

THE SECULAR CITIZEN

(Total pages 24)

A NATIONAL FAMILY WEEKLY

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The Essence of Relating

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LOVE FOR
OUR FAMILY





Feminine Narratives, a weeklong painting exhibition of Mangaluru's renowned young artist Wilson D'Souza Kayyar began at Jahangir Art Gallery, Fort, Mumbai here, on Tuesday, May 23.

Dia Valora inaugurated the art exhibition, here. Lovely Angel D'Souza, Lolita Rodrigues, Vijay Kumar, Ronald Rodrigues and others were present.

Wilson had expressed the emotions of women depicting gender equality, teen life, women's daily struggle and nature through his brush on the canvas. The paintings indeed hold the attention of viewers who love femininity in different forms. Wilson can be contacted on mobile number: 09448726770

—Ronida

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'Thought for the week'

When snake is alive, snake eats ants. When snake is dead, ants eat snake. Time can turn at any time. Don't neglect anyone in your life.

Contents

- pg. 3 - The Essence of Relating
- pg. 5 - Voice of the People
- pg. 6 - If Mumbaikars should harvest, store and use rain water as wash water?
- pg. 9 - News in Brief

- pg. 11 - Views on News
- pg. 12 - How to inspire manners in your children
- pg. 13 - Find yourself before deciding to get married
- pg 16 - Book-review
- pg. 17 - Blessed Trinity
- pg 19 - Inspiration!
- pg 20 - Matrimonials

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(Article on p. 3)

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The Essence of Relating

by Don Aguiar

Human beings are the only species on the planet to go on trying to improve themselves or to change themselves. Everyone else seems happy with who they are or how they are. So why do we humans do it? Is it wrong to want to be a better person?

First all efforts to improve yourself are bound to fail because the one who is making the effort is the problem, the ego. The ego is constantly making efforts to improve, to have more money, have a bigger house, have a bigger car, have a more beautiful woman, have this or that. That is ego. You understand it.

But then the ego plays another game too, it says, 'Become more peaceful, become more loving, be like a Buddha.' This again is the same game in another direction. The same ego that was trying to decorate itself with outer things now wants to try and decorate itself with inner things.

Most people look for a loving relationship in wrong places. Essentially though, all relationships are based on energy – the human, loving, caring energy. Relationships based on such positive energy show a state of consciousness which reflects intimacy in various aspects of togetherness such as: physical, mental, emotional, and spiritual. The loving couple/partners experience intimate relationship which blends the energy in a harmonious way so that love flows between them more freely and naturally.

On the other hand, when couple/partners are in a negative, poor relationship involved in an ongoing state of arguments, fights, quarrels there is a distinct sign energy not blending and flowing freely. The friction is not only painful but psychologically damaging. Also, couples or partners often fail to realize that intimacy between a male and a female is about more than having a sexual relationship. It is a common fact that when intimate contact exists only on a physical plane it tends to bring frustration as the physical body changes and the earlier attraction begins to fade. Hence, the observation is that, "Sex has never satisfied anybody. It creates more and more dissatisfaction. Sex has never fulfilled anybody – it knows no fulfillment."

Furthermore, seeing our relationships from our own personal viewpoints usually
(Contd.. on p. 4)

(Contd.. from p. 3)

ends up seeing oneself as the victim, as someone who is wronged by the other. However, if we could see outside our personal viewpoints what is happening energetically, we might come across the very dynamics of relationship in a more objective and compassionate way. We may need to look at in this context basic principles of energy.

One principle of energy is that equal nature attracts itself. Secondly, we reap what we sow. thirdly, for example, if you were to run an electric current through a wire which is too small or unfit to handle the current it may turn out potentially hazardous and harmful. If we juxtapose these principles with relationships we can see how the energetic interaction with parents, partners, friends, colleagues will need a great deal of understanding, mutual respect and allowing space to the other to be – free. So if we were to recognize and acknowledge the energy patterns working through our relationships we may see how and why the interaction may be so difficult to handle.

The conscious mind exists because of the relationship between people. It is just a link between you and all those with whom you are related, but it does not help in relating to yourself, in knowing yourself. A story is told which highlights the essence of relating.

"King Ashoka sent his son to Ceylon to take them the message of Buddha. He met the king of Ceylon and asked him a question: "There are people in the world to whom you are related and others to whom you are not related. These are the two categories. Is anyone left who is not in one of these two categories?"

The king said, "I am left."

Ashoka's son said, "Now the message can be delivered to you. You are an intelligent person, so something can be said to you. I asked this question to find out if you know that there is something else besides the related and the unrelated or whether you think everything belongs to one of these two categories

THE JBM 2017 AWARDS WENT VIRAL

By A Calcutta
Correspondent

Last Sunday morning in the midst of summer heat and dust, the Joan Brown Memorial Awards opened to a packed audience at the Divine Mercy Chapel Calcutta around noon.

Father John Mohandas, parish priest of St. Mary's church, Ripon Street, braved the humidity and heat to grace, bless and present the awards. Fr. Mohandas gave a warm and touching talk. AFJ (Ambassadors For Jesus) founder and director, Melvyn Brown was present to meet the awardees at the gala occasion.

The sixth annual awards, by now, well established in the city's social circle brought together a galaxy of brave hearts who deserved credit and recognition for their achievements, each

in their own field of Catholic endeavor. (see poster).

Woman of the Year: Rosie Torcato.
Mother of the Year: Sylvia D'Gama.
Lifetime Achievement: Leslie Pereira.
Dynamic Entrepreneur: Michael Bain.
Social Service: Sunil Baptist.

Within moments the day's success went viral on Facebook. The event, trophy and citation were colorful and well received by the media.



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Crime zation!

Crime against women is on the rise in India and assumes new dimensions everyday. Having your face disfigured and burned in a matter of seconds is not what a woman has in mind as a consequence when they refuse to go on a date or get married with a man. They result from domestic or land disputes, dowry demands or revenge. In many cases, they are a form of gender based violence, perhaps because a young girl or woman spurned sexual advances or rejected a marriage proposal.

Sadly, this form of violence or 'acid throwing' is happening in the gender-stratified or 'caste' system countries.

The problems of acid attack victims are unique. They need multiple surgeries, often 10 and above. Their period for rehabilitation could also last up to 5-10 years. Victims need employment, education, money during that period, a safe place to stay and witness protection, because assailants often stalk them afterwards demanding they stop prosecution.

Acid attacks cause immediate damage, disfigurement, pain and long lasting medical complications for victims. Acid can melt away a victim's skin and flesh, going as far as dissolving bones. The burned skin dies, turning black and leathery, and severe scarring results. After the attacks, victims are at risk of breathing failure due to the inhalation of acid vapours which cause either a poisonous reaction or swelling in the lungs. In the weeks or months after the attack, acid burn victims may suffer from infections, which can also cause death in not treated properly.

— Jubel D'Cruz,
Dombivili, Mumbai

Fulfilling One's Sunday obligation

The law of the church makes it obligatory for all Catholics to attend mass on Sundays. Wilful defaulters do so under pain of committing a mortal sin. For those who are unable to attend mass on Sunday, the obligation can be fulfilled by attending mass on Saturday evening. Despite these concessions made by the church, what is witnessed at Sunday masses is something despicable. While a few prefer to stand outside the church (outstanding Catholics) to avoid the lengthy sermon and enjoy a few puffs on their cigarette, there are few others who stroll into the church during any stage of the mass and disturb those around. There are also a few others who leave the church after receiving holy communion. Will the church therefore clarify whether the Sunday obligation is fulfilled in such a despicable manner? The popular understanding is that one should be present before the gospel acclamation.

—A. F. Nazareth
Alto Porvorim

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Polish PM's son ordained as priest



Warsaw: Tymoteusz Szydło, 25, son of Poland's Prime Minister was ordained on Saturday May 27 in a ceremony attended by the Polish head of government and her family in the southern city of Bielsko-Biała.

After the ceremony, the Polish prime minister said she was proud of her son, who had studied for six years at a seminary in Kraków.

In May last year, Tymoteusz Szydło was ordained a deacon, a step toward becoming a full-fledged priest. Earlier still, he made a promise of celibacy and obedience.

"This is not an easy road," Szydło told reporters after Saturday's ceremony.

"Especially these days I think young people like them have an extremely important mission to fulfil. I'm keeping my fingers crossed for ... all of my son's fellow seminarians and for my son. I hope they will persevere and do a lot of good for everyone, for all of us. They are wonderful young people."

On Sunday, newly ordained Father Tymoteusz officiated his first Mass in Prime Minister Szydło's home parish of Przecieszyn in Poland's south.

Prime Minister Szydło's other son, 23-year-old Błażej, is a medical student.

—mattersindia

If Mumbaikars Should Harvest, Store And Use Rain Water As Wash Water?

by Eric Dsa

May be for decades now, if not for centuries, we Christians in Mumbai, like rest of the people in the country, start in the month of May to look up at the sky and pray for copious rain. Most of our casual talk surrounds to news of the weather that has been forecast by the different agencies and what is happening with the El Nino effect in the distant Pacific Ocean, wherever that may be. Our prayers include that this demon does not get warmed up too much and swallow the rain clouds in the sky headed to India. After all the prayers and pujas to our numerous Gods and saints take effect and the monsoon clouds arrive in the sky, we do spend a few more minutes on our knees thanking God for this bounty. We take out umbrellas and rain coats from our lockers and keep them ready to welcome this eagerly awaited monsoon rain.

Hence, it is always a surprise when the rains do arrive, that we continue to pray that the rains by pass us where we live in Mumbai and fall around the lakes that provide piped water to the citizens of this ever growing city. We eagerly keep a watch on the levels of various lakes and meanwhile show a blind eye to the huge amount of rainwater flowing past our legs into the gutters and then into the sea. The fact that buildings in which we live, study,



You The Citizens Decide:

pray and work in, occupy more than 1/3 the air space of Mumbai and much of the rest are occupied by cemented roads and parking spaces is overlooked. So the scorched earth beneath us continues to remain dry. Because fresh water is required for distribution by road tankers to the large number of poor living in slumps, underground water is being continuously drawn out by bore wells that are deep. This ground water is also used in the building construction industry. This is worsening the ground water level all over the city.

So what can be done in Mumbai itself to reverse this self imposed deteriorating fresh water situation, where availability of fresh water to an average citizen is uncertain. A few things can be done without much difficulty. For a start the Government of Maharashtra can follow what was done years ago in Chennai by insisting that every large building in the city, whether it is

Government owned, commercial or residential, would be provided by the occupants at their own costs, with a rain harvesting, bore well and wash water piping system. This will ensure that a lot of rain water that falls on the roofs of the buildings and cemented compounds, flow into fairly large filter pits that allow this water which would have flown into road side gutters, to percolate into the ground below and raise the ground water level under the buildings.

At the same time each of these buildings should have a bore well in the compound which would pump out the under ground water into a over head storage tank on the terraces and have a separate wash water piping system to use this ground water for flushing toilets, cleaning floors, washing kitchen utensils and gardening etc.

This will save a lot of municipal water for cooking, bathing etc. and more equitable distribution of municipal water. Rainwater harvesting, bore well, overhead storage tank and separate wash water piping system is not very expensive and the money spent on installing them can be recovered quickly, especially in case of commercial buildings.

At the same time as a city we can do much more. For a start we could reclaim the large ponds and small lakes around the city, clean them up of debris, deepen them by de-silting and filter the water. Then during monsoon when lot of rain water flows down the roads and nullas, it be collected in shallow wells from which the rain water be pumped through filters into the reclaimed ponds. This water as the ponds get filled up be again filtered and pumped as wash water through separate grid of pipe lines, into wash water systems in the buildings. This would give time for the building rain water harvesting systems to recharge

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their own ground water. The ground water levels around the ponds would also rise.

The next major rain water preservation and storage system that the city should consider seriously, is to enclose natural bays around the city into large artificial lakes where rain water from the city low lying areas which get flooded, could be pumped into through large filtering systems. A simple sketch is given below of the bay west of Cuffe Parade where a dam road with sluice gates to release excess water into sea, could be built between Colaba and Nariman Point. The road is already partly built and will take very little money to complete. This will be new road parallel to Colaba causeway. A new fisherman's wharf could be built outside this new dam road for use of fishermen of the area.. Once the new road is built, the sea water will have to be pumped out, the area desilted, if required deepened, filtration and pumping systems installed. Excess rain water then following through different storm water drains and nullas in south Mumbai should be pumped into this artificial lake through filtering systems.. The water would then be filtered again and pumped back as wash water through separate pumping and piping system to the buildings around south Mumbai.

In future these artificial lakes could not only be used to store excess rain water but also store cleaned up, well treated and properly filtered sewage water, which today is being discharged into the sea polluting the coastal waters. They could be also entertaining centres with boating, fishing and floating restaurants etc. Once this artificial lake becomes successful, similar artificial storage lakes could be built at say Haji Halli, Sewree flats, Mahim creek, Thane creek etc. This will augment the fresh water availability around the city and help us solve a lot of our fresh water problems? So why are we waiting to act?

Kerala to take Centre to court over cattle slaughter rules

Thruvanathapuram: The Central government's new rules banning the sale of cows and buffaloes for slaughter through animal markets has invited severe criticism from the state of Kerala.

From the ruling Left Democratic Front (LDF) government to the opposition parties, all have condemned the central government's move.

Reacting to the new rules under the Prevention of Cruelty to Animals Act, Kerala Chief Minister Pinarayi Vijayan said, "The Central government's rules on cattle slaughter and trade are part of the Centre's effort to further RSS agenda in the country. India is a country of diverse religions and culture. Pluralism is the essence of our democracy. Various actions of the Centre are against this pluralism. The Sangh parivar unleashed violence in many parts of the country in the name of protesting against cow slaughter."

Kerala's Agriculture Minister VS Sunil Kumar said that the centre's decision was unacceptable and unconstitutional.

"We will seek legal resort against this. The centre has taken undue advantage of Prevention of Cruelty to Animals Act and has misused it. By this move, the central government in practice, is banning consumption of meat, which is not acceptable," the minister said.

Saying that the move will discourage farmers from breeding cattle, Minister Sunil Kumar said that the Centre was interfering in the powers of the states by bringing out the regulation.

Kodiyeri Balakrishnan, state secretary of CPI (M) too, condemned the move and said that it would be met with strong opposition.

Kerala Pradesh Congress Committee

President MM Hassan, on the other hand, called the centre's move "undemocratic" and "unconstitutional."

"It is an outright violation of human rights. Banning cow, buffalo slaughter, especially in states such as Kerala, is denying the people their right to eat. Since there is no law that prohibits cow slaughter in Kerala, we will not allow for this regulation to come into practice," MM Hassan said.

He also alleged that with the BJP government at the centre including cow slaughter within the purview of Prevention of Cruelty to Animals 1960, BJP is trying to enforce "Sangh Parivar agenda."

He added: "The cow politics BJP is implementing in UP is for the purpose of polarising communities. By implementing ban on cow slaughter in Kerala, BJP is trying to do the same in the state. Congress will resist such an action."

Meanwhile, BJP's K Surendran welcomed the centre's decision.

"In Kerala, thousands of unhealthy cows are brought across the border from other states and slaughtered. This creates serious health issues," Surendran said.

(source: News Minute)
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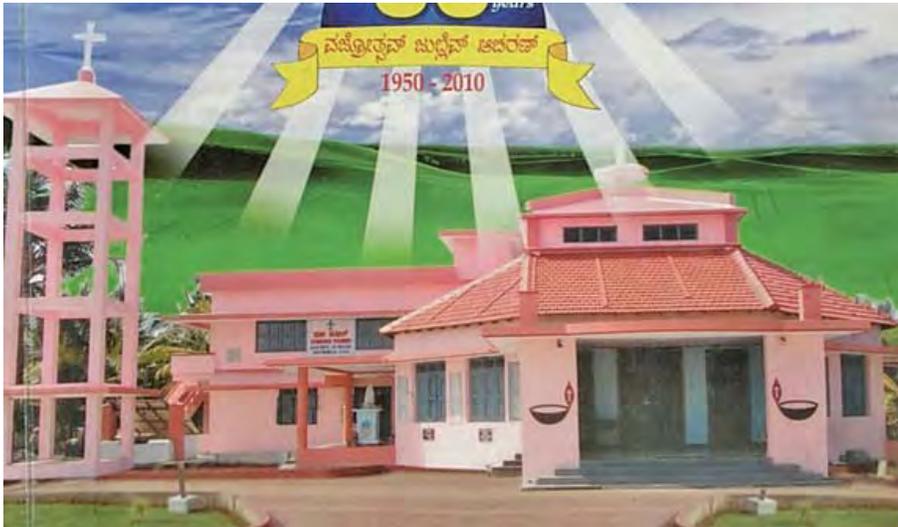
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Tannirbavi Fatima center in Mangaluru to be pilgrim hub



Before 1940 it was once part of Rosario Cathedral parish, later Urwa parish and Kulur parish until it became independent on May 16, 1950, a Marian year. It has about a hundred families, 450 parishioners and 3 wards. According to what is documented, in 1948, a Saldanha family donated about 60 cents of land with a bungalow on the beach nearer the river bank and ferry point. Rev John Miranda was the first Parish priest here, who built a chapel in 1951, blessed by Bishop Victor Fernandes. In 1961, the church land was requisitioned by the Central govt for the New Mangalore Port, the only major port of Karnataka now. With the proceeds of the compensation and help from several quarters, the present plot was acquired and a church with priests house was constructed at a new site. After Rev.Apolinaris Crasta was based there in 1995, good efforts were put in by the parishioners and a large church, priests house and so on was constructed. On May 13, 1998 the new parish church and presbytery was inaugurated. On may 20, 2000, Rev Mark Valder opened a community hall, 'Swarna Pannir'. More development came about when the Tannirbavi Power company acquired some church land on compensation, they also made a donation to the church. Today it is a fairly active parish and is to be an asset, the 'Mangaluru smart city' project and the tourist potential of the area makes room for great scope for it to develop in a big way in the future - as it is rapidly becoming a popular pilgrim center. As of now it has earned a name as a "Fatima Pilgrim Center" and with the 'Fatima Centenary' being marked by the Mangalore diocese at this church in Tannirbavi it's value is surely seeing a big leap with many blessings to be showered down on all people here in the future too. It has all the markings of becoming a popular pilgrim and retreat center, hopefully like Velankanni.

Year 2017, month of May, the Centenary year of apparitions of our Lady of Fatima in Portugal. The church marked it world over with celebrations on May 13. In India too many prominent shrines exist and have wowed this great event. Pope Francis visited Fatima in Portugal and Canonised 2 of the 3 children to whom Mary Mother appeared. In Mangaluru, the Catholic Diocese held celebrations at Tannirbavi Church dedicated to the Mother of Fatima since 1950. Rev. Dr. Aloysius P D'Souza, Bishop of Mangalore was the chief Celebrant at the festive Eucharistic Celebration along with many Priests. About 5000 faithful participated in the event. In Preparation for this mega event, the

Statue of our Lady of Fatima was taken to parishes of the Diocese for devout veneration.

Tannirbavi Church - Historicity :

This church is the only one situated near Mangaluru city dedicated to of our Lady of Fatima, other two are out of the city. The church is located about 20 km in the North west near Sultan Bathery, just across the ferry. In early times the area was referred to as "Thundrabail". With the 'Gurpur river' on one side and the vast Arabian sea on the other, this picturesque picnic spot is a very valued place locally. Strangely near this church, if one digs for water, it is found at quite a shallow depth, and the water too is potable though one would not normally expect it.



by Ivan Saldanha-Shet

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Egypt: 26 killed in attack on Coptic Christians bus

Cairo: Twenty-six persons were killed on Friday when unidentified gunmen opened fire at a bus carrying Coptic Christians in central Egypt, the state-run media said.

The passengers were travelling to the St. Samuel Monastery near the city of Minya when they came under attack, Health Ministry spokesman Khaled Mugahed told TV al-Masriya.

He said 25 others were also injured as the gunmen fired from two cars on a desert road around 100 km (62 miles) west of Minya.

The Health Ministry cited witnesses as saying there were between eight and 10 attackers, and that they were wearing military uniforms.

Ambulances dispatched from the cities of Beni Suef and Minya transported the victims to local hospitals in Adwa, Minya and Maghagha, according to local news outlet Youm7.

There was no immediate claim for the attack, which followed Islamic State-claimed bombings that killed at least 46 people at churches in Tanta and Alexandria last month.

IANS

Cattle slaughter rules unlikely to affect business in northeast

Imphal: People across sections in the northeastern states are more or less unanimous in their opinion that enforcement of the cattle slaughter rules issued by the central government on Friday will have little or no impact in

the region.

In a bid to regulate the hitherto unregulated cattle trade, the Bharatiya Janata Party (BJP)-led government at the Centre issued a notification which bans sale of cattle, including cows, bulls, buffaloes, camels, heifers, calves and camels, for slaughter through animal markets.

Speaking about the new rules, A. Romenkumar, an Advocate and former Additional Director General of Police, told IANS that those opposing the ban on cattle slaughter may cite the right to food guaranteed by Article 21 of the Constitution.

"But the same Constitution also ensures the right to life. The Supreme Court had ruled in a 2014 case that all forms of animal life are included in the expanded meaning of 'life', as enumerated under the Article 21 of the Constitution."

Referring to irregularities by abattoirs, Romenkumar said: "Clause (i) of the Police Act, 1861 says that slaughterhouses should possess a licence and a veterinarian should certify the quality of the meat... Clause (ii) says that there shall be no cruelty, inhuman torture of the animals..."

"During my stint as a police officer, several abattoirs and meat shops in and around Imphal city were closed, as they did not possess licence or health certificate from veterinarians."

Minister tells Church to raise fund for Fr Tom's release

Kottayam: A senior MLA Friday urged the Catholic church to raise a fund to give as ransom to the captors of priest Tom Uzhunnalil, abducted by IS terrorists in war-torn Yemen last year.

"Prayers and cries seeking release of the priest will not help. They (terrorists) want money. The Catholic church should take initiative to raise the fund to pay as ransom to them," P.C. George said, adding, providing money was the one and only way to make possible the release of the priest from captivity.

Catholic priest Uzhunnalil hails from Ramapuram in the district. George said the Church should do something to release the priest who had gone to Yemen to do service for the poor there. He urged the Church to raise a fund from offerings made on a Sunday in Catholic churches and provide it to the terrorists to get release of the priest. George said he was also ready to contribute money.

His statement came a day after Kerala chief minister Pinarayi Vijayan informed the state assembly that he would take up with prime minister Narendra Modi the issue of release of the priest. The chief minister had said Thursday that as per reports, the plight of Fr Tom, who was abducted by IS terrorists on March 4, 2016, is serious.

Moving the motion in assembly Thursday, Kerala Congress (M) chief K.M. Mani had alleged that the Centre was not showing any interest to speed up efforts for the priest's release. If necessary, the Center should seek the help of the United Nations for his rescue from Yemen, he had said.

Opposition leader Ramesh Chennithala has also urged the state government to take up the matter with the Centre seriously.

(Source: manoramaonline)

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Kerala government to take Uzhunnalil issue to Modi

Thiruvananthapuram: Kerala Chief Minister Pinarayi Vijayan has said he will take up with Prime Minister Narendra Modi the issue of kidnapped Kerala Catholic priest Tom Uzhunnalil, who is at an undisclosed location in Yemen.



Vijayan was on May 25 replying in the Kerala Assembly to a motion moved by former State Finance Minister K.M. Mani, who accused the state government of doing nothing to bring back the kidnapped priest.

An angry Mani said: "The state government has a responsibility in the matter. There is no use in just writing letters to the union government. The need of the hour is action from the Centre, Mani asserted.

"The hapless priest himself was seen in a video footage saying that he is being kept as a hostage because he is an Indian. We request you (Chief Minister) to please take up the issue on a one-on-one basis with the Prime Minister," said Mani.

Senior legislator (Independent) P.C. George, backing the issue, said the only way out for his release is to pay the ransom that his abductors are demanding, reported India.com.

Vijayan told the House that he has written three letters to the Centre.

"I will now personally take up the issue with the Prime Minister at the earliest," said Vijayan.

In March 2016 militants barged into a care home for the elderly set up by Mother Teresa in Yemen's Aden and shot dead many people, including four nuns of the Missionaries of Charity, one of whom was from India.

After the shooting, the militants abducted Uzhunnalil. Since then, besides a few videos, there has been no news of his whereabouts.

Indian officials have said the priest has been in the custody of the Islamic State terrorist group in Yemen, but despite efforts at various levels he is yet to be released.

Uzhunnalil's ancestral home in Ramapuram in Kottayam district is presently closed as two of his brothers live abroad, while another lives in Gujarat.



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Pope Francis: "Doctrine Unites; Ideology Divides"!

On Friday 19 May 2017, Pope Francis in the homily at a Vatican Mass opined: "True doctrine unites; whereas ideology divides"! He based his reflections on the "Council of Jerusalem" in 49 A.D. ; which had decided that Gentiles converts to Christianity need not be circumcised (Acts 15: 22-31).

This 'First reading' describes two different kinds of people: those who had "forceful discussions", but with "a good spirit"; and those who "sowed confusion"! The Apostles discussed the situation, and came to an agreement.

"But this was not a political agreement; it is the inspiration of the Holy Spirit that prompts them: no things, no necessities!" The Pope pointed to the "liberty of the Spirit" that leads to a consensus – The Holy Spirit and they, i.e. the Magisterium of the Pope and Bishops, all together gathered to 'clarify the doctrine'; and later down the centuries, as in Ephesus and at Vatican 11 – because what Jesus said in the Gospels, and what the Holy Spirit guided in the Bible would be understood clearly ."

"But there are always people who without any commission go out to disturb the Christian community with speeches that upset souls. And there are fanatics who sow weeds to divide the community. These were not believers; they clung to an ideology, bereft of doctrine. However, the Church is always open and free; with a doctrine that unites the Council, unites the Christian community – "as it seemed good to the Holy Spirit and to us" (Acts 15:28).

—Dr. Trevor Colaso
Bandra(West), Mumbai.

India Courts Justice

Kulbhushan Jadhav, an Indian citizen is accused of spying and terrorism by Pakistan. He is tried by its military court in camera without any credible defence and condemned to death. Though they said they could carry out the execution any time, in reality they would do nothing knowing what would follow in retaliation. Even though India could not take this issue lying down fully knowing that certain hot-heads could do anything in desperation. This news has infuriated the Indian public and the government took note of this and decided that it will move heaven and hell to save him from being executed. The news was well received by the public and gave the government 'Thumps Up'. Angered by repeated refusal for Consular Access, the government acted with unusual haste and moved the International Court of Justice [ICJ] at the Hague. Best legal brains were engaged and the result is there for all to see. The government deserves to be congratulated for showing that every Indian life is important. Kudos to Harish Salve! He did a wonderful job and that too pro bono.

There were reports that Pakistan would boycott the proceedings as it was convinced that the ICJ had no jurisdiction in such matters but later decided to contest and convince the Court to dismiss India's plea. Stung by the adverse ruling by the ICJ, Pakistan reacted on expected lines proclaiming that the international court actually had no jurisdiction to consider this case. Why did it send a team of lawyers to argue its case if it really believed that ICJ was not competent to decide? It could have simply abstained and gone ahead with the execution. They knew for sure that such an action would have invited trouble from India. Of course their reaction was meant for domestic consumption. Slowly but surely they are getting reconciled to the fact that it can ill-afford to defy the international community which does not in any way hold Pakistan in high esteem. Hints are coming from across the border that after all they will not do anything in haste and await the final decision of the ICJ.

India's stature in the international comity of nations would have gone up several notches for not acting in haste against that country but wisely moved the ICJ for justice which it received. The country now needs to move cautiously and continue to demand Consular Access and let Pakistan continue to deny it. The world will take a note of this and

VIEWSON NEWS

even the ICJ will. While it did not say in so many words that Consular Access should be given, it stressed repeatedly that it was denied 16 times. Responsible countries get the right message in such observations but Pakistan unfortunately, does not fall in this category. They, perforce, were trying to find an explicit condemnation for not allowing the Consular access. Subtle messages do not mean anything to them and that is understandable.

The battle is half won and there is a long and anxious wait ahead for the country. India should not look back and keep all the countries posted of the developments from time to time. The road is arduous but not insurmountable. India has a good case and if an ex-ISI man says that Jadhav was kidnapped from Iran, it has some substance. By the way, should Pakistan brand this man anti-national for saying it was a case of kidnap and condemn him to death? This is one lesson NDA needs to learn – respect dissent. Unfortunately, some of the TV channels go overboard in defining who is a nationalist and who is not. There is no need to bend backwards to toe the government line. Some channels are openly pro-government for whatever reasons.

Pakistan will press the ICJ for early hearing before the deadline they say by which time the accused can ask for clemency. If the hearing at the ICJ starts before that date Pak will not have to face the ignominy of having to delay the execution beyond that date. If they have to extend that deadline it would mean that Pak accepts the court's diktat and in effect its jurisdiction. If the hearing does not start by that time, Pak will stand humiliated. There is no question of Jadhav appealing in Pak Supreme court and then ask for clemency. The coming months are crucial for Jadhav, India and Pak.

Protecting the common man

Whom should the country protect and protect from what? We, in India, as a country are endowed with the highest number of VIPs and VVIPs and the number is still growing. Besides, there are others without the 'V' but important persons all the same by virtue of being somebody's mother / father, mother-in-law or any in-law. This quasi VIP lot if you would like to call it so is also entitled to security at the cost of the exchequer. Lucky these guys! From dawn to dusk and throughout



by Marshall Sequeira

the night there are policemen around, so the VIP can sleep in peace.

Recently, the mother of Robert Vadra was in the news for being a government protectee. News channels brought the issue to the fore. Obviously the facility was approved during the UPA time. What surprised the nation is that three years after the NDA took over and celebrating, the arrangement continues. Obsessed with Robert Vadra and his dubious land dealings, the Modi government forgot to look beyond that. When the news broke out, the Home Ministry did not know where to hide. The blame game did not cut ice with the public. If the police was under the AAP government control, the BJP would have made Kejriwal's life miserable. They would have blamed him of being B-Team of the Congress.

State security has become a status symbol for many. Without such security some people feel out of place and unimportant. Remember during the raid raj [it has now returned] people used to be upset if the IT department did not conduct raid at their places. Those targeted would actually boast of being raided to show that he/she is a rich person.

That said, how many persons really deserve State protection. If Modi could at one go fuse off all the Lal battis, surely he is capable of doing away with State security for those people who do not really deserve it. The list needs to be pruned drastically and restrict security to people in high places who deserve to be protected. There are many other celebrities who avail of the State security and may even pay for it. Such people should be asked to organize private security and the best is available if you are willing to foot the bill. State security like the PDS [Public Distribution System] comes cheaper but that is available for those with Orange Ration Card. The Centre and the State governments must agree to reduce the State security beneficiaries to a bare 10% of the existing level. A lot of funds will be available for better things and the security force will protect the common man and particularly the women/girls who are at the receiving end these days.

How to inspire manners in/to your children

Getting kids into the habit of using manners at an early age makes things much easier in the long haul. Try to model the kinds of behavior you want to see in your kids.



1. When entering the house greet your children with hugs and kisses. This should help develop their sense of love and mercy.
2. Be good to your neighbours and never backbite. Never speak ill of other drivers when on the road. Your children listen, absorb and emulate.
3. When calling your parents, encourage your children to speak to them. When visiting your parents take your children with you. The more they see you take care of your parents the more they will learn to take care of you.
4. When driving them say to school, don't always play albums or cds!

Rather, tell them the stories yourself. This will have a greater impact - trust me!

5. Read to them a short story and even a scripture a day – it doesn't take much time, but very impactful in creating strong bonds and wonderful memories.

6. Comb your hair, clean your teeth and wear presentable cloths even if sitting at home and not going out for the day. They need to learn that being clean and tidy has nothing to do with going out!

7. Try not to blame or comment on every word or action they say or do. Learn to overlook and let go sometimes. This certainly builds their self-confidence.

8. Ask your children's permission before entering their rooms. Don't just knock and enter, but then wait for a verbal permission. They will learn to do the same when wanting to enter your room.

9. Apologize to your children if you made a mistake. Apologizing teaches them to be humble and polite.

10. Don't be sarcastic or make fun of their views or feelings, even if you "didn't mean it" and was "only joking". It really hurts.

Say please. (Shows consideration for others.)

Say thank you. (Shows appreciation and gratitude.)

Apologize. (Shows empathy and that you are taking responsibility for your actions.)

Smile & have a good attitude. (Makes everything better for yourself and others!)

Make small talk. (Important social skill for friendships and, later in life, getting and keeping a job.)

Ask questions of others. (Shows interest in others' ideas and feelings.)

Saying excuse me. (Shows consideration for others.)

Look for opportunities to compliment others. (Makes others feel good, helps with reciprocal relationships.)

Share. (Shows others you care, helps you to think of others, makes you appreciate what you have.)

Treat others the way you want to be treated. (Covers all bases!)

11. Show respect to your children's privacy. Its important for their sense of value and self-esteem.

12. Don't expect that they will listen or understand the first time. Don't take it personally. But be patient and consistent.

13. Pray with them. Show them how to pray. Lead by example.

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Find yourself before deciding to get married

Getting married when you're in an unsteady place in your life makes you count on the relationship at the main source of your happiness, without stopping to ask yourself if this is what you really want:



relationship as the main source of your happiness and makes you follow your partner's footsteps without stopping to ask yourself if this is what you really want.

Your 'type' changes drastically as time goes by: You start looking for deeper and more solid qualities like responsibility, honesty and integrity instead of someone you can just have fun with. You begin to appreciate a partner you can talk to about meaningful things, about your problems, about your family and about your work because as you grow up, the things that matter to you change drastically too.

have the world in your hands and you can just do whatever you want and you can become whoever you want. Being independent is a wonderful thing that will make you rich in so many ways.

Kids are not the answer: Having kids does not mean you secured a spot in marriage paradise, if anything, it's the ultimate test to determine how strong the marriage is. People who have kids when they're not ready are really just setting their marriage up for disaster.

You will not 'lose' your married friends: You can get your dream job or buy that house or travel to this country without anyone's help or approval. When you are growing up without being committed to someone, you truly

Don't settle: Don't date someone just because you've been single for so long or because all your friends are married. Don't stay in a relationship that is not good for you because it's comfortable and don't hold on to someone who doesn't love you the way you deserve to be loved.

Marriage is also not the answer: If you didn't learn to find your happiness alone, you won't find it in your marriage, if you didn't learn to love yourself when you're single, you won't love yourself when you're married, if you didn't find yourself before marriage, you won't find yourself after marriage

You have to know who you are before getting married: steady place in your life makes you count on the

People are told that marriage is what makes them complete but the truth is nothing can complete someone but themselves, their experiences, their passions, their hearts, their intelli-

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'EXPERIENCE OUR TECHNOLOGY'

Customer Training Session organised by CITIZENCREDIT CO-OPERATIVE BANK LTD.
at Citizencredit Centre, Malad (W), on Saturday, 6th May 2017



Mrs. Geeta Andrades, MD and CEO of the Bank, warmly welcomed the 30 attendees. Stressing the need for the session, Mrs. Andrades brought them up to speed with the Bank's new technology services. She also made them aware about the Bank's tie-up with leading Asset Management Companies in connection with the upcoming Mutual Fund products to be launched at all branches.

Next, Mr. Anthony D'Souza, Chairman, highlighted the shift from individual to digital banking activities - today, a majority of bank activities can be carried out through smartphones. Mr. Errol D'Souza, Chief Manager IT, was then invited to provide technical insight into the

various technology products. Along with his team, he made a presentation, displaying a step-by-step use of each product with detailed explanations.

After a short break, the customers were divided into groups and directed to different counters where they were given a stage-by-stage training on the use of the services. Each customer was well attended to and provided with the necessary assistance.

The session concluded with customers enrolling themselves for technology services/products and the Mutual Fund Facility at the separate counters that were set up especially for this purpose.



Oldest religious sister in the world dies at 110



The old religious sister in the world, Sr. Candida Bellotti, has died at the age of 110 in Lucca (Italy), on May 27.

Born in 1907, Sister received a call from Pope Francis for her 110th birthday on February 20, and had met the pope in 2014 — the 10th pope to be elected in her lifetime.

A member of the Congregation founded by Saint Camille de Lellis (1550-1614), she devoted her life to serving the young and the sick.

—mattersindia

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.

— Mariamma, Chennai

Jesuit Priest From Jharkand Celebrates Jubilee In Native Parish

North Paravur: Jesuit Father Sebastian Kizhakedeth (68) of Hazaribagh province celebrated the Golden Jubilee of his religious life in his native parish of Little Flower Church, kottukad of the diocese of Kottapuram on May 29.

Father Sebastian offered a concelebrated Mass with parish priest Fr Binu Mathew Mukkath and his assistant Fr Shibin Kooliath attended by close relations of the jubilarian.

In the homily, Fr Binu said that to be a priest in the Society of Jesus itself is a great thing. Fr Sebastian had been working as a missionary priest for 34 years in the risky regions of Jharkand

and God has been protecting him.

Fr Sebastian thanked Fr Binu and Fr Shibin for being instrumental in arranging the Mass in the parish church to mark the Golden jubilee of his religious life.

He has been mostly teaching in Jesuit schools and has been head



master of a school.

He has also given music training to Jesuit students of formation. At present he works in Sitagarh of Jharkand State.

—Jose Vincent
Secretary, ICPA

Unfailing Prayer to St. Anthony



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

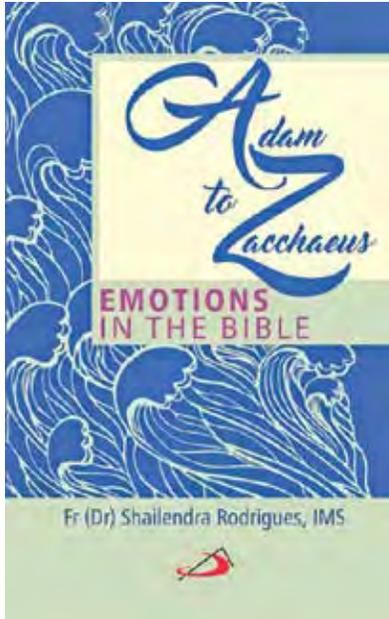
—Mrs P. G. Fernandes,
Wadala

ADAM TO ZACCHAEUS

Emotions in the Bible

by Fr (Dr) Shailendra Rodrigues IMS
ST PAULS – ISBN 978-93-5015-298-0
- Pp 272 / Rs 280

A perfect combination of brain and heart, man is both a rational and emotional being who not only thinks but also feels and acts precisely because he thinks and feels. If a thought can transform a person's life, so can an emotional moment. Thus emotions are essentially cognitive in nature rather than mere physiological reactions or sensations. From the time one wakes up until the time one goes to bed one experiences a gamut of emotions—joy, love, gratitude, patience, anger, grief, fear, guilt and compassion, emotions that reveal who we are and what is going on in our hearts; emotions that cause movement: in fear we run, in joy we sing and dance, in gratitude we bow, in love we touch and so on. A heart without emotion cannot but be like a hard stone and on people with such hearts God contemplates open heart surgery so to say! Indeed, as Howard G. Hendricks says, "When God measures a person he puts the tape around his heart and not his head." Doesn't He say, "I will remove from your body the heart of stone and give you a heart of flesh" (Ezek 36:26)? Why? All because He wants us to use our emotions positively, both to our own benefit and to that of others! That in a nutshell is the aim and purpose of this fresh, new



Book Review

by Ladislaus L D'Souza

book with a fresh, new outlook on emotions!

We are known to harbour positive and negative emotions daily. However, if we take credit for harbouring positive emotions, we must also own up responsibility for our negative emotions and emotional responses. In the history of many religions and philosophies, emotions have been looked at negatively. The body and its passions were considered "wild beasts" that needed to be tamed and thus hindrances to a spiritual relationship. To overcome unruly instincts the

only remedy was to suppress them, the oft repeated slogan being, "If we fail to control our emotions, our emotions will control us." The result of Father Rodrigues' study of the emotions of several Biblical figures from Adam to Zachhaeus, including Jesus, Cain, David, Peter, Paul et al, this book focuses on the need to befriend rather than control, suppress or master one's emotions.

The salient feature of this book is that Dr Rodrigues, a priest of the Indian Missionary Society and director of Sadbhavana Bhavan, IMS Retreat Centre, Vasai, holds up Jesus as an example with regard to handling emotions. Says he, "The writers of the four gospels present different emotions of Jesus, like: compassion, anger, grief, anguish, amazement, love, joy, indignation, zeal etc. All these emotions point to one thing: he had a heart. And a heart is the seat of emotions..... Jesus said, "Whoever follows me will never walk in darkness" (Jn 8:12). Here, by darkness, Jesus means a sinful state. Whoever does not harbour negative emotions like pride, hatred, revenge, envy, lust etc. will not walk in the darkness of sin" (pp 25-26).

If we wish to know Jesus, it isn't enough for us to be aware of his historical or geographical background. We need to understand his characteristics and attributes. Notably, his emotions come through as wordless expressions of his love and compassion, even anger, all of which were at the service of humanity, even as he kept to himself his anxiety, anguish and fear, his loneliness and frustration. In love he prays, "Father forgive them; for they know not what they do" (Lk 23:34). With these words he wins the battle for us. And the booty that he gained for us in victory is eternal joy and happiness. Resurrection, from the perspective of emotions, thus comes through as the regaining of the life of joy and happiness lost by man in the Garden of Eden.

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Blessed Trinity

Fr. Edward D'Mello, SVD is a Divine Word Missionary Priest (retired) residing at Soverdia House, Andheri (E), Mumbai - 400 093.

The First Sunday after the Pentecost is observed as Trinity Sunday. The faith in the Blessed Trinity is the Central and most Important act for any Christian believer yet it is observed with least attention because it is not properly understood. It is called a "mystery" which people, preachers and writers least explain or try to understand. Mysteries people take for granted like electricity, magnetic attraction of material bodies, growth of plants and so on.

At the outset let me make a statement; Trinity is not a mystery we cannot understand but a mystery we cannot comprehend. After its revelation it is not something absurd like one in three and three in one but sensible like two plus two is four. As a student of basic catechism before First Holy Communion and growing youth getting ready for Confirmation, the faith in the Blessed Trinity always attracted me and created curiosity in me without getting a satisfactory answer. It is only the following incident that made me grasp some truth of the Blessed Trinity:

Once there was a bright scholar awaiting her defence of doctoral thesis in chemistry. She knew very well that she had done a commendable research work. But defending her work before a scholarly audience would make her nervous. And she was, I bet.

On the previous day of the defence she approached her guide to share her feelings. He was an experienced man with sharp human insight. He perceived the scholar's predicament. He began to speak to her: "You seem to be nervous on the eve of your defence, which is quite normal and understandable. I will ask you a few ques-

tions you are free to answer them". He observed her closely as he continued, "Have you done well in your research? Is there any new scholarly element in your investigations? Do you think the questioning examiners are inspired by your attempt?"

He paused after these questions as he wanted to find the image the scholar had about herself. All of us have an image of ourselves which can be positive or negative, accepted or rejected, loved or hated and so on. As you think so you feel, as you feel so you act. Negative image is formed by negative thinking, leading to negative feeling (Phil 4:8-9, Rom 1:1-2). Contrasting fruits of Spirit and Evil, on the other hand, positive image is formed by positive thinking resulting in positive feeling (Gal 5:22) which are the fruits of the Spirit. God has an image of Himself which is always a loved one, a positive one and accepted one. What or who is that God's image? "He (Word), the visible image of the invisible God", (Col. 2 :15). Christ is the WORD of God also called Logos (Greek) . Word can be an expressed one (Shabda) either heard or written or unexpressed one. The WORD of God became man and made His dwelling among us. He is the WORD made flesh (Jn. 1:14). We are called to know, love and follow Him. He continues His presence among us in and through the Eucharist, our food from heaven (Jn 6:32-58). Christ is the perfect image of God. "God has revealed to us through the Spirit. For Spirit searches everything even the depths of God. For what person knows a man's thoughts except the spirit of the man which is in him? So also no one comprehends the thoughts of God except the Spirit of God". (1 Cor.2:10-11). "He is the image of the invisible God the first born of all creation" (Col. 2:15). In another text Jesus says "Have I been with you so long and yet you do not know me, Philip? He who has seen me has seen my Father. How can you say show me



the Father? Do you not believe that I am in the Father and the Father is in me?" (John 14:9-10). "The Father and I are one". (Jn 10:30).

God has an image (Chit) of Himself (Sat). When Sat and Chit contraposed the outcome is Anand (Joy) . Therefore God is Sat-Chit-Anand and this is TRINITY. The Sat of God is called Abba by Jesus, Chit is called Logos (Word) and the relationship between Sat and Chit is Ruah (Spirit) who proceeds from the Father and the Son. (For further text please refer Mark 1 : 9-10, Col 1: 15, Heb 1:3, Phil 2:6, 2 Cor 4:4).

Let us look at ourselves. My image of self is changing. I was born without any self-image. As I grew I began to form my own self-image for it is imperfect (incomplete). But God's self-image is perfect (2 Cor 4:4). My image will go on growing till I die. God's self image is from the beginning and remains perfect and it cannot change, because it is fully perfect. God's image completely conforms to Him (Jn 1:1-3).

When speaking about the Trinity, the words 'nature' and 'person' are used. These words are from philosophy, hardly understood by ordinary people. Their origin is from Greek culture in the context of stage demonstration, where same actor ap-

(Contd.. on p. 18)

(Contd.. from p. 17)

peared on the stage impersonating the same agent for different characters. The word 'person' is composed of two words, namely, 'per' (by) and 'sona' (sound). It was only by sound (voice) a person could be identified though acting for different characters. This was applied to Trinity and it still stands. In God there is only ONE nature – divinity - manifested in three persons – Father, Son and Spirit. They are not three gods. They share the same divine nature but in different manifestations. "I and Father are one" (Jn 10:30). Father is not the Son, and vice versa, Son is not the Spirit and vice versa. In Incarnate Word (Jesus) the divine nature took on human nature (one person but two natures – true God and true man). This is our faith to be deeply contemplated and grasped.

If we are made in God's image and likeness, knowing ourselves must help us to understand what God is in Himself i.e. TRINITY, Father, Son and Spirit (Sat-Chit-Anand). Now I can question myself where is my self image? It is in me, in my nature. Where is my self-love that results from my self-image and myself? It is also in me in my very nature. In my nature exist myself, my self-image and my self-love. These three are distinct yet rooted in one (my) nature. So I am a trinity. So is God. He is Triune God the Father, God the Word (Son) God the Spirit (Ruah). Therefore understanding the Trinity (One in three and three in one) is not something absurd but sensible though we cannot fully grasp it. Hence it is called a "mysterion" that

is incomprehensible Truth. Confrontation of the understanding of the Trinity makes one SILENT. We cannot fully grasp it by our finite mind because it is inexhaustible. The more we grasp more yet to be grasped (Sir 24:21). Unless His Spirit reveals we cannot grasp Him(1 Cor 2: 10-11).

God made humans in His image and likeness, male and female He created them (Gen 1:27). Is there a maleness and femaleness in God (without any reference to a genitality)? Yes, there is. Let me explain it in Jesus's own approach, referring to Luke Chapter 15. This chapter reveals the mercifulness of God, Father of the prodigal son, Good shepherd looking for the lost sheep and the Woman looking for the lost coin. Father of the Prodigal is the heavenly father waiting for the son to return. Jesus Christ is the good shepherd looking for the strayed sheep. Woman is looking for the lost coin which expresses the actions of the Spirit, namely, lighting the room, sweeping, searching and rejoicing. These are the actions of the Spirit in the process of sanctification. Therefore Holy Spirit is the feminine image of the Triune God. Animus and Anima, Purush and Prakriti, Yin, and Yan, and so on these and other dual expressions are used in different philosophies to express this duality. Hence, in God there is maleness and femaleness (Women should be proud of this fact that they are the image of the Spirit of God). In heaven we all will be captured and taken up in bliss, namely, river flowing from the throne of God and of the Lamb. (Throne, Lamb and River. Rev 22:1) Here River stands for the Holy Spirit. There shall

no more be anything accursed , but the throne of God and of the Lamb shall be in it, and his servants shall worship him. (Rev 22:37). My dear friends, we are God's children now and what we shall be has not yet been revealed. Yet when he appears in his glory, we know that we shall be like Him, for then we shall see Him as He is". (1 Jn 3:2).

In these above lines, I tried to reflect the mystery of the Blessed Trinity . In order to make any sense out of it one has to pass from Belief to Faith. Most people are satisfied in remaining at the Belief level, i.e. what is showed by flesh and blood (Belief) but FAITH comes from Father in Heaven (Mt 16:17). Therefore, it is a theological virtue along with Hope and Love. Beliefs are changeable, fallible, transitory, while Faith is infallible, unchangeable, lasting and growing deep. In life one ought to make a journey from Belief to Faith which reaches one to the Triune God. We are made unto God Himself and as St Augustine says our hearts are restless till they find their rest in God.

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fact that we like to learn with others and if the others around you aren't interested, it is necessary to forge a learning path on your own. Learning is

Times you need to **SpeakUp** for yourself

How many times have you said 'yes' when you really wanted to say 'no'? What about the times you've compliantly accepted a 'no' from somebody when everything inside you screamed, 'Speak up and get a yes?' How about the times you've wanted to shout, 'This is what I want' but stifled it and kept quiet? Learning how to speak up for yourself is an important part of growing up. **Your voice and opinions matter! Letting others know your thoughts and feelings will help you feel stronger and more confident**

We all want to belong, and the best way to belong is to make sure everyone else likes us. But even in the most strict societies, there are always groups that aren't afraid to speak up. They think differently, believe differently and want different things. It's the actions of these groups that often prompt change in the bigger society. Sure, there is some risk when we decide to speak up for ourselves but if we want to be truly happy and live our best life, that risk is worth taking. Here are some times speaking up for yourself is worth the risk.

When your success is at stake:

Successful people challenge the norm, question the status quo, and create their own rules. They do it respectfully, but they refuse to be categorized because they are too busy creating their own category. Success means different things to different people, but one thing successful people have in common is they broke away from the crowd, took a risk and persevered.



They believed so strongly in their mission that they were able to put aside the naysayers and step into their truth. Successful people at some point in their journey had to trust enough to go against the grain.

When your beliefs are questioned:

When we begin to speak up for ourselves and live from our truth, it becomes clear who around us has similar values and who doesn't. Initially, maintaining these relationships can be challenging because we want to share our beliefs with the people close to us. It is not uncommon for others to show a disinterest in being exposed to new points of view. Stepping away from the crowd and their combined beliefs is hard to do because it can possibly mean the end of a relationship. And while our head knows that any relationship worth having supports our values, our heart has a hard time letting go. It's those first steps away from the crowd that will allow you to attract people who are like-minded and share in your values and beliefs.

When it prevents you from learning:

Being comfortable and content in your life and with your friends can end up dampening your curiosity. Without curiosity, our natural quest for learning subsides. The problem lies in the

important for our continued personal growth and evolution. Once we make the commitment to honor our natural curiosity, we will often find others that are walking the same path. It is rare that an individual learning quest stays solitary for long but taking those first steps against the fray will open new doors.

When your gut tells you to:

If we are truly following our intuition and listening to our gut then we'll know when it's time to speak up for yourself. This usually happens when we have seen personal growth that has led us down a different path than the crowd. The crowd as a collective may not be serving your needs any longer and your intuition is often the first to enlighten you.

Why is speaking up difficult sometimes?

Sometimes it may seem easier to keep your feelings inside to avoid becoming embarrassed or having a hard conversation, but it's just a short term solution. It can be tricky to know when the best time is to speak up for yourself. For example, should you speak to a teacher privately or raise your hand in front of the classroom? Learning how to speak up can change your life in a very positive way.



6623 MUMBAI : Mangalorean RC Bachelor, (Born in October 1988), Ht. 5' 8", Wheatish Complexion, Edn. B.E., MBA., working as a Manager in Nationalised Bank and assisting Family business. Having good family background. Contact email : oswaldfrancis2016@gmail.com OR 9820584723

6581. MUMBAI : Goan Roman Catholic Bachelor, (Born in July 1981), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. S.Y.B.A., Diploma in Food Production working as a F & B Service, working on Internation Ship. Contact email : anse_g@1cloud.com

6579. MUMBAI : Roman Catholic Bachelor, (Born in August 1985), Ht. 5' 9", Wt. 72 kgs, Wheatish Complexion, Edn. HSC., & Diploma, Working as a S. Bartender. Contact email : rahulf28@yahoo.com

6586. BANGALORE : Mangalorean Roman Catholic Divorcee, (Born in January 1985), Ht. 5' 7", Wt. 65 kgs, Fair Complexion, Edn. B.Com., LL.B., M.S.W., Working as HR Executive. Contact email : advocatecastelino@yahoo.in

6576. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in october 1966), Ht. 5' 8", Wt. 69 kgs, Wheatish Complexion, Edn. SSC., having own business. Contact email : pauld'souza@ccicindia.com

6575. MUMBAI : Goan Roman Catholic Bachelor, (Born in May 1973), Ht. 6' 4", Wt. 98 kgs, Wheatish Complexion, Edn. HSC., working as a Steward in Oil Tanker - Foreign Ship. Contact email : 285vvictor@gmail.com

6573. SAUDI : Goan / Mangalorean Roman Catholic Bachelor, (Born in

February 1986), Ht. 5' 5", Wt. 68 kgs, Fair Complexion, Edn. B.E. Mechanical, working as a project engineer seeks a well quified girl from a good family background. Contact email : ian.roshan.dsouza@gmail.com

6572. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in October 1986), Ht. 5' 9", Wt. 75 kgs, Wheatish Complexion, Edn. BE (EXTC), working as a Network Engineer. Contact email : ivorbritto@gmail.com

6571. USA : Goan Roman Catholic Divorcee (Marriage Annuled), (Born in December 1969), Ht. 6' 1", Wheatish Complexion, Edn. M.Eng., Engineer by profession. Seeks a girl below 35 years, preferably working in USA. Contact email : divinegrams@gmail.com

6567. MUMBAI : RC, Mangalorean Bachelor, Ht. 5' 11", Wt. 70 kgs, (Born in April 1977), Fair Complexion, Consultant Surgeon by Profession in Top Hospital in Mumbai, seeks suitable match. Contact Email : kalinaproperties@gmail.com.

6564. DUBAI : Mangalorean Roman Catholic Bachelor, (Born in November 1987), Ht. 179 cms, Wt. 78 kgs, Wheatish Complexion, Edn. Mechanical Engineer, working as an Engineer. Contact email : godfreyjoelfernandes@gmail.com

6562. MANGALORE : Mangalorean Roman Catholic Bachelor, (Born in November 1981), Ht. 5' 7", Wt. 58 kgs, Wheatish Complexion, Edn. PUC + Computer diploma, having own business in **ABROAD**. Contact email : melvin6680@gmail.com

6561. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1983), Ht. 5' 8", Wt. 71 kgs, Wheatish Complexion, Edn., M.Sc., working as an Account Manager in **ABU DHABI**. Contact email : proposal.ashish@gmail.com

6559. MUMBAI : Goan Roman Catholic Bachelor, (Born in July 1985), Ht. 5' 8", Wt. 80 kgs, Wheatish Complexion, Edn. XII, working on Cruse Ship. Currently he his in Mumbai Contact immediately. Contact email : mascarenhas_k@yahoo.com

6558. KUWAIT : Goan Roman Catholic Divorcee, (Born in January 1982), Ht. 5' 7", Wt. 80 kgs, Tan Complexion, Edn. Masters Computers in USA, working as a Manager in **USA**. Seeks a educated homely Goan or Mangalorean girl working in USA or India. Contact email : carmelinaf@gmail.com

6490 MUMBAI : Goan RC Widower, (Born in June 1960), Ht. 5' 7", Wt. 77 kgs, Fair Complexion, Edn. High School, Government employee in Bahrain. Contact email : alwyn60rodrigues@gmail.com

6489 MUMBAI : Roman Catholic bachelor, (Born in June 1988), Ht. 5' 5", Wt. 65 kgs, Fair Complexion, Edn. Graduate, working as a Front Office Clerk in DUBAI. Contact email : sam_sin88@hotmail.com

6471. PUNE : East Indian Roman Catholic Bachelor, (Born in September 1982), Ht. 5' 5", Wt. 66 kgs, Fair Complexion, Edn. B.Com., working as a Dy. Manager. Contact email : warren_4153@hotmail.com

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6706. MUMBAI : Roman Catholic Spinster, (Born in February 1983), 5' 7", Wt. 78 kgs, Wheatish Complexion, Edn. B.A., working as an Accountant in **BAHRAIN**. Contact email : denis_anthony@rediffmail.com

6688. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in November 1988), Ht. 5' 3", Wt. 65 kgs, Wheatish Complexion, Edn. C.A. Inter, working as a Business Development Executive in **DUBAI**. Contact email : sherly_suares@yahoo.com

6574. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1990), Ht. 5' 5", Fair Complexion, Beautiful, Edn. B.Com., MBA, PGDM, working for Multinational Company. Contact email : roshanmehra@hotmail.com

6570. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in December 1991), Ht. 5' 3", Wheatish Complexion, Edn. BBI, P.G.D.M. (H.R.), working as an Asst. Manager H.R. Contact email : venita.sal@gmail.com

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Ht. 5' 2", Wheatish Complexion, Edn. MBA - Finance, working as an Accountant in a private sector firm in **DUBAI**. Looking for a Roman Catholic alliance preferably working in UAE. Contact email : saldanha.leena7@gmail.com

6565. MUMBAI : Mumbai broughtup Keralite Anglo Indian Spinster, (Born in May 1988), Ht. 5' Wt. 48 kgs, Wheatish Complexion, Edn. B.Com., working as a Computer Operator. Contact email : elenarosedcosta@gmail.com

6563. MUMBAI : Mangalorean Roman Catholi Spinster, (Born in August 1990), Ht. 5' 5", Wt. 60 kgs, Fair Complexion, Edn. MBA Marketing, working as an Analyst, Contact email : noreen13nov@gmail.com

6524. MUMBAI : Roman Catholic Spinster, (Born in December 1985), Ht. 5' 8", Fair, Beautiful, Edn. B.Com., / Dip. in Airline, working for Qatar Airways. Contact email : fersonia04@gmail.com

6522. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in January 1984), Ht. 5' 6", Fair, Edn. Phd., (Australia), Masters in Pharmacy and PhD in Chemistry and biology. Contact email : ds.charlotte@gmail.com

6520. MUMBAI : Roman Catholic Spinster, (Born in April 1988), Ht. 5' 1", Fair, good looking, Edn. SSC from ICSE board, B.A., P.R. working as a Sr. Accounts Manager - Public Relations with a private firm. Seeks a suitable match. Contact email : dorothyfurtado@hotmail.com

6518. MUMBAI : Mangalorean R.C. Spinster, (Born in February 1989), Ht. 5' 3", Wt. 53 kgs, Wheatish Complexion, Edn. B.Com., B.Ed., Teacher by profession. Contact email : jenisha.

mathias@gmail.com

6517. MUSCAT : Goan R.C. Spinster, (Born in July 1989), Ht. 5' 1", Wt. 52 kgs, Fair Complexion, Edn. MBA in Advertising, BBA in Marketing, working as a Communication Executive. Contact email : lysandra_dsilva@hotmail.com

6478. MUMBAI : Mangalorean RC Parents from Mumbai seek alliance for their daughter (Born in September 1987) height 5' 4", Fair, highly educated, working as a Physiotherapist in States. Seeks a suitable match from states. Contact email : mariapereira1909@gmail.com

6475. MUMBAI : Mangalorean RC Parents from Mumbai seek alliance for their daughter (Born in March 1987) 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

6474. MUMBAI : Goan Roman Catholic Spinster, MBA, Fair, (Born in November 1983), 5' 1" / 46 kgs, employed with a reputed Pvt. firm. Seek alliance from India / Abroad. Please send details and photograph to email : fedora48@hotmail.com

6473. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in June 1982), Ht. 5' 5", Wt. 68 kgs, Fair Complexion, Edn. B.Com., working in Bank as AVP in **LONDON**. Contact email : rati27@gmail.com

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6469. RAJASTHAN : Roman Catholic Spinster, (Born in February 1987), Ht. 5' 3", Wt. 65 kgs, fair and goodlooking, simple, loving, very understanding girl, Edn. M.A., B.Ed., CTET, Teacher by profession. Contact email : arleen_sunni@yahoo.co.in

6468. MUMBAI : Parents of R.C. Goan innocent divorcee, 1st marriage annuled by the church, (Born in September 1980) / 5' 2", looks much younger to her age, Only daughter, working in Muscat as a teacher, seeks preferably working and living India OR abroad below 42 years only. Contact email : carvalhovanesa28@yahoo.com

6501. MUMBAI : Mangalorean RC Spinster, (Born in September 1979), Ht. 5' 4", Wt. 70 kgs, Fair Complexion, Edn. M.Com., working as a Secretarial Officer. Contact email : asklavina@gmail.com

6500. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in May 1975), Ht. 5' 2", Wt. 60 kgs, Fair Complexion, Edn. S.Y.B.A., Pursuing TYBA., / ECCED (Teacher' Training Course), Teacher in a reputed Catholic School. Contact email : dmljanet@gmail.com or jdmello@rediffmail.com

6438. MUMBAI : Mangalorean/Goan RC parents of spinster daughter (Born in October 1984), 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). 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 lma31@hotmail.com

6437. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1989), 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

6433. PUNE : Roman Catholic Spinster, (Born in December 1987), 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

6432. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in November 1986), Ht. 5' 3", Wt. 65 kgs, Fair Complexion, Edn. B.Sc., IT, MBA., working as an Analyst. Contact email : cecy.martis@gmail.com

6431. PUNE : Protestant Christian Spinster, (Born in June 1986), 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

6428. MUMBAI : Goan Roman Catholic Spinster, (Born in August 1988), Ht. 5' 5", Wt. 65 kgs, Fair Complexion, Edn. M.A. (Lit) Teacher by profession. Contact email : shalantam@gmail.com

6427. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in April 1985), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. B.E., working as a Sr. Analyst in MNC. Contact email : joe51in@yahoo.co.in

6426. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in August 1989), Ht. 5' 3", Wt. 50 kgs, Fair Complexion, Edn. Bachelors in Physiotherapy, working as a Physiotherapist. Contact email : tracy.veigas89@gmail.com

6400. DUBAI : Mangalorean Roman Catholic Spinster, B.Com, (Born in December 1986), Ht. 5' 4", working for a Bank in Dubai Contact email: lavinalo11@gmail.com

6397. MUMBAI : East Indian Roman Catholic Spinster, (Born in December 1985), Ht. 5'4", Wt. 54 kgs, Fair Complexion, Edn. MA (Pol.Sc.), working as

an Admin.,

6394. MUMBAI : East Indian Roman Catholic Spinster, (Born in January 1985), Ht. 5' 6", Wt. 56 kgs, Fair Complexion, Edn. B.Com., CS., LLB., working as a Manager.

6448-R.MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1985), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, beautiful, Edn. B.Com., working as an Asst. HR Officer. Contact email : genesalis@yahoo.com

6445. MUMBAI : Born and brought-up in Mumbai Tamilian Roman Catholic Spinster, (Born in September 1981), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., Working as a Sales Executive in a reputed diamond jewelry firm. Caste No Bar. Contact email : achari@yahoo.co.in

6443. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in March 1988), Ht. 5' 8", Wt. 70 kgs, Wheatish Complexion, Edn. B.A., Science & Politics, working as a Jr. Officer. Contact email : merlin.dalmeida@gmail.com

6442. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in November 1990), Ht. 5' 5", Wt. 49 kgs, Fair Complexion, Edn. M.Com., working. Contact email : dsouzaavi29@gmail.com

6441. MUMBAI : Mangalorean RC Spinster, (Born in October 1987), Ht. 5'5", Wt. 68 kgs, Wheatish Complexion, Edn. M.Com., working as a Sr. Associate. Contact email : olgapin123@gmail.com

6440. MUMBAI : Roman Catholic Spinster, (Born in May 1983), Ht. 5'4", Wt. 64 kgs, Wheatish Complexion, Edn. B.Com., working as a Risk Analyst. Contact email : jesmetal@hathway.com

BRIDES

Parents R.C. Mangalorean Divorcee, 30 years, fair complexion, good looking, Edn. MBA working as H.R. Ht. 5' 3". Contact : email: goldenpetal2423@gmail.com

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