the world a better place. Bitterness can't live in the presence of compassion and understanding, so if you feel angry, simply make someone else feel better. You, too, will start healing once you dedicate your life to adding more value to someone else's.

Here's what bitterness does

- **Bitterness affects our health:** Bitterness is poison to our body. Resentment, bitterness, hatred and unforgiveness can cause ulcers, high blood pressure and dozens of other diseases. It has been estimated by some doctors that as much as 90 percent of our illnesses are caused by anger, fear, resentment and bitterness.
- **Bitterness affects our mind:** It has been proved that bitterness can and does bring on depression. People who have a tendency to be depressed much of the time are often people who hold resentment against a loved one or relative who injured them earlier in life.
- **Bitterness affects our personality:** The more we resent someone, the more we think about him. And the more we think about a person, the more we become like him. It is a fact that , when you fucus your emotions on someone, you tend to become like that person.

Grooms

MATRIMONIALS

MUMBAI: Goan R.C. Bachelor, aged 38 years, Ht. 5' 6", Wt. 75 kgs, Wheatish Complexion, Edn. Bom., working as a Sr. Accountant in Bahrain. Contact email : dias2401@ yahoo.com OR 9819121346 / 97333270202 / 97336451098 **(Regd. No. 6480)**

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 36 years, Ht. 5' 5", Wt. 55 kgs, Wheatish Complexion, Edn. 6th Std., honest, understanding, having a shop. Seeks a simple, homily Mangalorean Konkani speaking girl. Contact email : cyrildsouza87@gmail.com OR 07738976166 (Regd No.6152)

USA : Mangalorean Roman Catholic Divorcee, aged 44 years, having 2 childredn aged 12 & 7 years, Ht. 5' 11", Wt. 73 kgs, Wheatish Complexion, Edn. Masters of Engg. MCA., working as an Electronics / Telecom Engineer, working in USA. Contact email : l_lawrence_t@yahoo.com OR 0019496903065 (Regd No.6151)

MUMBAI : Mangalorean Roman Catholic Parents Mumbai based invite proposal for their Bachelor son, aged 27 years, Ht. 5' 6", Wt. 65 kgs, Fair Complexion, Edn. B.E., Chemical working in Saudi Arabia for reputed MNC having family status (ready to relocate), Seeks a suitable educted girl. Contact email : florance903@gmail.com OR 9867974086 (Regd No.6141)

MUMBAI : Goan Roman Catholic Bachelor, aged 36 years, Ht. 5' 8", Fair Complexion, Handsome, Edn. HSC pursing S.Y.Com., working as an Emigration Supurvisions. Seeks a simple, understanding, good look, smart girl. Contact email : mariyo.80@gmail.com OR 9619019991 / 982095412 (Regd No.6138)

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 29 years, Only Child. Ht. 5' 9", Fair Complexion, Edn. S.S.L.C., Working as a Clerk. Seeks a suitable match. Contact email : robindsouza1985@gmail.com OR 9820527457. (Regd No.6128)

MUMBAI : Goan Roman Catholic 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 : jjabranches@hotmail.com OR 9769494588 OR +61 433072951. (Regd No.6126)

MUMBAI : Goan Roman Catholic 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, understanding willing to work and live in U.K. below 33 years. Contact email : mariaferns5553@gmail.com (Regd No.6123)

MUMBAI : Roman Catholic 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 Roman Catholic Bachelor, aged 36 years, Ht. 5' 8", Wt. 78 kgs, Wheatish Complexion, Edn. B.Com., Having own well established business. Conact email : dollylopes@ymail.com OR 9220566467 / 9892320912 (Regd No.6120)

AHMEDABAD : Goan Roman Catholic Bachelor, aged 28 years, Ht. 5' 6", Wt. 68 kgs, fair and slim, Edn. B.Com., well settled. Seeks a suitable match. Contact email : neillaw123@yahoo.co.in (Regd No.6116)

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 39 years, Ht. 6', Wt. 80 kgs, Wheatish Complexion, Edn. HSC., Dip. in A.C. Mechanic, working as a AC Technician in Muscat. Contact Email : suaresroshan@gmail.com OR Tel.: 23733750 Or 968-99694267 (Regd No.6113)

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

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 33 years, Ht. 5' 5", Wt. 60 kgs, Wheatish Complexion, Edn. Chartered Accountant, working as a Chartered Accountant in a Pharmaceutical Company. Seeks a suitable Mangalorean girl. Contact email : ronaldroshan2003@gmail.com OR 9870248167 (Regd No.6105)

MUMBAI : Goan Roman Catholic Bachelor, aged 30 years, Ht. 5' 4", Wt. 65 kgs, Fair Complexion, Edn. Graduate, working as a Sr. Executive. Contact : 9224669977. (Regd No.6078)

MUMBAI : Mangalorean Roman Catholic Divorcee, aged 30 years, Ht. 6' 1", Wt. 85 kgs, Wheatish Complexion, Edn. Diploma in Civil Engineering. Position : C.E.O. in family business. Contact email : dereck.sequeira@gmail.com OR 9225102685 (Regd No.6074)

MUMBAI : Goan Roman Catholic Bachelor, aged 35 years, Ht. 5' 4", Wt. 55 kgs, Fair Complexion, Edn. HSC., working as a Hotel Manager. Contact email. saherfernandes22@gmail.com OR 9821152347 (Regd No.6064)

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 36 years, Ht. 6' 1", Wt. 75 kgs, Wheatish Complexion, Edn. M.Com., working as a Senior Manager. Contact email : roshan.dsouza28@gmail.com OR 9323149249 (Regd No.6061)

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 34 years, Ht. 5' 5", Wt. 60 kgs, Wheatish Complexion Edn. B.Com., working as a Manager. Only Child. Contact email : loyvaz@gmail.com OR 8806930925 (Regd No.6059)

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Brides

MATRIMONIALS

MUMBAI : Mangalorean/Goan RC parents of spinster daughter 31 yrs, 5' 7", graduate, well built, very fair, good looking with a pleasing & cheerful personality having good family background & moral values. Working abroad for an international airlines administration. (OCI in progress). Arriving Mumbai mid December. Invites alliance from well qualified well settled suitable bachelors with good family values and from decent cultured catholic family in India or abroad kindly reply with full details & recent photos to lmna31@hotmail.com (Regd No.6438)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 4", Wt. 70 kgs, Wheatish Complexion, Edn. B.Sc., Nurse, working as a B.Sc. Staff Nurse in SAUDI. Contact email : sybilalvares18@gmail.com OR 9657035849 (Regd No.6437)

PUNE : Roman Catholic Spinster, aged 27 years, Ht. 5', Wt. 50 kgs, Wheatish Complexion, Edn. T.T.C., B.A., perusing B.Ed., Teacher in Convent School. Contact email : prachir369@gmail.com OR 9823120272 (Regd No.6433)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 29 years, Ht. 5' 3", Wt. 65 kgs, Fair Complexion, Edn. B.Sc., IT., MBA., working as an Analyst. Contact email : cecy.martis@gmail.com OR 9920966061 (Regd No.6432)

PUNE : Protestant Christian Spinster, aged 29 years, Ht. 5' 1", Wt. 52 kgs, Fair Complexion, Edn. B.E. (Computer), working in SYDNEY (Australia), as a Software Engineer. She has a P.R. Contact email : wilson.pandit@gmail.com OR 9890815206. (Regd No.6431)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 27 years, Ht. 5' 4", Wt. 56 kgs, Wheatish Complexion, Edn. B.Com, C.A. (Inter), working as an Accounts Executive. Contact email : philomina_88@yahoo.com OR 9867175073 (Regd No.6430)

MUMBAI : Goan Roman Catholic Spinster, aged 27 years, Ht. 5' 5", Wt. 65 kgs, Fair Complexion, Edn. M.A. (Lit) Teacher by profession. Contact email : shalantam@gmail.com OR 91-67285160 (Regd No.6428)

MUMBAI : Maharashtrian Protestant Christian Spinster, aged 29 years, Ht. 5' 7", Wt. 59 kgs, Fair Complexion, good looking, Only Child. Edn. B.Com., LL.B., working as a Officer in Bank. Contact email : vmbhide100@yahoo.com OR 9819369243 / 9969052200 (Regd No.6196)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 27 years, Ht. 5' 6", Wt. 65 kgs, Wheatish Complexion, Edn., MBA Finance, working as an Executive. Contact email : monthi.n65@gmail.com OR 9421162148 / 7738131584(Regd No.6193)

MUMBAI : Goan Roman Catholic Spinster, aged 29 years, Ht. 5' 6", Wt. 65 kgs, Wheatish Complexion, Edn. B. Pharma & MBA in Clinical Research, working as an Asst. Manager. Seeks a Enginer or well settled and educated. Contact email : cosmetony52@yahoo.com OR 9870399755 (Regd No.6192)

MUMBAI : Goan (Bardez) Roman Catholic Spinster, aged 33 years, Ht. 5' 4", Fair Complexion., Edn. B.A., Dip. in Financial Management, Banking Exams, Working as Senior Manager for a reputed Private Sector Bank Seeks educated and well settled Roman Catholic Goan (Bardez) Bachelor between 35-38 years. Ht. 5' 7" and above. Contact email : andy.franky@hotmail.com OR 9833710833 (Regd No.6185)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 36 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 : Telugu Protestant Christian Spinster, aged 30 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 : East Indian Roman Catholic Spinster, aged 46 years, Ht. 5' 1", Wt. 62 kgs, Wheatish Complexion, Edn. B.Com., Giving Tuition. Contact : 9221758206 (Regd No.6181)

MUMBAI : Goan Roman Catholic Spinster, aged 33 years, Ht. 5' $9^{1}/_{2}$", Wt. 70 kgs, Fair Complexion, Edn. Graduate working as a Office Assistant. Contact email : melsav2014@gmail.com OR 022-2416 2210 (Regd No.6180)

MUMBAI : Goan Roman Catholic Spinster, aged 38 years, Ht. 5' 6", Wt. 65 kgs, Wheatish Complexion, Edn. B.Sc., PGDC, NIIT. working as a Sr. Executive in DUBAI. Looking for well qualified bachelor from Working in UAE or Mumbai. Contact Email : vsearch2373@gmail.com OR 00971501684427 / 919820594221 (Regd No.6177)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 25 years, Ht. 5', Wt. 50 kgs, Wheatish Complexion, Edn. HSC, Diploma, working as a Graphic designer. Deaf and dumb, can understand and speak little in English. Seeks a suitable match. Contact email : serraonancy3@gmail.com OR 7208812988 (Regd No.6176)

MUMBAI: Keralite Syro Malabar Spinster, aged 27 years, Ht. 5' 7", Wt. 70 kgs, Wheatish Complexion, Edn. MA, working with CFA firm in USA. Seeks a suitable match. Contact email : dayskul@yahoo.co.in OR 9869431648 (Regd No.6175)

MUMBAI: R.C. Goan parents seek alliance for their daughter, 1987 born, 5' 3", M.Sc., MBA employed with MNC in Mumbai, from bachelors aged between 30-33 years with good family background. Those interested kindly reply with complete details and recent photograph at buddies_22@yahoo.in (Regd No.6174)

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MUMBAI : Mangalorean RC Parents from Mumbai seek alliance for their daughter aged 28 year's height 5' 4", Fair, highly educated, working as a Physiyo Therapist in States. Seeks a suitable match from states. Contact email : mariapereira1909@gmail.com OR 9833819039. **(Regd. No. 6478)**

MUMBAI : RC Mangalorean Spinster, 27/5'2", Wt. 54 kgs, wheatish, B.Com., C.S., L.L.B., working as a teaching faculty for Law. invite alliance from well qualified and well settled bachelor with good family values upto 30 years Kindly reply with details and full length photograph to r.dsouza.co@gmail.com OR 9323925995 / 9699788876 **(Regd. No. 6350)**

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 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 : Goan Roman Catholic Spinster, aged 28 years, Ht. 5' 1", Wt. 57 kgs, Fair Complexion, Edn. B.Sc., IT., MBA working as a IT Engineer. Seeks a well settled boy. Contact email : m.rodricks24@gmail.com OR 9821596241 / 26424190 **(Regd. No. 6408)**

DUBAI : Mangalorean R.C. Spinster, aged 33 years, Ht. 5' 5", Wt. 60 kgs, Fair Complexion, Working in Govt. Hospital in Dubai as Specialist Doctor (M.D.) Seeks a well qulified bachelor from Decent family. Kindly send the profile and recent photograph to Email : alliance12313@yahoo.in OR 09845850726 **(Regd. No. 5619)**

MUMBAI : Roman Catholic Spinster, aged 26 years, Ht. 5'1", Wt. 48 kgs, Wheatish Complexion, Edn. B.Com., (Banking & Insurance) working as a Consultant. Contact email : rosemarybharda@yahoo.com OR 9224780162 **(Regd. No. 6414)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 25 years, Ht. 5' 2", Wheatish Complexion, Edn. Post Graduate (HR), working as a Junior Officer. Contact email : natasha.lima25@yahoo.com OR 9920930518 **(Regd. No. 6410)**

MUMBAI : Goan Roman Catholic Spinster, aged 29 years, Ht. 5' 5", Wt. 80 kgs, Wheatish Complexion, Edn. BMS, M.Com., MBA., working as a Asst. Manager, Contact email : silverbells1960@gmail.com OR 28931512 **(Regd. No. 6409)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 28 years, Ht. 5', Wt. 46 kgs, Fair Complexion, Edn. B.Sc., MBA working as a HR. Contact email : picardo.princiaj@ gmail.com OR 9833077789 **(Regd. No. 6406)**

MUMBAI : Goan Roman Catholic Spinster, aged 32 years, Ht. 5'5", Wt. 75 kgs, Wheatish Complexion, Edn. TYBA., working as a Receptionist. Contact email : mascarenhasprescilla@ gmail.com OR 9930953353 **(Regd. No. 6405)**

MUMBAI : Goan Roman Catholic Spinster, aged 26 years, Ht. 5'4", Wt. 56 kgs, Fair Complexion, goodlooking and graceful, Edn. as Interior Designer & works as an Interior Designer. Seeks an well educated, working Goan Bachelor. India/Abroad. Having a good status. Contact : +918689890839 and email : mary29paul@gmail.com **(Regd. No. 6403)**

MUMBAI : Goan Roman Catholic Spinster, aged 37 years, Ht. 5'2", Wt. 60 kgs, Wheatish Complexion, Edn. Post Graduate working as a Support Analyist in Airlines. Contact email : erminda3561@gmail.com OR 9870180036 **(Regd. No. 6402)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 23 years, Ht. 5' 5", Wt. 45 kgs, Fair Complexion, Edn. T.Y. B.Com., currently pursing Travel & Tourism Course from Thomas Cook. Contact email : daisy.diana92@ yahoo.com OR 9768964704 **(Regd. No. 6453)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 4", Wt. 50 kgs, Wheatish Complexion, Edn. B.Com.,PG in Banking, working in a Private Bank. Contact email : paispascal@gmail.com OR 9892921564 **(Regd. No. 6452)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 27 years, Ht. 5' 4", Wt. 54 kgs, Wheatish Complexion, Edn. B.A., working as a Financial Analyst in MNC. Seeks a suitable match. Contact email : serraoolinda@ gmail.com / natasha_serrao19@ yahoo.com OR 9619522154 / 9969114346 **(Regd. No. 6451)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 30 years, Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, beautiful, Edn. B.Com., working as an Asst. HR Officer. Contact email : genesalis@yahoo.com OR 9324515797 **(Regd. No. 6448)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 29 years, Ht. 5', Wt. 48 kgs, Wheatish Complexion, Edn. BE (IT), working as a Sr. Software Engr., Seeks a suitable well qualified match. Contact email : western2462@ rediffmail.com OR 8652024267 (Regd No.6173)

MUMBAI : Tamilian Roman Catholic Spinster, aged 28 years, Ht. 5' 5", Wt. 60 kgs, Wheatish Complexion, Edn. B.Arch., Position : Interior Design. Seeks a well settled match. Contact email: hahlsr@gmail.com OR o2240153702 (Regd No.6171)

MUMBAI : Goan Roman Catholic Spinster, aged 31 years, Ht. 5' 1", Wt. 56 kgs, Wheatish Complexion, Edn. SYBA, Dip. in Avition, working CO in TCS, Seeks a Goan, loving, understanding, social and should have family values. Preferred from Gulf/Mumbai. Contact email : costa_05@rediffmail.com OR 9869316699 (Regd No.6170)

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