

THE SECULAR CITIZEN

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A NATIONAL FAMILY WEEKLY

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Make An Impact
In Your Community



Pope, Patriarch Meet After 1,000 Years



Pope Francis met Friday with Patriarch Kirill in the first-ever papal meeting with the head of the Russian Orthodox Church, an historic development in the 1,000-year schism that divided Christianity. The meeting took place at Havana's airport. Pope Francis and Patriarch Kirill embraced and kissed one another three times on the cheek as they met in the wood-paneled VIP room at Havana's José Martí International Airport. The two church leaders then proceeded to a pair of straight-backed chairs turned at angles.

New Superior General of Bethany



Sr Rose Celine has been elected superior general The Congregation of the Sisters of the Little Flower of Bethany, better known as Bethany Sisters. She was elected during the ongoing XVI general chapter of the congregation, held at the Motherhouse, Bendore here on Thursday February 11.

Sr Rose Celine is the 10th superior general of Bethany congregation which was founded in 1921 by the Servant of God R F C Mascarenhas, a priest of Mangaluru diocese. Sr Rose Celine succeeds Sr Wilberta, who was superior general of Bethany Sisters since March 2010. The congregation also elected a team of four councillors to the superior general - Sr Lillis, Sr Shanti Priya, Sr Mariette and Sr Lilitta.

'Carnival 2016' Celebrated in Mumbai



Carnival 2016 was celebrated on 7th February 2016 at St. Vincent Pallotti Church Ground by McRonnie's Foods Pvt. Ltd., The event is organised as a regular feature since three years under the leadership of Mr. Ronnie Goveas. The Carnival includes Food items of various taste and entertainment of music, dance, fancy dress with prizes. A large number of carnival lovers participated in the event.

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'Thought for the week'

Do something today that your future self will thank you for.

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Cover : Make an Impact in Your Community

(Article on p. 6)

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Bishops Warn Against Prevalence Of Cyberporn

Manila: Philippine Catholic bishops have warned against the "pervasive social cancer" that has been on the rise on the Internet, especially with the prevalence of pornographic websites.

Describing pornography as a "contemporary tragedy," the prelates warned that children these days have become too attached to digital media.

"Therefore, parents must be held responsible in monitoring and supervising their children's access to the Internet," said Archbishop Socrates Villegas, president of the bishops' conference, in a Feb. 11 statement.

Citing data from a 2015 Study of World Internet Users and Population Statistics, the bishops said Filipino children are among those with the highest access to the Internet in Asia.

A 2013 study on the youth conducted by the University of the Philippines' Population Institute show that 56.5 percent of Filipinos aged 15-24 have been exposed to pornographic videos, 35.6 percent have been exposed to sexually explicit reading material, and 15.5 percent have viewed pornographic websites.

"Given the all-pervasiveness of the Internet, it should not be surprising that pornography has invaded our homes, workplaces, schools, and churches," said Archbishop Villegas.

As early as 2009, the country's Catholic bishops warned against the "evils" of pornography in a pastoral letter.

In that statement, the bishops emphasized the need for integral and coordinated effort among professional communicators, parents, schools, authorities and the public to combat "this social malady."

Philippine authorities have warned that the country has become a major producer and distributor of pornography, especially of child pornography.

In 2014, the Philippine National Police's Anti-Cybercrime Group reported that the country was among the top 10 nations for the production of online child pornography.

During their plenary meeting in January, the country's Catholic bishops noted that child pornography in the Philippines is fueled by perpetrators who are exploiting poor and vulnerable families and their children.

"These are Filipino children whose innocence has been consumed for the pleasure of others," said the prelates' statement.

Source: UCAN

Make in India fire: Why functions don't take place at Chowpatty beach

by Bhavya Dore

On Sunday night, a Make in India event at Chowpatty Beach in Mumbai was marred by a fire, with authorities managing to evacuate everyone in time, and no casualties reported. The fire appeared to start below a stage where performances were under way, and the night was meant to be one of the showcase events of the Make in India week being held from February 13-18.

Though it is still unclear what started the fire, the strong winds helped the blaze spread quickly. Firefighting squads rushed to the spot and the government has been broadly appreciated for quelling the fire quickly and managing the situation. The state has already initiated an inquiry into what could have gone wrong. The state government had been permitted to hold the event on the beach - among the city's best known landmarks - after an interim order in their favour in the Supreme Court. A Bombay high court order had on January 28 turned down the state's application to conduct the function for a variety of reasons.

In 2001, the high court had appointed a committee whose task was to broadly monitor the activities on the beach. "The mandate of the committee is to regulate activities on the beach," said Rajan Jayakar, an advocate and member of the committee who appeared in court on January 28. "Many authorities have jurisdiction over Chowpatty: the city collector, the civic body, the police, maritime board etc. and there were all sorts of problems because lack of coordination. The court felt an independent committee was needed to monitor the activities at the beach."

The committee drew up a set of guidelines for the beach; these were accepted by the court in 2005 and have been in application since. No one opposed them at the time.

So what were the various concerns at play over allowing or disallowing functions to take place at Chowpatty both in general and in this specific instance?

1. Legal point of view: "What is most important is that the beach shall always be open to the public," said the January order. Political rallies and gatherings are

also prohibited on the beach. The view of the sea should also remain unobstructed. "The idea of not granting permissions other than the exceptions [see below] was to give people a chance to enjoy the beach. And if you are a passer-by you should be able to have an unobstructed view of the sea," said Jayakar. The government had said it would be constructing a stage for the February 14 event and would be preparing for it up to 14 days in advance. This was found to be contrary to existing guidelines.

2. Silence zone: A portion of the beach falls within the ambit of a silence zone. No microphone activity is allowed within 100m of an adjacent college and hospital under the Noise Pollution (Regulation and Control) Rules, 2000."

3. Concerns over safety: "Chowpatty beach, an open area is very difficult to regulate in case of any congregation and any misadventure may result in chaos, stampede and loss of human life" according to committee's guidelines quoted in the 2005 order. The January order expressed similar concerns: citing the congregation of a "large gathering" as a further problem. "It is not necessary to elaborate the adverse effects of such a large gathering on the beach," the bench said.

4. Concerns over traffic: There is no place for alighting and parking and this could result in traffic jams and obstruction of free flowing vehicular movements.

5. The exceptions: This includes allowing for Ganpati immersions and for the Adarsh Ram Leela Samiti to perform the Ram Leela and Krishna Leela on a portion of the beach after applying for permission. "Except the said activities on earmarked days, no other activities of any nature whatsoever shall be permitted on the said Chowpatty beach," the court had said in 2005. The court only granted the handful of exemptions because "these activities have virtually been associated with Chowpatty". Jayakar said they had been "performed from time immemorial" and "could not be stopped suddenly". "Except for these and Christmas function no other activities were allowed at Chowpatty. Ganesh Visarjan is not an activity but a passage to the sea," he said. Otherwise how do you keep the beach available and open for the people? Then every second person will

Fr. Salvador Rodrigues Memorial Lecture & Award

The 2nd Fr. Salvador Rodrigues Memorial Lecture & Award programme will be held on Sunday 6 March 2016 at 10.30 am at Toni Morello Hall, Dr. Antonio D'Silva High School, Dadar. The Lecture will be delivered by Dr. Louis D'Silva, past president of BCS and past professor of Political Science at University of Bombay. The topic of the lecture is "PRESENT POLITICAL SCENARIO & THE CHRISTIAN MINORITY".

This will be followed by the presentation of the Fr. Salvador Rodrigues Memorial Award. All are invited to participate in this event.

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apply to hold a function there."

In 2011, the state had got permission to hold a function at Chowpatty for the golden jubilee celebrations of the state. This was an exception granted, because it "was a special and unique occasion" the court noted, and conditions were imposed. "The function which is sought to be held on account of Make in India Week cannot be treated on par with the solemn function held on the occasion of the golden jubilee of the existence of the state," the court said. The bench did not find that the "mere presence of foreign dignitaries" qualified it for the same stature.



Dos & Don'ts

This is with reference to the article "20 Things to do and not do at Mass" by Rev Kiran Fernandes in the Secular Citizen dt 8/2/16. The priest has done well to draw our attention to the sanctity of the celebration of the Holy Eucharist. However, I beg to differ on some points.

In point No 3 he says that men should take off their hats when entering a church! On what does he base this statement? It is neither a biblical nor Christian tradition. It is just a European custom. Infact in all Oriental/ Semitic religions the head is always covered in worship, be it male or female. This goes for Hindus, Muslims, Jews, Sikhs and Parsis. In all probability Jesus also covered his head when he entered the synagogue. If at all there is a biblical exhortation it is to take off one's shoes, again prevalent in the aforesaid religions, and as mandated to Moses when he was approaching the burning bush (cf Ex 3:5).

In point No 6 he exhorts us to dress well to meet a king. The "king" in question was born in a manger, wrapped in swaddling clothes (cf Lk 2:7), died naked on a cross, and was buried in a borrowed tomb (cf Lk 23:53). This "king" had proclaimed that "The foxes have their holes and the birds their nests, but the son of man has no place to lay his head" (cf Mat 8:20). So do we need to "dress up" for him?

In point No 10 the writer asks us to genuflect before the altar. This again is just a pagan Roman obeisance to Caesar, having nothing to do with Christianity. For this reason after Vatican II and the Church in India Seminar of 1969, it was replaced by the anjali-hasta, bowing with one's hands raised above the forehead.

In point No 17 we are advised to

receive Communion on the tongue. This again is a gross misrepresentation of our faith. At the Last Supper Jesus broke bread and passed it around to his disciples (cf Lk 22:19). He didn't stick it into their mouths. He probably didn't want his disciples to be spoon fed babes, or helpless nestlings, waiting with their beaks open for the parent bird to feed them.

I am really surprised to find such distortions presented by a priest who would have spent several years studying theology. Maybe he needs to go back to the seminary for a detox!

—*chhotebhai, Kanpur*

RIP for Goa's Coconut Tree

Your cover page headlines " Looking for branches and missing the fruits" (Secular Citizen Feb 15) aptly describes the fate of the coconut tree in Goa. It is now final. We can now sing a requiem for Goa's time-honoured and hallowed coconut tree (madd) and the much-revered cocconut, after its downgrading to the status of a plant/grass. The implications of the new amendment is that any coconut tree in the state, irrespective of its girth, branches and height, is now at the mercy of vested interests who are free to cut and hew the tree at will and without the mandatory permission required under the 'Protection of Trees Act' of Goa Daman and Diu. Such strange and skewed logic has shocked the people of Goa who are now on the war path with widespread agitations and opinion polls to save the coconut tree and the destruction of Goa. From the coconut tree the focus has now shifted to the monkey in view of the monkey fever that has gripped some villages in the state and claimed several lives. As a result the

monkey will now be on the list of a few other wild animals who spread disease and are a nuisance to the farmers. to be classified as 'vermin.' They can hereafter be hunted or culled without restriction. Probably the next in line is man to be downgraded to the level of his ancestral clone, the monkey, from whom he has supposedly evolved.

—*A. F. Nazareth, Alto Porvorim*

Vatican's 'Justice' Report

On Sat. 06 Feb. 2016, Vatican's promoter of justice, Gian Piero Milano, issued a report to inaugurate the 81st. year of the Vatican Judicial Tribunal. (Brief Excerpts):

Justice affects the individual person, and also the entire community. Love of neighbor, peace and harmony, care for creation, and tireless efforts for the elimination of inequalities are themes of the document. These are values that challenge legal practitioners who are called to intervene when rules are violated. With the Pontificate of Pope Francis, a new legislative phase has begun to address the concerns of the international community.

In criminal matters, new offences have been identified: crimes against the person (racial discrimination, human trafficking, torture); crimes against children (child labor, prostitution, pornography, war recruitment); and crimes against humanity (genocide and civilian war atrocities).

Among the activities of the judicial police are: money laundering, narcotic trade, financing of terrorism, email fraud and identity theft. Cyber crimes, and websites with defamatory contents with regard to the Vatican City state and the Holy See were also closed.

The Lord condemns all forms of injustice: "Thus speaks the Lord of hosts, saying, 'execute true justice; and show mercy and compassion every man to his brother (and sister)'"- Zechariah 7:9".

—*Dr. Trevor Colaso, Bandra, Mumbai*

Make An Impact In Your Community

It's not hard to get involved in your community! You don't need a heap of money, a crew of fellow volunteers or a major chunk of your time to make a difference. Simply by using the skills you already have and sharing them with others, you can maximise your impact in your community



Volunteering your time and talents to make a difference in your community is a wonderful way to say 'thank you' to people around. Your community has taken you in and taught you many things over the course of years. So, what can we do to positively influence our community and people around us? Love, yes with love you can change the world. Here are few ways to make an impact in your community and improve the lives of others

Understand the needs of others: It's easy to get caught up in the hustle and bustle of life and to overlook the

need for help that's all around us. When we open our eyes and focus our minds on love and empathy, we see opportunities to make an impact in someone else's life.

Bring awareness to a social or environmental cause that you care about: Do you feel that your community would benefit from additional education in a social or environmental cause? Let them know! Open them up to new ideas. There are probably many people in your community who will support you. If there is already a group promoting a cause that you care about, get involved! Be happy is knowing that not only have you been impacted by your exchange community but you have equally impacted those around you in a positive way.

Use your talents and positions of influence:

Each of us has unique talents. It may be woodworking, crafting, cooking or working on the computer. You may not have thought of impacting someone's life by gifting your talents. For instance, let's say you enjoy woodworking. Seek out a family that you know is struggling financially. Pour your love into a making a piece



of furniture that you can sell and contribute the proceeds of the sale to the family. With a little creativity, you'll find lots of ways to change people's lives with love.

Provide a warm meal:

There are times when our friends and neighbours need help but don't feel comfortable asking. They may be sick, stressed out or having financial difficulties. When you sense this, give them a call asking if you can bring over a hot meal, Give them a day's notice so that they can enjoy the day knowing that they don't have to rush home to cook.

Clean up a park or beach:

(Contd.. on p. 7)

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(Contd.. from p. 6)

Leave your exchange home more beautiful than it was before you left. Take part in cleaning up trash and debris. If there are no organized clean-ups, organise it yourself and get a group of friends and family members together!

Volunteer in your community:

There are many organisations that are impacting people's lives in a positive way. By volunteering, these organisations can continue providing assistance and you gain a sense of satisfaction by helping. A side benefit is that you also pick up new skills that are valuable in other areas of your life.

Make it your lifestyle:

Daily kindness begins with a smile. As you encounter others, put on a smile and say hello. We never know the struggles that a specific person is going through and something as small as a smile and a warm greeting can change someone's outlook. You'll find that smiling is contagious. When you smile at someone, they automatically smile back and you are immediately rewarded for your efforts.

Here's how you can get started

- Write in your journal about your concerns and hopes.
- Follow local community organising and advocacy groups on facebook.
- Talk to family members about the issues that matter to you.
- Attend neighbourhood association or residents' meetings.
- Participate in a rally or a march.
- Get involved with the Women's Leadership Project.
- Write a letter or email to your elected officials if you need help.

A life is not important expect in the impact it has on other lives

-Jackie Robinson,

Deonar (dumping ground) Fire – any lessons learnt ?

The recent fire at Deonar in the eastern suburbs, the largest dumping ground of the city of Mumbai, which raged on for several days, was a very sad incident, leading to severe health problems for residents living around the area. What went wrong ? What was the cause of the fire ? Was it sabotage - the authorities wonder. Inquiries, investigations would doubtless be instituted. It seems the BMC meanwhile have even registered an FIR against unknown persons at the Shivaji Nagar Police station. So, was this waiting to happen ?



**by Melville X. D'Souza
- Orlem Malad West**

Now that the fire has died down, can we come down to reality ? Are we going to draw any lessons from this incident ? The Bombay High Court has warned that what has happened in Deonar could also happen in the nearby Mulund dumping site. The BMC may take undertake some short term measures and soon the whole incident would be forgotten - consigned to dust !

This brings us to the basic issue – the amount of garbage generated in this city of Mumbai, mind boggling indeed ! It is not just the BMC which is responsibility for the management of garbage – the citizens themselves are also responsible. Whatever happened to the segregation of wet and dry garbage at source ? Reports say Pune has been successful in implementing this system. The situation calls for sincerity on the part of both, the civic authorities and the general public. Otherwise, the whole of city may one day turn into a huge dumping ground !

And yes, are there any study tours available abroad for waste management ? Our civic staff and corporators would be better advised to attend such study tours instead of undertaking the so-called study tours to the Andamans, As somebody said, study tours are essential – but yes, that should translate into something good for the honest tax paying citizens of this country !

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late Syro-Malankara prelate

New Delhi: The Indian vice president has hailed the late Syro-Malankara Archbishop Benedict Mar Gregorios of Trivandrum as an example of selfless service.

"His life serves as an example for us all. His selfless dedication for betterment of society, improving living conditions of poor and advocacy of education could be contemplated in building a strong nation," said Hamid Ansari.

Ansari was speaking at a national conference in New Delhi to mark the Feb. 15 concluding ceremony of the yearlong birth centenary celebrations of the archbishop.

Old Goa hosts music festival honoring 16th century saint

Panaji: An art and music festival honoring a 16th-century Orthodox martyr whose remains were buried in a Catholic convent in India kicked off Feb. 12 at the Santa Monica Church in Old Goa.

Around 40 international performers are part of the 10-day festival, which will include conferences, lectures, and workshops.

The festival "hopes to inspire a place of artistic, spiritual and musical dialogue," said Santiago Lusardi Girelli, artistic director of the festival.

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Prayers sought for Cardinal Gracias

The Archdiocese of Bombay has requested prayers for its archbishop, Cardinal Oswald Gracias, who is recuperating from a surgery to remove a cyst.

He had gone to the United States in December for a comprehensive health checkup. Doctors there detected a cyst and advised for its removal. The surgery is completed and successful. The cyst is removed.

UK paper to use Bombay instead of Mumbai

A leading British daily 'The Independent' will revert back to using Bombay instead of Mumbai when referring to the financial hub of India, to take stand against a "nastier strain of Hindu nationalism," its Indian-origin editor said.

Convicted Indian priest's reinstatement upsets victims group:

Advocates for clergy abuse victims are criticizing a decision by Catholic Church officials in India to reinstate a priest convicted of sexual assault in Minnesota.

"I think this convicted predator is being put back on the job for the same reason that bishops continue to conceal child sex crimes all across the globe," says David Clohessy of the victims group Survivors Network of Those Abused by Priests.

Two new priests in Kandhamal

Two Capuchin Franciscan friars were ordained on February 8 by His Exc.

Mgr John Barwa in the district of Kandhamal, which had seen horrific anti-Christian violence in 2008.

"A gift and a blessing, in the Year of Mercy": is how the Archbishop of Cuttack-Bhubaneswar, in Orissa, His Exc. Mgr. John Barwa described the two new priests. As Fides learns, the two Capuchin Franciscan friars: Fr. Bonifacio Kanhar OFM Cap and Fr. Chandulal Baliarsingh OFM Cap, were ordained by Mgr. Barwa on February 8 in Simon Badi, in Kandhamal district, which is part of the diocese of Cuttack-Bhubaneswar.

"John Paul II had intense relationship with married woman"

London: Pope John Paul II had an intense relationship with a married Polish-born American philosopher for more than 30 years, according to previously unseen letters featuring in a BBC documentary that revealed a rarely seen side of the late pontiff.

The former Vatican chief's letters to writer Anna-Teresa Tymieniecka, which feature in the documentary being shown by the BBC today, had been kept away from public view in the National Library of Poland for years.

The letters do not indicate that the Pope, who died in 2005 at the age of 84, broke his vow of celibacy, but the tone of some of his letters to her points to intense feelings between them, the broadcaster said.

The letters show that the friendship began in 1973 when Tymieniecka contacted the future Pope, Cardinal Karol Wojtyla, then Archbishop of Krakow, about a book on philosophy that he had written.

Vice President lauds

Make In India! And How!!

by Ladislaus L D'Souza

The Girgaum Chowpatty Make-in-India fire that took place on 'Prem Diwas' [Valentines' Day] 2016 is proof of India's sagacity and boldness, to say the least!

BJP-led India has unequivocally affirmed that court bans, municipal laws and firefighter department warnings be damned, our never-say-die enthusiasm brazenly demonstrating to the world how capable the country, under the present dispensation, is of sending up in flames whatever little we are capable of by way of imitation in a country that has always prided itself in providing to the world inimitably cheap labour! In fact, while a certain religious minority managed to bring a little of the sacred fire to India when fleeing the land of its origin, we Indians are capable of exporting fire and all that goes to cause it for free.

Hail Modiji! Indeed! It's *kitne sachche achche din* at last! Kudos Fad-

navis and Udhav! May your tribe increase!! May the lion that the BJP-led government, at the Centre in general and in Maharashtra in particular, portrayed to the world as being indicative of our credentials as a manufacturer par excellence, find itself enthroned in the soft centre of the lotus even as the tiger that claimed to have fought unto martyrdom for the formation of Maharashtra sits in open-mouthed awe of it.

Critics might say that India has made a laughing stock of itself. So be it for, after all, isn't laughing serious business? It's no mean task striving to give the world a few laughs, starved as it is of real jokes and jokers, especially when that effort includes getting the apex court of the land to subvert its own directives in order to enable brand India to make the world believe something very important: that on the one hand we can help other countries realize their dreams on Indian soil for peanuts and, on the other, that we can



also live our own desi dream of exporting *phatakas, fuljaaris, paaus, zaminchakri, lavang* and a lot else apart from *lavani, cabaret, kho-kho, kabaddi, hutu-tu, mallakhamba*, not to speak of the *dhoti-langot-lugda-choli* variety of *balaatkari, surrogacy, bhrashtachari, dadagiri, bhaandi-ghassai, jhaaru-ponchaai vagairay, vagairay*, to those very countries to help celebrate the fulfilment of their dreams! It's a dream situation like no other in the annals of history!

Long live 'Make in India' – long enough to establish 'make-believe-in-India' until fires, set off either by circuits short or long (or by matchsticks, maybe), blaze wildly to set us apart as a rage the world over!

Vande mataram! Jai Mumbai!! Jai Maharashtra! Jai Hind!!! Arrey, hame-sha *jaya-jaya-jaya-jaya he!!*



LENTEN MISSION

Celebrating the Jubilee Year of Mercy

See and Be the Face of The Merciful Father

at St. Pius X Church Grounds, Mulund West

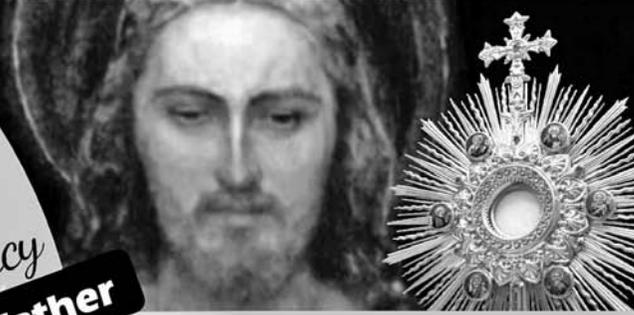


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(Mass at 7 p.m.)

Saturday, 5th March
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5.30 p.m. to 9.45 p.m.
(Mass at 7 p.m.)

Sunday, 6th March
9.00 a.m. to 12.30 p.m.
5.30 p.m. to 9.45 p.m.
(No Evening Mass)

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Dwarfing A Giant

Never mind Gulliver and the Lilliputians, or David slaying Goliath. There is now a reversal of roles, with a giant Goliath trying to destroy a defenseless David. The dramatis personae are the present political dispensation on the one hand, and its attempt to belittle or sideline Gandhiji, the original one, the Mahatma, on the other.

This was the subject matter of a discussion held recently at the Ashok Library in my hometown of Kanpur. The Mahatma had visited this library about 80 years ago, and the table and chair at which he sat is reverentially preserved to this day.

Unfortunately, using Gandhiji's furniture cannot furnish an answer to the concerted attempts to downsize him. These attacks are not brazen, but a subtle strategy that exploits peoples' ignorance and prejudices.

First the plot. Religious hardliners and right-wingers have always been uncomfortable with the Gandhian legacy. In the north, several of those who experienced the pain of Partition erroneously blame Gandhiji for it. Those who seek to idolize his assassin, Nathuram Godse, would have us believe that this happened because Gandhiji stood up for the agreed monetary compensation of Rupees Fifty Five Crores to be paid to fledgling Pakistan. Another group of neo dalit leaders accuse of him being casteist. The object of their scorn is dead 68 years, and cannot defend himself. But those who lay claim to his legacy, be it political or social, seem grossly inadequate in coming to his defence, or telling it as it should be.

Gandhiji was a Congressman, who together with Nehru was the main architect of India's freedom. Hence the Congress party should have been the natural inheritor of the Gandhian legacy. But it has strayed so far from his lofty principles, that it has forfeited its



by chhotebhai *

right of natural succession. The other reason that the Congress gets caught on the wrong foot is because Gandhian scholars repeat ad nauseum that after India attained Independence Gandhiji said that the Congress now needed to be disbanded, as it had achieved its purpose of Independence, or Swaraj (self-rule).

Here is where I differ from the naïveté of the Mahatma, and those who subscribe to the disbandment theory. In more recent times Anna Hazare seems to have been equally naïve, while his erstwhile protégé, Arvind Kejriwal, read the signs of the times correctly and chose to enter politics. Whether or not we agree with Kejriwal is not the point. The real issue is that politics, political affairs or policy making are an integral part of a vibrant democracy, and cannot be wished away because of its inherent shortcomings.

I have many Gandhian friends, who also seem to have missed the boat. They go for the peripherals, like wearing khadi. They also harp on the need for cottage industries and promotion of village life. With their deep-rooted suspicion of all things modern (often quite hypocritically so) they are flogging a dead horse.

I recall a Govt official speaking at a handicraft fair. He said that if a foreign buyer wanted 1000 pieces of a particular product he would give the order to an Indian handicrafts company. However, if 1 million pieces were required the order would go to a factory

in China. A simple matter of economy of scale that my fellow Gandhians don't seem to understand. We cannot put the clock back and revert to the bullock cart age.

Here is another example. My wife bakes cakes and biscuits at home. However, their cost of production is more than that of big manufacturers like Britannia, Parle or Sunfeast. These companies can sell a chocolate cream biscuit pack for as little as Rupees Five. That too after paying excise duty, VAT, transportation and packaging costs, and providing for their own profit, as well as distributors and retailers' margins. Even yoga guru Ramdev has recognized the potential of large scale manufacturing processes for his range of consumer products.

So where does this leave the Mahatma and his followers? They need to do a serious re-think on both their message and its delivery; without falling into the trap set by their adversaries. How is the latter operating?

Namo waxes eloquent on Gandhiji when he goes abroad. This is because he knows only too well that the latter is the only internationally recognized Indian. In contrast, at home he talks of building the biggest ever statue for Sardar Vallabhai Patel, or declassifying the Netaji files. The subtle game plan is to portray Gandhiji as just another face in the crowd. His birth anniversary on 2nd October has now been re-christened as Swachta Divas (cleanliness day). In like manner his martyrdom day on 30th January is now being called Martyr's Day, which includes a host of others. There are even reports of removing his image from our currency notes.

Both the Gandhians and the Congress are at sea as to how to counter this propaganda. They get entrapped

(Contd.. on p. 16)

Hanamanthappa – a symbol of endurance

Someone has rightly said “Every soldier should learn survival on land, sea and in air”. But Hanamthappa added a new dimension to this advisory. Survival on mountains as high as 19500 feet above sea level under an avalanche of ice for five days is no mean feat. Unfortunately, this soldier with tenacity and grit did not even have the luxury of fresh air for survival – leave alone food. Lance Naik Hanamanthappa who was miraculously found by equally determined search parties under very hostile conditions, stirred the hearts and minds of a billion Indians who hailed him as a miracle man.

Very few instances in the recent past have evoked so much of public outpouring of love and affection for this little known soldier doing his duty diligently on the highest battle ground in the world. Similar reaction was witnessed in the case of a little boy – Prince who was stuck in a bore well. Another case that comes to mind is of Nirbhaya the Delhi rape victim. But in the case of this young soldier not only people stormed heavens with their prayers but some of them even offered blood, kidneys and other organs.

After fighting for his life with multiple organ failures, this pride of India could not recover and breathed his last after struggling for life for 3 or 4 days. When he was brought to Delhi the Prime Minister as well as the Army Chief visited the hospital to enquire about him. The best of doctors were commissioned to save his life. Despite all their efforts, they could not save him. The news of his death spread a pall of gloom throughout the country and particularly among his family members who were overjoyed that he was alive below 25 feet of ice and snow. His 9 other colleagues were not as lucky.

We fail to realize how much we owe our very existence to the supreme sacrifices of the armed forces. We take their role for granted and give them stereotypical State funerals. The sacrifice of all the ten who perished cannot be forgotten by the nation. Though the nine died, this lone fighter – Hanamanthappa survived for days and has become the national symbol of endurance and tenacity under most adverse conditions. The location on Siachin Glacier,

IEWS on NEWS

where he was found alive, should be named “Hanamanthappa Point” as a fitting tribute to him. It will serve as an inspiration to other brave soldiers to continue to do their duty. Hats off to them!

This too, is also intolerance

The episode in Bangaluru involving a Tanzanian girl student has shamed the whole country and it was encouraging to see that the media took up this issue to highlight the fact that the colour of the skin determines our likes and dislikes in the 21st century. Reactions to such instances are influenced by political affiliations. The BJP was the first to react. The Congress which rules the State was rattled from within but the leadership was quiet. This is the party which continues to cash on the unfortunate death of the dalit student [Rohith] in Hyderabad. Rahul Gandhi visited the campus a couple of times to show solidarity with the agitating students and even the teaching fraternity. He however, did not find it appropriate or expedient to visit the African students to assuage their feelings especially to assure them of their safety.

All students, which ever country they belong, when they come to India to study, are our guests and it is the responsibility of not only the government but also the citizens that their stay in India is trouble free. We need to go out of our way to make them comfortable. Only recently, a white student on his visit to Nasik did not know how to reach the place he was to meet someone. A local who was also in the bus tried to contact his host on his cell phone, took details of the location / landmark and even volunteered to drop the visitor in his own car [all gratis] to the visitor’s final destination, once the bus reached its destination. How very noble one must say! But frankly I wonder if the same concern would have been shown if he was not white in colour. It is only hoped that this Good Samaritan would do exactly the same thing for someone from the Dark Continent.

In the case of the female student being disrobed and allegedly paraded some distance we need to hang our heads in shame. This country boasts of its religiosity and spirituality – at least we



by Marshall Sequeira

claim to be so. Sometimes our deeds and actions do not stand in support of this claim. The rowdy crowd instigated by some hotheads even thrashed someone who tried to give some clothing to cover her modesty. This is something that cannot be forgiven. It is said that the policemen simply watched the goings-on. How very pathetic. Were they so helpless in a situation like this? The government and the police chief tried to downplay the whole thing. It was only after the media and opposition parties made hue and cry that things started moving. The African Students Union and the diplomatic pressure ensured that the errant Police Officials were suspended.

In the Hyderabad case, the Congress was vociferous in blaming the government about the intolerance in the country especially the minority communities. For months they hounded the BJP and just when things were cooling off, this Bangaluru incident takes place. The stark difference in the approach of both the principal parties is too evident to be missed. The Congress did not take a serious view of this development because the African students do not have voting rights in this country so it simply does not matter. You cannot choose between the two parties when it comes to playing politics for electoral gains. For that matter, the regional parties which have come up over the last few decades also play to the galleries and they do not want to be left behind when it comes to votes.

Let both the political parties realize that intolerance is not restricted to minorities which fetch votes but it encompasses a variety of issues including racial and other discrimination. If racial discrimination was not intolerance, the apartheid in South Africa would not have been universally condemned for decades. So is freedom of expression. Anything that the majority [not necessarily Hindu majority] does not accept is nothing else but intolerance which needs to be condemned.

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Ingredients For True Love

When it comes to having a lasting relationship, love doesn't conquer all. It takes more than that. Combining love with the other things is a great recipe to having a truly happy together

All relationships require work. Love is obviously a must but there are quite a few other things every good relationship needs. Find here



Attention

There's nothing more vital to the bond you share with others than simply being there for them. When we pay attention to each other we breathe new life into each other. With frequent attention and affection our relationships flourish, and we as individuals grow stronger.

Common values

Couples do have to come to agreements on some pretty important life issues how they want to live, how to handle finances or how to raise children. People with different values simply have a much harder time doing this and compromising one's values can get more and more stressful down the line.

Compassion

No relationship is always happy. Both of you will have bad days. This is where compassion comes in. When bad days or things happen, you need to be compassionate and do what you can do understand and help your partner. Compassion helps show each of you that the other cares.

Loyalty

Loyalty means supporting your partner and standing by their side. It also means not cheating. You shouldn't be ashamed to stand by your partner. When you are loyal, you always know you have the support you need, no matter what happens.

Forgiveness

Both of you are human and will make mistakes. While there are some things you might not be able to forgive, the majority of mistakes are forgivable if you're willing to talk things out and make changes. Before immediately placing blame and giving up on a relationship, take the time to talk and forgive each other.

Compromise

When you combine two lives together, you can't expect to continue living your life the exact same way you used to. Each of you have your own habits, hobbies and quirks. It takes compromise on both sides to live happily together. If you're not willing to make com-

promises, the relationship will simply dissolve into an endless argument.

Communication

Many couples fail simply because they don't communicate. Communication is crucial. Make time to talk about what's bothering you.

Selflessness

Truly happy relationships succeed because both people are selfless. They give to their partner just to see them smile. It's such a simple thing and when it goes both ways, it creates a balanced relationship.

Love is a beautiful thing, but without hard work, relationships fall apart. All of these traits help you create great relationships.

Stay in close touch with those who matter to you-communicate openly on a regular basis. Not because it's convenient but because these people are worth the extra effort.

Lenten Meditation

**SECOND
WEEK IN
LENT ON
FAITH**



BY MELVYN BROWN

This is the Second Week in Lent, preparing us to have faith and listen to the voice of God. The Season of Lent is a powerful chapter in our Christian faith. It builds a spiritual bridge between His Passion and His Resurrection.

Paul, the chosen one, servant of Jesus Christ, called to be an apostle of the Lord had this to say in his letter to the Philipians: "Unite in imitating me, brothers and sisters, and look at those who walk in our way of life. For many live as enemies of the Cross of Christ. I have said it to you many times, and now I repeat it with tears: they are heading for ruin; their belly is their god, and they feel proud of what should be their shame. They only think of earthly things. For us our citizenship is in heaven, from where we await the coming of our Savior, Jesus Christ, the Lord. He will transfigure our lowly body, making it like his own, radiant in glory, through the power which is his, to submit everything to himself. Therefore, my brothers and sisters, whom I love and long for, you my glory and crown, be steadfast in the Lord.

Christianity is not a photocopy of any other faith. It does not plagiarize, imitate or try to force its truth upon the innocent with promises of worldly security. Nor does Christianity use threat to keep her believers within the fold. Christianity does not use the backdoor to destroy another religion. Christianity does not use the evil force of mercenaries to create scripture, works of art, plans for corruption and laws to dominate the weaker sex.

It takes forty days to arrive at Easter, starting from Ash Wednesday and ending on the eve of Easter. This happens only in the Western Church,

when Lent starts on Ash Wednesday, which is always the seventh Wednesday before Easter.

In view of the fact that the Resurrection is on Sunday, the Church does not add the other Sundays to the peri-



od of Lent. The Eastern Church, however, does not overlook the Sundays when calculating the season of lent. Because of it, they end on the Friday before Palm Sunday using the eastern date for Easter.

Lent is truly a time for soul-searching and repentance. A time for reflection on the faith and on God's mercy. In the early church converts were instructed in the faith and prepared for baptism. We imitate Christ by keeping the forty days of lent when Jesus went into the wilderness. Christian churches with a long history before the year AD 1500 observe lent. Even the ancient church having written, researched, documented, canonized and promoted the New Testament also observed Lent. (see The Apostolic Constitution, Book V, section III).

Today, fanatics of other beliefs observe our Christian faith, but will never admit to anything on the fundamental truth of the Christian religion. The authenticity in the birth, passion, cruci-

fixion, death and resurrection of Jesus has been courageously documented by many prophets, who left behind stories of the coming Messiah, the Son of God, who would redeem the world.

The history of the Christian faith is unique. It has overcome evil and remains unscathed. Satan has even infiltrated the Church, caused much damage to her holy image, but Mother the Church surmounts it all. At one moment in time, through the words of the Psalmist we can better understand faith and humility: "Let the words of my mouth and the meditation of my heart be acceptable in thy sight, O Lord, my rock and my redeemer." (Ps.19:14).

Mainstream Biblical scholars believe that the voice of the Lord was always present and will always guide the Church and the faithful for all time to come. His voice is heard in the minds of those He keeps for His ministry. His voice lives in the hearts of modern-day prophets and seers; men and women in the backyards of our neighbourhoods, or even here before us and we do not wish to believe it, or see it. Church analysts know that God speaks to us in mysterious ways.

We must find the time to meditate in prayer when at peace. You will hear His voice. Jesus went to Jerusalem because of the Jewish Passover. Today, when you hear His voice do not harden your hearts...;(Heb. 3:7).

Fanatics are born and they die, but the history of the Christian faith goes on in a sea of tranquility, protected and preserved with the Blue Mantle of Our Lady for all time.

(Contd.. from p. 10)

in futile arguments, just like our much-hyped TV debates that generate more heat than light! They need to take a leaf out of Jesus' book. Anticipating such apathy he said to his disciples "I send you as sheep among wolves" (Mat 10:16). Had he sent them out as wolves, using the same approach as their detractors, there would have been bloodshed. But a wolf is actually attracted to a sheep and ingests it. So the sheep has actually entered into the wolf. It is this humility and apparent defenselessness that the Gandhians need to imbibe, for their message to touch the hearts of those who do not as yet believe.

What is the message? Is it khadi, spinning wheels and village crafts? No. They were specific to their time and circumstance. The enduring message is very different. Firstly, Gandhiji was a deeply spiritual person. It gave him the stamina to take on the might of the British Empire, on which the sun purportedly never set. Secondly, there was no dichotomy between precept and practice. Whether or not we agree with him we must needs admit that he was no hypocrite. Thirdly, he did not talk about cleanliness, or perform a symbolic act. He actually set about cleaning public toilets. It would be a distortion to say that he was anti dalit. When he coined the word "harijan" it had a noble meaning, though its inference may have changed with time.

Communal harmony was also central to his beliefs. He was not the architect of Partition, and therefore did not cel-

eborate that first "independence" day. He was fasting to prevent the communal riots in Bengal.

What was the swaraj that he talked about? It was not just home rule, but self rule, where the people themselves were to be the arbiters of their own destiny. Unfortunately, in "independent" India we are totally dependent on the brown babus that have replaced the gora sahibs. About four years ago, when a new District Magistrate was appointed in Kanpur, he was presented with over 500 keys. I presume that they were of the multiple departments that he was handling at the time. As a social and civic activist I can say in no uncertain terms that the bureaucrats are the defacto rulers of the country. The lesser-educated politicians are mere pawns in their hands. Remember the BBC serial "Yes Minister", and its not so successful Indian avatar "Ji Haan Mantriji"?

The 73rd amendment to the Constitution, passed by parliament in 1992 ushered in Panchayati Raj, that devolved power on village bodies. This is the closest to the self-rule that Gandhiji envisaged. In like manner the 74th amendment for urban bodies was also passed at the same time. But it has not been implemented in most of the States of the country. So the Gandhians, and even the Congress, have their work cut out for them.

I believe that it is the Gandhian legacy that has kept our motherland united and relatively safe. The Mahatma was a small man who has cast a long shadow over us. We should not let it disappear or be diluted and dissipated. Let us not be dwarfed by the giants with deep pockets and sinister designs. We need to show more spunk, and pay the price for it. We also need to translate his core message into today's idiom. Munnabhai's Gandhigiri was one such attempt. We have a gigantic task cut out for us. Let us not be dwarfed by it.

** The writer is a member of the Gandhi Peace Foundation, Kanpur unit.*

Court fines church for refusing funeral rites to critic

Kochi: A Thrissur court has slapped a fine of 9.95 lakh rupees on a church for refusing final funeral sacraments to a professor who wrote a book which was against Church's interests.

Judge Hareesh G ordered East Kerala CSI Church Bishop K G Daniel and the vicar of St Mathyas Church, Ellumpuram to pay the compensation.

The court gave the verdict on the petition filed by Professor C C Jacob's wife Mary Jacob, claiming that Church did not allow to entomb her husband in the family tomb of church cemetery which had tarnished his reputation.

Following Church's refusal, the professor was buried in their house compound which was not an acceptable practice for Christians.

"This court order is relevant for all the churches of Kerala," Fr. CV Joseph, a relative of professor C C Jacob said in a press meet.

The court has also mentioned that the stand from bishop was against humanitarian values.

The court said that denying him funeral rites available to all community members infringed on rights and beliefs of Jacob and his family .

Jacob was a history professor at Henry Baker College in Melukavu in Idukki and was an active founding member of the CSI East Kerala diocese.

He died in 2013. His book "Baptism, a study", which was published in 2006, had mentioned that everyone should have the right to choose their faith once they attain maturity rather than baptizing them when they are infant.

This had allegedly hurt the church's feelings and he had been ostracized by church.

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Little Deyaan gives life to four, sight to two

A Jain couple from Sydney donated their 7-year-old son's organs after he died of brain hemorrhage two weeks ago. Little Deyaan's gift, gave life to four end-stage organ failure patients — a heart, liver and two kidneys. In addition, his corneas gave sight to two blind persons. Deyaan and his family were on holiday to India when he suddenly collapse and went into coma. Not all their contacts or money could save Deyaan. That when a 'religious person' approached the family and motivated them to donate Deyaan's organs.

Three significant facts emerge from this poignant story. Little Deyaan had expressed a desire to donate his organs back home in Sydney, when he was told about organ donation 'at his school'. Secondly, the grieving family was motivated to donate Deyaan's organ by a 'religious person'. Finally, 3,000 persons filled the organ donation form in Mumbai at a 'religious gathering', following an appeal made by Deyaan's family.

Awareness about organ donation must be instilled in our children in schools. And there is no better place to hold organ donation camps than churches and temples. Religious leaders can show the way. In this Holy Year of Mercy organ donation must be seen as a supreme act of mercy, for mercy is twice blest, it blesses the giver and the receiver. "Today when I heard testimonials from recipient families, I felt a sense of relief" said Mili, Deyaan's mother. Mili was reacting to the public testimonial at the religious gathering, of the mother of a 7-yr old girl who had received Deyaan's heart.

—Prof Robert Castellino
Orlem, Mumbai

' Stop pension injustice '

With reference to Mr Robert Crasta's letter titled : Why this gross injustice in THE SECULAR CITIZEN dated MONDAY , 15 FEBRURY 2016 all pensions must be given for a lifetime instead of making government servants put in a minimum number of years service to be elible for it.

A reasonable amount of money must be provided to make pensions attractive and useful for people working in both the private and public companies and this can be made possible by drastically reducing the perks of politicians and using confiscated black/illegal money , money from fines , money

seized in corruption scandals and money recovered by auctioning both the movable and immovable property of criminals.

Besides this employers who have excelled in their work in companies must be awarded prizes before they retire to encourage future employees to do the same and contract jobs must be permanently banned to help improve the employment prospects of unemployed people.

In this way the work climate can be improved.

—Peter Castellino

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3. Front office executive.: Graduate. Good command over English and Hindi. Soft spoken with built in nature "may I help you" freight negotiations knowledge and experience, a liason between client and management and also dock operating staff and shipping line. Able to quote to client., maintain day to day communication etc. Min 5 years experience needed with a CHA.

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Why checkups are so vital to health?

Visiting your doctor shouldn't be saved for when you're sick. Making time for your annual check-up is a great preventive step to avoid long-term problems

When you were little, your parents probably made sure you had an annual checkup with your doctor. But as you've grown older, you may have gotten out of this habit. Health professionals stress that these regular exams are important to help identify risk factors and problems before they become serious. If diseases are caught early, treatments are usually much more effective. Ultimately, having a regular doctor's visit will help you live a long and healthy life. Here is a doctors visits concerns among men and women

Visit concerns for men

For men, in addition to checking weight, high blood pressure, and other basics, your doctor's visit may specifically include:

- Starting at age 50, or younger if you have a family history, a rectal exam to check for abnormal bumps in the prostate and a prostate specific antigen (PSA) blood test to screen for prostate cancer
- Between the ages of 65 and 75 if you have ever smoked



cigarettes, an abdominal exam to check for an enlargement in your aorta; an abdominal aortic aneurysm, a weakness in the lining of the aorta (a large blood vessel in your chest and abdomen), can develop with age and become a life-threatening problem.

For women, in addition to checking weight, high blood pressure, and other basics, your doctor's visit may specifically include:

- A test for cervical cancer, called a Pap smear, every one to three years
- Starting at age 40 (or younger if you have a strong family history for breast cancer), a breast cancer screening with a mammogram every one to two years
- Starting at age 65, a referral for a bone density test to screen for osteoporosis, the disease that causes brittle, fragile bones and typically affects older women

How your bank account with internet banking facility can be hacked?

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3. Then he gets a duplicate pancard made.
4. After this he lodges a mobile theft complaint in a police station.
5. With the duplicate pancard he gets another simcard from the mobile company.
6. Through internet banking he is now ready to access your account.
7. He goes to the site and uses the forgot my password option.
8. Now he easily gets past other options and gets the Internet banking pin on his simcard.

This information was issued by the Cyber Cell Police.

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Positive Words To Use Everyday



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Yes

Show that you can give a “yes” now

and again. This doesn't mean you should accept everything you come across, but adopting a 'yes' attitude towards life and its opportunities will make others realize you have a strong and reliable character. Avoid too much of 'no' and 'I don't know' in your answers and decisions - look at the bright side and open your mind to other options - there's always room for a 'yes'.

Wow

Where has your enthusiasm gone? Have you forgotten how to be awed at something? Idealism is a nasty tendency that blocks the possibility for a meaningful “wow”. Don't keep looking into how much better something can be, appreciate that it's already amazing enough and that what is yet to come is something thrilling! Look for the opportunities that make you say 'wow' - you'll realize how many of them we come across every day but never notice.

Love

We sometimes forget to say the most profound word of all. Let people know how important they are to you by saying the special three-word sentence - “I love you”. Very often, we know it deep down but we fail to say it out loud. Love is something that grows, but also something that can be lost terribly quickly. So before you regret it, spread the incredible feeling within you with your friends, family, and partner in life, not only in words, but also in actions.

Thanks

Appreciation and gratitude are the greatest gifts of fulfillment you could ever give to anyone. Nothing beats a kind feedback like a reward and letting someone know they have done

(Contd.. on p. 22)

Positivity is perhaps the most desired of feelings. We feel unhappy because of all sorts of matters, but little do we realize that we're missing out on something very minor, but extremely profound. It is not only important to be aware of the words we speak, but all the more the ones we don't. Add the following positive words to your vocabulary and you will see how they are actually the simplest words you will ever need to remember.

Hello

A sense of community forms a large proportion of our overall cause of happiness, and how much we cherish it depends on our actions. When you're in public, there's no harm in smiling at people and saying a simple “Hello”, when it's possible. By doing this, you will be prolonging your social bonds rather than neglecting them.

Hope

No one knows what the future holds, but hope is the only thing we have that connects us to it in the most positive way possible. Once we have that, we are more trusting of whatever comes our way, and people will see your optimism shining through from the inside. This also creates good vibes with the people we meet, hence spreading more positivity.

Good

Remind yourself that there IS a solution to everything. Nothing is as bad as you think it is - if it diverges from your expectations, it doesn't mean you won't work your way through it. Using “good” or “great” enhances your sense of positivity, and besides, they surely sound better to people's ears rather than a frank “but”.

Awesome

Things can not simply be good, they can be much more than that! In this situation, we would want to express our excitement about what is turning out to be great in whatever we are doing. This is why words like “awesome” and “excellent” are vital for one's daily vocabulary. Remember that everything can be excellent, if we rightfully



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MUMBAI : Mangalorean Roman Catholic bachelor, aged 30 years, Ht. 5' 8", Wt. 72 kgs, Wheatish Complexion, Edn. B.M.M., L.L.M., M. Phil., Law, Postition : Professor + Legal Advisor., Contact email : kevintauro85@gmail.com OR 9820529060 **(Regd. No.6487)**

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 29 years, Ht. 5' 8", Wt. 52 kgs, Wheatish Complexion, Edn. Hotel Management, working as a Team Leader. Contact email : rikhil.joseph@gmail.com OR 9819665309 **(Regd. No. 6466)**

MUMBAI : Maharashtraian Roman Catholic Bachelor, aged 25 years, Ht. 6' 2", Wt. 94 kgs, Fair Complexion, Edn. B.E., MBA (Fin.), working as a Dy. Manager. Seeks a well qualified, cultured and homely girl. Contact email : bharati.muntode@gmail.com OR 9322105132 **(Regd. No. 6436)**

MUMBAI : Mangalorean RC Divorcee, 1st marriage annuled by the Church, aged 38 years, Ht. 5' 10", Wt. 68 kgs, Wheatish Complexion, Edn. Undergraduate, working as Asst. Manager-Stores in Cruise Lines. Contact email: jacque@universalmedicare.com OR 7045120382. **(Regd. No. 6435)**

MUMBAI : East Indian Roman Catholic Bachelor, aged 36 years, Ht. 5' 5", Wt. 50 kgs, Fair Complexion, Edn. MD, MS., Doctor by profession. Contact

email : rayanvincent@rediffmail.com OR 9619024829 **(Regd. No. 6434)**

MUMBAI : Goan Roman Catholic Bachelor, aged 30 years, Ht. 5' 7", Wt. 58 kgs, Fair Complexion, Edn. Post Graduate in Marketing, working as a Manager. Contact email : francis.godad@gmail.com OR 9820829839 **(Regd. No. 6429)**

MUMBAI : East Indian Roman Catholic Bachelor, aged 25 years, Ht. 5' 11", Wt. 75 kgs, Fair Complexion, Edn. F.Y.B.Com., well employed. Contact email : gerardd754@gmail.com OR 9930620943/9594766322 **(Regd. No. 6424)**

KOLAPUR : Roman Catholic, Goan, 31 years, Ht. 5' 8", Wt. 75 kgs, Fair Complexion, Studing M.D., General Medicine. Seeks a suitable match. Contact email : boom_anup_41@yahoo.com OR 9422628636 / 9273337666 **(Regd. No. 6407)**

MUMBAI : Goan Roman Catholic Bachelor, aged 33 years, Ht. 5' 5", Wheatish Complexion, Edn. HSC / Diploma in Optometry, working as a Sales Professional. Contact email : picardosimon@gmail.com OR 9819403252 **(Regd. No. 6404)**

MUMBAI : Goan Roman Catholic 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)**

MUMBAI : Goan Roman Catholic Bachelor, aged 39 years, Ht. 5' 8", Wt. 75 kgs, Fair Complexion, Edn. B.Com., working as a Senior Clerical in well known Hospital. Contact email : ajw2512@gmail.com OR 9920611659 **(Regd. No. 6398)**

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 30 years, Ht. 5' 9", Fair Complexion, Hand-

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

some, Edn. B.Com., working as CEO in Family Business. Seeks a good looking, smart, stylish girl. Contact email : mail2marg@gmail.com OR 9821556409 **(Regd. No. 6396)**

AUSTRIA : Mangalorean RC Bachelor, aged 33 years, Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn. MBA, Computer Science, working as a Software Consultant. Looking for a educated girl. Contact email :

victorlobo82@gmail.com OR 9819755238 **(Regd. No. 6395)**

MUMBAI : Goan RC Bachelor, aged 35 years, Ht. 5' 7", Wt. 75 kgs, Wheatish Complexion, Edn. Graduate, working as a Manager in Cruise Line. Contact email : oszy_2001@yahoo.com OR 9833944206 **(Regd. No. 6385)**

MUMBAI : Mangalorean RC Bachelor, aged 34 years, Ht. 5' 4", Wt. 64 kgs, Wheatish Complexion, Edn. HSC, working as a Script Writer. Seeks a suitable match. Contact email : roy-dandsilva@gmail.com OR 28815914 **(Regd. No. 6384)**

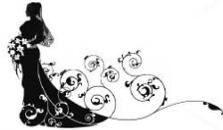
MUMBAI : Goan RC Bachelor, aged 42 years, Ht. 6' 4", Wt. 98 kgs, Wheatish Complexion, Edn. HSC., working as a Steward in Oil Tanker - Foreign Ship. Contact email : 285victor@gmail.com OR 7798325784 **(Regd. No. 6380)**

MUMBAI : Mangalorean RC Bachelor, aged 32 years, Ht. 5' 7", Wt. 65 kgs, Fair Complexion, Edn. B.Com., working as an Asst. Retail Manager in Cruise Lines. Contact email : denzil.l.pinto@yahoo.co.in OR 9167613412 **(Regd. No. 6376)**

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MATRIMONIALS

MUMBAI : Mangalorean RC Spinster, aged 32 years, Ht. 5' 2", Wt. 54 kgs, Fair and good looking, Edn. 12th Std., Beautician by profession. Contact email : sweta.ignatiusdsouza@gmail.com OR 9820080444 **(Regd No. 6488)**

MUMBAI : Mangalorean Roman Catholic Widow, aged 46 years, Ht. 5' 3", Wt. 55 kgs, Wheatish Complexion, Edn. 12th std., Housewife. Seeks a suitable match. Contact email : benedictadsouza04@gmail.com. **(Regd. No. 6371)**

MUMBAI : Mangalorean RC Parents from Mumbai seek alliance for their daughter aged 28 year's height 5', Charatered Accountant working in MNC in Mumbai for a reputed company, seeks for a qualified RC bachelor,aged upto 31 year's, with good family background and values. Preferably living in Mumbai or abroad. Contact email stanley_ds118@yahoo.com **(Regd. No. 6475)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 33 years, Ht. 5' 5", Wt. 68 kgs, Fair Complexion, Edn. B.Com., working in Bank as AVP in **LONDON**. Contact email : rati27@gmail.com OR 9869476537 **(Regd. No. 6473)**

MUMBAI : Goan Roman Catholic Spinster, aged 23 years, Ht. 5' 4", Wt. 55 kgs, Fair Complexion, Edn. B.M.S.,working in Visa Department. Seeks a suitable match. Contact Email : josephinevf@gmail.com OR Mob : 9930466725 **(Regd. No. 6447)**

MUMBAI : Mangalorean/Goan Roman Catholic Spinster, aged 29 years, Ht. 5'6", Wt. 56 kgs, Wheatish Complexion, Edn. B.E. Comp. MBA., working for MNC. Contact email : sybil8.lobo@gmail.com OR 9920309470 **(Regd. No. 6439)**

MUMBAI : R.C. Spinster, 25, 5' 2", post graduate, fair, preety, working seeks

alliance from R.C. bachelors, below 30, well qualified financially stable, own accommodation with good values and family background Goans, East Indians, Mangaloreans may send their details to : dsilva.maggie252@gmail.com OR 9960376878 **(Regd. No. 6425)**

DUBAI : Mangalorean Roman Catholic Spinster, B.Com, aged 29 years, Ht. 5' 4", working for a Bank in Dubai contact email : lavinalobo11@gmail.com OR 9769144425 / + 971559689017 **(Regd. No. 6400)**

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

MUMBAI : Mangalorean RC Spinster, aged 26 years, Ht. 5' 3", Wt. 54 kgs, Fair Complexion, Edn. MBA in Pharma Management, working as a Senior Process Associate at TCS. Seeks a well educated and well settled bachelor. Contact email : zenalobo89@yahoo.co.in OR 9833858842 **(Regd. No. 6392)**

CANADA : Mangalorean RC Spinster, aged 27 years, Ht. 5' 5", Wt. 67 kgs, Wheatish Complexion, Edn. M.Sc. Microbiologist in Canada, working as a Microbiologist. Looking for a professionally qualified, well educated bachelor preferably working in Canada. Contact email : pintocrystina@gmail.com OR 9769818773 **(Regd. No. 6391)**

AUSTRALIA : Mangalorean RC parents seek alliance for their daughter 28 years, 5' 1", fair, BE in IT and working as software developer in Australia from professionally qualified RC bachelors, preferably working in Australia, kindly reply with detailed profile and photograph to email gracyfred84@

gmail.com Mob : 9833149882 / 9819219544. **(Regd. No.6390)**

MUMBAI : Goan Roman Catholic Spinster, aged 33 years, only child, Ht. 5' 9", Wt. 78 kgs, Wheatish Complexion, Edn. Post Graduate, Hotel Management, studing. Contact email : p5659c@gmail.com OR 9930019677 **(Regd. No. 6389)**

DUBAI : Anglo Indian Roman Catholic Spinster, Only Child, aged 28 years, Ht. 5' 2", Wt. 62 kgs, Wheatish Complexion, Edn. MBA in Finance, working as a Finance Asst., Contact email : arwengretel24@gmail.com / hildafernandez11@gmail.com OR 9768401209 **(Regd. No. 6388)**

POONA : Mangalorean RC Divorcee having one son 7 years old, aged 36 years, Ht. 5' 4", Wt. 62 kgs, Wheatish Complexion, Edn. B.Sc., B.Ed., M.Ed., CIDTT, working for International School as a Teacher. Contact email : sheilashere@rediffmail.com OR 9527884542. **(Regd. No. 6387)**

PUNE : Maharashtrian RC Spinster, aged 29 years, Ht. 5' 1", Wheatish Complexion, Edn. BHSC, B.Ed., Post graduate, Teacher by profession. Contact email : cyrilmuntode@gmail.com OR 9850978699. **(Regd. No. 6374)**

MUMBAI : Goan RC 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)**

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(Contd.. from p. 19)

something special. When you use “thanks”, people will feel more significant and respected when around you. Maybe you might realize there are some people in your life to whom you owe a big thank you. Let them know this now before it’s too late, and make sure you put a smile on their faces. You will feel lighter and happier yourself upon doing it.

Me

Finally, don’t forget “me”. Remember: it’s ok to think of yourself a little more often. Think of how you are feeling and what makes you feel better. When we reflect with ourselves, we like to look at our flaws. Rather than doing this, create the opportunity to feel good about yourself, observe your improvements and know what your skills and talents are. No one will ever know them better than you do. Apart from this, never forget that in order to make other people happy, you need to find happiness within yourself.

Positive phrases you should say to yourself everyday

I love myself.

I believe in myself.

I choose to be happy.

I can be successful.

I’m more than good enough.

I choose to be a positive person.

I’m grateful.

I appreciate.

I’m overcoming my challenges.

The more money I make, the more freedom I can have.

Did you know that there’s a sure shot way to raise your vibration every day just by talking? Using positive words when you talk to people and in your self-talk will raise your vibration very quickly. And if you get in the habit of using these positive words instead of negative words, the shift will be permanent. Start radiating your happiness and positivity now, by sharing these positive thoughts with your near and dear ones

Once you replace negative thoughts with positive ones, you’ll start having positive results.

Why Lent is observed

The season of Lent is the time of preparation for the Holy Week, leading up to Easter. It is also considered a time for sacrifice, prayer and almsgiving. For many of us Christians, it is also a time to give up something we love the most, like eating non-vegetarian foods, chocolates, ice-cream, smoking cigarettes and consuming alcohol. Lent, the period of prayer and fasting in preparation for Easter is 40 days long. But there are 46 days between Ash Wednesday, the first day of Lent in the Roman Catholic liturgical calendar and Easter. How can that be?

The answer takes us back to the earliest days of the Church. Jesus’ original disciples, who were Jewish, grew up with the idea that the Sabbath – the day of worship and rest – was Saturday, the seventh day of the week, since the account of creation in the book of Genesis says that God rested on the seventh day. Jesus Christ rose from the dead, however on Sunday, the first day of the week, and the early Christians starting with the apostles (those original disciples) saw Jesus’ resurrection as a new creation and so they transferred the Sabbath from Saturday to Sunday.

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

— Jubel D’Cruz,
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Mercy Bus – An Unique Mobile Church

The Catholic Diocese of Salford, in North West England, has come up with a unique initiative to reach out to the masses – a church on wheels. Aptly named the 'Mercy Bus', it's an actual double-decker bus that will tour Greater Manchester and Lancashire throughout Lent, offering people sermons, blessings, and Confession.

Father Frankie Mulgrew, the brains behind the mission, revealed that Pope Francis was his inspiration when he came up with the idea last summer. The Bishop of Salford, John Arnold, was looking for innovative ideas while making plans for the Year of Mercy. Fr. Frankie thought it would be great to have holy doors all over the diocese, and a mobile holy door that would move around the city. The idea kept evolving until, eventually, the Mercy Bus was born.

"We were inspired by the Pope who, when he was a cardinal in Argentina, would celebrate open-air Masses in the poorest areas of his diocese," Fr Frankie said.

So it was only befitting that he traveled all the way to Rome to seek the Pope's blessings before taking the Mercy Bus out on the road. "It was so exciting and such a fabulous experience to meet Pope Francis and it seemed to happen all too quickly," he said, speaking to Catholic Universe. "I brought the design [for the bus] in a little portfolio, so it was closed up, and told him my name and the diocese and said this is what we're doing for the Year of Mercy, inspired by you."

"I opened up the two little doors and he had a great reaction," Fr Frankie added. "He swung back his head and laughed full of joy and everyone around him, including his minders, were laughing." The Pope later blessed the project and also posed



for a photograph with the portfolio.

With the Pope's approval, the Mercy Bus was launched on February 6 at the Salford shopping center. It is now touring the diocese, with stops scheduled at Bolton Town Center (Feb 13),

The team of priests aboard the 'Mercy Bus' will take confession and give blessings on the go - and it's got the Pope's seal of approval.



Burnley (Feb 20), Tesco Car Park, Bury (March 5), and Market Square, Ashton-under-Lyne Town Centre (March 12), before moving on to North Manchester (March 19) and finally South Manchester (March 22).

"Our volunteers will approach passers-by and offer them a free gift, blessed by the Pope Francis," Fr Frankie revealed. They would then be invited to get on the bus for a Sacrament of Mercy (confession), or a blessing, or a chat with the priest. Parishioners in the areas where the bus will make stops are being encouraged to at-

tend, and to also bring their friends who may have lapsed from the faith.

"The Mercy Bus is a way of reaching out to people who might not otherwise have contact with the Church," Bishop Arnold explained. "We are

going to them, rather than expecting them to come to us."

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