

THE SECULAR CITIZEN

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Get Up, Stand Up ...

Don't Give Up The Fight

Why are we so parochial and tend to operate in the 'action mode' only when matters concern us directly like the desecration of church/crosses and church related properties and feel no need to act otherwise? Ignoring these isolated events that are also unconstitutional will finally lead to an uncontrolled bonfire that will destroy the fabric of unity in diversity and create irreparable fissures in our minds and hearts.

Mother Teresa:

The Epitome Of Compassion

Mother Teresa was the epitome of compassion. If ever one would dare to give a core competency to her, it is this single characteristic of being a compassionate person. She radiated this quality, when on earth, in a way, few humans could ever do; her love for the marginalized and the vulnerable and particularly for the poorest of the poor and the dying destitute was boundless. She was able to give and not to count the cost. Her ability to be compassionate towards others motivated her to found the Missionaries of Charity. She was effusive in her compassion for the “least of our sisters and brothers” and did not try to hide this fact.

In a fitting tribute to Mother Teresa the United Nations in 2013, declared every September 5th (her death anniversary) as the ‘International Day of Charity’ inviting *“all Member States and all international and regional organizations, as well as civil society, including non-governmental organizations and individuals, to commemorate the Day in an appropriate manner, by encouraging charity, including through education and public awareness-raising activities.”*

The world desperately stands in need of compassion today! A compassion, which reaches out to the unloved, the ostracized, the marginalized and the vulnerable. A compassion, that takes a stand for the poor, the victims of injustice, the refugees and the displaced. A compassion, that is able to negate and overcome the hate and divisiveness; the racism and communalism; the xenophobia and the exclusiveness that has gripped our world as never before. We need the compassion of Mother Teresa as never before.

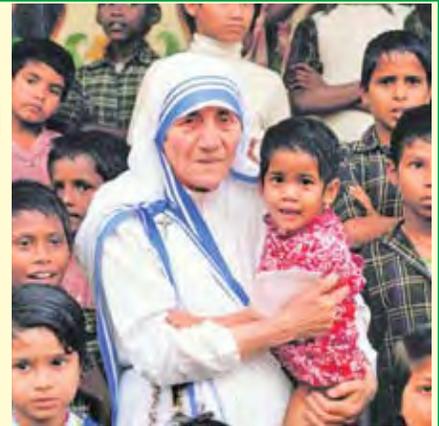


BY FR. CEDRIC PRAKASH SJ

On September 4th 2016, in a very special ceremony at St Peter’s Square in the Vatican, Pope Francis canonized Mother Teresa as a Saint of the Catholic Church. In his homily he reminded the world of the need and importance to live the values which St Teresa of Kolkata embodied, *“May this tireless worker of mercy help us to increasingly understand that our only criterion for action is gratuitous love, free from every ideology and all obligations, offered freely to everyone without distinction of language, culture, race or religion. Mother Teresa loved to say, “Perhaps I don’t speak their language, but I can smile”. Let us carry her smile in our hearts and give it to those whom we meet along our journey, especially those who suffer. In this way, we will open up opportunities of joy and hope for our many brothers and sisters who are discouraged and who stand in need of understanding and tenderness”.*

Mother Teresa died twenty years ago on September 5th 1997. Strangely and symbolically, September 5th is also observed as ‘Teachers Day’ in India in memory of our visionary late President Dr. Sarvepalli Radhakrishnan, who besides being a great educationist and philosopher, also believed that education is the key to India’s inclusive development. .

Mother Teresa was also a teacher, having taught in a Bengali Medium Girls School for several years before she founded the Missionaries of Charity. During her lifetime, she taught the world several important and valuable lessons. Compassion however, was her hallmark! We need to do our best to imbibe these values in whatever way we can. She would say, *“In this life we cannot do great things; we can only do small things with great love!”*



As we celebrate on September 5th, God’s great gift to mankind in the person of Mother Teresa, let us also pray to her, this great ‘Saint of the gutters’ to give us a compassionate heart, the courage to reach out in love unconditionally and the commitment to give and not to count the cost!

St Teresa of Kolkata pray for us!

* (Fr Cedric Prakash sjs a human rights activist. He is currently based in Lebanon, engaged with the Jesuit Refugee Service (JRS) in the Middle East on advocacy and communications. Contact:cedricprakash@gmail.com

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'Thought for the week'

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An Extraordinary State Of Imbalance

by Don Aguiar

For the first time in the last few months, the government seems to be losing control over the political narrative. A series of different events has forced this change of emphasis, away from the usual discussions that begin with the cow and end with JNU. Denied this comfort zone, where governments and its supporters have a well-rehearsed script, a new tentativeness can be seen.

There is a governance gap that this government is simply unable to bridge and it cannot keep up the pretense that it is somehow different. There is no new India that the state can lay claim to – far from it, this is unfortunately, the very same India that we only know too well. Only now we have to shoulder the additional burden of social media trolls, ideologies, nationalism and gau rakshaks.

This government is usually criticized for its cultural agenda and the manner in which it pursues it. And it is easy to see why increasingly it seems to be giving priority to issues that are important largely in its own conceptual constructs. The cow and issues pertaining to it, nationalism and all the possible symbols that are associated with it – these are what seems to be taking up a lot of time and emotional energy. These are no longer electoral devices, but the foundation on which a new imagination of the country is being configured.

As you know that this party ruling the government is remote controlled by their mother organization, the RSS and these are people who are serious or holy rather neurotically; they think if they follow a certain god man's or saint's principle, belief, dogma or ideology and keep practicing it, that they are holy or serious. That belief breeds an extraordinary state of imbalance. So one has to be extremely alert to find out what it means to be holy or serious.

In doing so, the government is losing tract of a much more fundamental promise that it has made. The idea of 'achehe din' may not find favor within the party any more, but there was an exception among many who voted for the party that something dramatic would change. Its challenge today will increasingly come from the tract record in delivering change that is palpable in an everyday sense

One can see that ideologies play a tremendous part in the life of man throughout
(Contd.. on p. 4)

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the world and that these ideologies do separate men into groups, they divide people and by their very nature these ideologies become authoritative. Those who assume power in these ideologies tyrannize democratically or ruthlessly, this is observable throughout the world. Ideologies, principles and beliefs actually prevent cooperation. Division inevitable comes about if you believe in a particular ideology whatever it may be (nationalistic or religious)

An ideologist is not a holy or serious man. He does not see the consequences of his ideology. So to be really holy or serious one has to put away completely, totally these nationalistic and religious divisions, deny that which is utterly false and perhaps as an outcome of that there might be a possibility of being really and truly holy or serious.

That which is absolutely essential is not possible around an ideology I think that is fairly obvious, historically and factually. What is going on in this world indicates this, the division and conflicts of ideologies, you knowing of an ideology however superior, however great, however noble cannot possibly bring about cooperation: perhaps it can bring about a destructive tyranny, of the left or right, but it cannot possibly bring this cooperation of understanding and love.

Cooperation is only possible when there is no authority. You know that is one of the most dangerous things in the world 'authority'. One assumes authority in the name of ideology or in the name of God or Truth and an individual group of people, who have assumed that authority cannot possibly bring about a world order Holiness or Seriousness entails non- acceptance of any authority.

The god men in India; have a parallel nation where their followers will do anything. If they say "today I want you to stop using Indian currency and start using tomatoes as money", the followers would do it. Common sense suggest government would put their foot down and say "These people are stark raving mad" But no, the government job then would be to beg the god man to tell his

followers to stop doing that and use currency RBI has given.

I was far more fascinated by a simpler fact. That lakhs of people would take to the streets and become violent just at the idea of their leader being incarcerated. Just at the thought. Not stopping for a second to think. Can this conviction change my opinion of how I feel about my Guru or god man? Or how do I as a person regardless of my devotion feel about nonconsensual sex? That's tremendous faith. I can't point to one thing in my life that I care about that much (outside family ties) that would make me burn unrelated city infrastructure.

Was the government in power elected for us to see such days? We never learnt lessons from the past... we never improve and we never move forward. The aftermath of the court's decision August 26 has taken us back by decades in one shot. We have regressed and we have shown ourselves poorly to the world.

Faith will always be impossible to understand and no education, law or reason will stop a believer from doing something they believe in. And when you have that kind of belief, followers will listen to anything. I couldn't get my maid to listen to me and that's one person. To have millions of people not only listen to you but be willing to be violent and go against the nation state without exercising any individual thinking – clearly that means whatever you are saying to them is working. And clearly this god man or any god man must mean a lot to their followers.

The political clout enjoyed by the god men and the fact that all governments have tried everything to save these self-styled god men because of their vote bank is shameful. Our political system has become helpless and rule of law is mocked year after year. Guru or god man power over politics is now institutional; the followers constitute political capital, which is the sold by the guru in return for state patronage.

Here five lakh people walked twice the length of Mumbai all the way to a court house convinced a man was innocent no matter what evidence, laws or civilization said. And when they were not happy with the verdict, the enemy was everything surrounding them. Sure one can built digital India, clean India, you can send a thing to Mars and try to teach people evolution and physics but you cannot change fundamental belief.

If you're decided the man that sang a song about a love charger is your almighty, then that's what it is. And for this when a digitizing nation will co-exist with Guru or god man Worship, waking up in India one day could feel like the year 2020 and the next day the year 1529.

If corruption at the point of delivery is not tamed, if the sense of impunity with which the powerful can get away with anything is not reversed, if incidents like Gorakhpur or Panchkula continue to take place without any signs of change, then the suppressed anger against the political establishment will begin to make a reappearance.

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Suspected Video Intrusion At Saint Michael's

Given the kind of situation already prevailing in the country, we, as a community, seem to be creating for ourselves hassles that we could well do without, virtually putting our neck into a huge noose of our own making, a case in point being the Saint Michael Church WC CCTV fracas.

To clarify, who was the smart Alec who, having slumbered peacefully since the said CCTV installation done in 2014, suddenly woke up in 2017 to find that the fathers of the parish or whoever for that matter were snooping in via video on pants-down or saarees-up users of the washroom, please? Making a public tamasha of something without first verifying reality, getting the police and the press involved, is crass and uncalled for on the part of those concerned.

All said and done, one understands installing surveillance in a cash-counting area, considering the amount of money that fills the boxes every Wednesday is one thing. But installing such devices at the entry to the WC? It is hardly the responsibility of the management of any given facility to provide this kind of security for those who leave their belongings outside the toilet they are using. Au contraire, the management concerned ought to put up clear notices insisting that all users of the restrooms are expected to take care of their personal belongings, Amen!

—Ladislaus L D'Souza

Leave Bandra If Can't

Tolerate The Crowd

A lot of people in Bandra (West) have been requesting the Police Commissioner to discontinue the week-long fair that has been going on since the last 450 years. I would like to inform these people that if they cannot tolerate the crowd and the noise to better leave Bandra and find accommodation somewhere else. As a former resident of Bandra (West), I enjoyed the fair when I was a little boy.

—Jubel D'Cruz, Mumbai

Sea Level Rise

Global warming is the primary cause of current sea level rise. Human activities, such as burning coal and oil and cutting down tropical forests, have increased atmospheric concentrations of heat-trapping gases and caused the planet to warm by 1.4 degrees Fahrenheit since 1880. Although flooding is the obvious consequence of rising sea levels, there are plenty of other effects to consider — none of them good. Here are some of those effects you probably haven't thought about.

For an enlightening educational and awareness PowerPoint Presentation on the Sea Level Rise click the link <http://infantjesusjogeshwari.in/gem-ppt-30-rising-sea-levels/>

—Fr Felix Rebello

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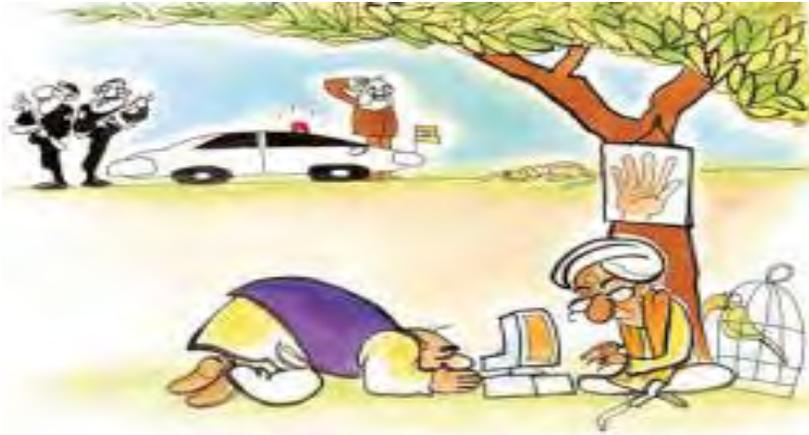
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Sects, Sex & Suicide



by chhotebhai *

On 18/11/1978, in Jonestown, USA, 918 members of Peoples Temple committed mass suicide by cyanide poisoning. Similarly 39 members of Heaven's Gate committed suicide in Santa Fe, California, on 27/3/1997. In Uganda, Africa, 778 members of the "Movement for the Restoration of the Ten Commandments" died or were killed. They had left the Catholic Church, expecting the Apocalypse (the dramatic Second Coming of Jesus) based on so-called Marian apparitions. Had anybody told them that the Fifth Commandment is "Thou shalt not kill"?

So we see that cultic hysterical behaviour is in no way limited to the "illiterate, impoverished, deprived Indians", as Vinod Sharma would have us believe. Instead of blaming the hapless victims, let us analyse the behaviour of the cult leaders; Babas in India.

I begin with Bhagwan, Acharya, Osho, Rajneesh, the Buddha. Driven by curiosity I had visited his Koregaon Park ashram in Pune in the 1980's, when he was in his heyday. He claimed to offer love and freedom. So I attended his 1 hour morning meditation. Most of the participants were firangs. As soon as the meditation was over I found the people very explicitly kissing and embracing each other. The two emotions that I strongly sensed were contrary to love and freedom. They were fear and self-indulgence.

The Rajneesh (1931 – 1990) ashram site calls itself a "spiritual health club". Then how did Rajneesh fall ill and die before he turned 60? Towards the end he declared himself to be the Buddha! The ashram site says that it follows a "blend of California pop psychology

(Contd.. on p. 7)

No prizes for guessing that this is written in the aftermath of the Dera Sacha Sauda (DSS) episode and the sentencing of Baba Ram Rahim (BRR) for raping two of his disciples 15 years ago. This is the tip of the iceberg. The State invariably becomes wiser after the event. Now we come to know that many more women may have been victimised, that large numbers of arms were found, that there is a multi crore empire, even using its own currency, and that the BRR's "adopted daughter" Honeypreet, may have escaped to Nepal.

Why do things come to such a pass? Why are people so gullible? In cultic euphoria do they aspire for utopia? Is this not as intoxicating as psychotropic substances like LSD? Is BRR an isolated case?

He isn't. In the same State of Haryana we also had Baba Rampal, who is now in jail. Then there is Asaram Bapu

and his son, also jailed for allegedly raping their disciples. Commenting on this phenomenon veteran journalist Vinod Sharma writes in the Hindustan Times, "Babas grow like weeds in our country; the manure being illiteracy, societal prejudice, regimentation of religion, and the State's failure to serve its citizenry".

I beg to differ. Illiteracy, poverty and deprivation are not the real breeding grounds. Had that been so, cultic behaviour would not be found in the so-called developed countries. Nor would educated and well off disciples flock to the rich man's ashram – Osho Rajneesh's in Pune. As a young man I remember reading about a cult in the USA resulting in mass suicide. I faintly remembered the name to be Manson or Maddox. Since I could not jolt my memory I resorted to a Google search, not my usual style.

Charles Manson (aka Charles Miles Maddox) was the leader of a cult, the "Manson Family" in the 1960's. He was convicted for killing 7 people in 1971. Later, when hospitalised, he killed 6 nurses and finally himself. In his suicide note he wrote, "I feel my soul rising to greatness, I am God, a great leader ... I am immortal ... in less than 24 hours I will rise from the dead just like the great Lazarus, exactly like Jesus – because I am God"! Cultic leaders claiming to be God, and then committing suicide, seem par for the course.

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and Indian mysticism”. Those who wish to stay in the ashram have to pay Rs 125/- for the Elisa test for AIDS. So obviously free sex seems part of the package. Nothing is cheap in the ashram, which has more firangs than “illiterate, impoverished, deprived Indians”.

I then googled Bhagwan Satya Sai Baba of Puttaparthi in Andhra, born Sathya Narayana Raju (23/11/1926 – 24/4/2011). With his magical production of vibhuti (sacred ash), rings and necklaces he had a host of followers in the 1970’s. At that time Khushwant Singh was the editor of the Illustrated Weekly. He carried reports from rationalists debunking the Baba’s miracles. He sent a veteran reporter to interview the Baba, who asked him how he claimed to be God. The reply was classic, “You also are God, only you don’t know it”. The reporter was converted. Sai Baba did a lot of humanitarian work like supplying drinking water to villages, building hospitals and other welfare institutions. Did that merit the title of “God”?

He had fractured his hip in 2003 and lived with it for the next 8 years. Could we not have said to him, “Physician heal yourself” (Lk 4:23)? He had prophesised that he would die at the age of 96, and be reborn 8 years later. That takes us to 2030. Why do godmen make prophecies to which we cannot hold them accountable?

Since I was on the net I searched for the DSS. It was not to be found. When I searched for BRR you won’t believe what popped up on the screen – Ali Baba and Baba Black Sheep! Was Google playing a cruel joke or saying something to me? Was BRR indeed a black sheep? Was he doing an Open Sesame to the doors of instant nirvana? The courts have given their verdict. Let the country now give its own.

All these purported godmen lead me to him who is called Son of God, but preferred to call himself Son of Man, Bar-e-nasa in his native Aramaic. Nasa,

the Aramaic word for man is so similar to the word insaan, used by BRR. There the similarity ends. Jesus never claimed to be God. He never glorified his own miracles. To the contrary, he forbade the beneficiaries from talking about them. He didn’t want the image of a miracle worker to detract from his central mission of salvation. Knowing what a heady mix power can be the Tempter tried provoking Jesus to jump from the top of the Temple, quoting scripture to say that angels would save him. This would have been a presumptive and suicidal act. Both the Tempter and the tempted knew the high stakes involved.

We know that the Jewish people were anxiously awaiting the messiah. Even in Jesus’ time there would have been a lot of false prophets in Israel. That is why Jesus was very careful not to fall into such a trap, or make such claims. He had to go through the Cross and Resurrection so that his actions could speak louder than words. He could easily have proclaimed “I am He”. It is only when God is first revealed to Moses that he uses the expression “I am who am”, almost impossible to translate, because it has no precedence in human discourse. But it comes close to the Sanskrit sloka “Aham Brahmasmi” (I am Brahma the Creator).

There are three other qualities that distinguish Jesus from the other godmen. He never attempted to predict the future, saying, “No one knows the hour, but the father in heaven” (cf Mat 24:36). The second is that he did not abandon his own. When he was being arrested he told the Roman soldiers not to touch any of his disciples (cf Jn 18:8-9). He was the Good Shepherd who would not run away like a hireling but lay down his life for his sheep (cf Jn 10:12-13). Thirdly, he had not amassed any wealth. “The foxes have holes and the birds of the air their nests, but the Son of Man has nowhere to lay his head” (Lk 9:58).

Osho had his Rolls Royces. Sai Baba had Rupees Thirty Four Crores in gold, silver and cash in his private chamber, when he died. BBR has a vast empire

including 100 vehicles. Baba Ramdev, from a yogi, has now become an udhyogi (industrial tycoon). Let us not forget that he donned women’s garments and ran away from the Ramilla Maidan when the cops swooped down on him, leaving his followers defenceless. Is not the contrast striking?

Cut back to the present. Cultic leaders and hysterical disciples will always be there. Let us bring the focus back on the leaders, be they Hindu, Christian, Muslim or political ones. What makes them tic? It is a slow and steady build up. They are not like overnight monsoon frogs. They have been gestating for years, waiting for the appropriate time.

There are three factors in this development – invincibility, immunity and infallibility. The first is when they become powerful and project themselves as such. They become larger than life, using spin doctors and playing on peoples’ fears or insecurity. They become pedestallised icons. They are the powerful up there and the hapless people are down below. Liberation comes through hanging on to their coat tails (touching the feet of the Brahman). With power comes immunity. They cannot be touched by the State, the law, or questioned by the media. They can say or do anything and get away with it. This prepares the ground for the third stage of infallibility. Everything they say or do is right. “I am God, Bhagwan, Buddha, Jesus, whatever”.

(Contd.. on p. 18)

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Nuns' Onam dance sparks debate in Kerala

Kochi: Kerala's harvest festival Onam has turned into a cultural battleground since 2016.

While the festival has been celebrated by virtually all communities as one of the secular milestones of Malayali culture, there is now an attempt to give Onam a distinctly (upper-caste) Hindu flavor.

So, as Keralites of all shades sat down to sadhya (banquet) on August 4, a video of a group of Catholic nuns performing the thiruvathirakkali (a dance form) sparked a virulent debate on social media platforms.

For the uninitiated, the thiruvathirakkali or kaikottikali is a dance performed by women – a prominent part of Onam celebrations in the state. Women traditionally dress in the kasavu mundu, and dance in a circle to songs praising the glory and prosperity of the state.

In the video doing the rounds on Onam day, however, 10 nuns are seen dressed in the traditional white habit and black head scarf, performing the dance around a pookkalam (floral carpet).

This seemingly harmless 45-second video was picked up by supporters of the Hindu Right, who criticized it as an attempt to appropriate a 'Hindu' festival.

"Kerala Church is in a spree to appreciate everything Hindu," wrote one user



on Twitter while sharing the video.

Others saw this as a "dangerous trend," substantiating their "conclusions" by posting images of a pookkalam with an image of Jesus at the centre.

"Christians will appreciate Hindu rituals at the beginning, they will soon claim it as theirs," others claimed. They saw this as a "grand strategy of the Church" to hijack "everything that is Hindu."

"Gradually these missionaries replace shiva with yesu n make it yeshuvithara kalli," wrote one user.

Even a columnist with the publication Swarajya (self rule) got into the act, writing, "Onam lamps with a cross on top, priests dressed in mundu n w a tilak, church elephants, Jesus Suprabhatam...soul vultures are everywhere."

However, right-wing efforts at re-describing the narrative of Onam have not gone down well with many others. In 2016, for instance, BJP National President Amit Shah posted wishes for Vamana Jayanthi instead of Onam.

Following Shah's tweet last year, for instance, Malayalis of all shades went after him with the hashtag #PoMone-Shaji, and warned him not to meddle with the Onam legend.

Even Kerala Chief Minister Pinarayi Vijayan got involved, calling for an apology from Shah.

"By eulogising Vamana and denigrating Mahabali, BJP national president Amit Shah has humiliated Kerala and our festival Onam. The belief behind Onam is of equality and egalitarianism and it is a festival celebrated by all cutting across caste, creed, religion and other barriers," Pinarayi said in a statement.

On Onam day too, Twitter users reacted sharply to the attempts to question the nuns' celebrations.

Reacting to Shefali Vaidyar's tweet on the nuns video, journalist Anna M M Vetticad asked why the BJP was angry that Onam was celebrated in Kerala across people's religious preferences.

"Why is BJP-RSS so angry that all communities in Kerala celebrate Onam? Are they jealous or genuinely incapable of understanding harmony?" she wrote.

Others like senior Congress leader Shashi Tharoor and Rahul Easwar also celebrated the video, calling it a reflection of Kerala's "pluralist culture."

courtesy: mattersindia

Calcutta archdiocese to name Mother Teresa as co-patron

Kolkata: The Archdiocese of Calcutta plans to declare Mother Teresa as its co-patron on the first anniversary of her canonization.

This was disclosed on September 4 by Sister Mary Prema, superior general of the Missionaries of Charity. "On 6 September we will have at 5:30 pm a holy Mass in the cathedral (The Cathedral of the Most Holy Rosary) and the Archbishop is going to declare Mother Teresa as co-patroness of the archdiocese," she said.



According to Archbishop Thomas D'Souza of Calcutta, every diocese has a patron and his archdiocese is dedicated to St Francis Xavier, a 16th century saint.

"We wanted to make Mother our co-patroness. We seek her intercession and give her the prominence that is due especially in a city like Calcutta and the Archdiocese of Calcutta," the prelate added.

Mother Teresa was declared a saint on September 4, 2016, by Pope Francis during a ceremony at the Vatican watched by more than 120,000 people. She was beatified in 2003.

On September 4, Sister Prema opened a two-day exhibition of paintings and sculptures on Mother Teresa organized by the Indian National Forum of Art and Culture in association with the Indian Council for Cultural Relations (ICCR) and Church Art to commemorate the first anniversary of the Nobel laureate's

canonization.

The exposition by upcoming artists will be taken to different cities across India.

The superior general said they get requests from many churches for a relic of Mother Teresa. "We willingly give it to them. There are many churches in the world that already have a place preserved in their church where the relic of the Mother will be venerated," she added.

Sister Prema, the third head of the congregation, said the characteristic blue-and-white pattern sari associated with the nun and the order she founded is registered as a trademark now.

"In order to have it protected for Mother's interests... it's not to be used for fundraising. It's registered as a trademark," she clarified.

courtesy: mattersindia

Artificial Intelligence!

When it comes to making machines to perform tasks that humans have done for centuries, the United States, China and India are far ahead, according to Malcolm Frank, head of strategy at the leading outsourcing firm Cognizant. These three countries are in the forefront in *Artificial Intelligence(AI)*! And on Friday 01 Sept. 2017, Russian President Vladimir Putin predicted that whichever nation leads the way in AI research will come to dominate global affairs.

Top firms like Infosys, Tata Consultancy and Wipro, which provide technology services to big names like Deutsche Bank, Lockheed Martin, IBM, Microsoft and the US Army, are increasingly relying on automation through 'robotics'!

However, US President Trump is considering changes that would restrict access to US H-1B visa – a pathway that India's software industry, a vital cog in the global economy wheel, utilizes and depends.

Here are the statistics of the *Outsourcing Industry*: 9.3 of India's GDP; \$143 billion in revenue (108 billion is generated overseas: USA-62% UK-17%, EU-11%); and 3.8 million in jobs (with 10 million indirectly). Besides, 80 countries have an Indian tech industry presence; and 38% of the global tech pool comes from India!

Artificial Intelligence is all about innovating God's creation; but we must be very cautious: "See to it that no one enslaves you by means of the worthless deceit of human wisdom, according to the traditions of mankind, and from the elemental spirits of the universe, which are not according to Christ!" (Colossians 2:8).

—Dr. Trevor Colaso, (Memphis, TN. USA).

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Get Up, Stand Up..... Don't Give Up The Fight

In the peace building trainer's manual of Caritas one can learn how culture is a key component in conflict. Culture influences the process of conflict – how it unfolds, what events trigger violence –and the interpretation of events and messages. Culture also affects how we perceive different events which can give rise to conflict.

The manual goes on further to teach us the various stages of conflict which is comparable to fire and shows how conflict goes through a number of stages that have particular elements making it unique. The first or beginning stage is gathering materials for the fire, in the second stage a match is all that is required to light the fire which begins to burn and spread out. The third stage is described as the bonfire or the crisis stage when most of the damage happens this is followed by the next stage when the fire dies out but the embers are still live and can be a threat or start of another potential conflict. Lastly is the 'fire out' stage when the crisis or fire dies out completely and the regeneration begins.

Reading the signs of the times today I wonder how far we are from the actual crisis or bonfire stage. A few days ago a senior journalist was brutally silenced. Many such isolated events have taken place in the past pointing clearly to the preparation for the first stage of the fire. What has been our response as church? A protest call sent on social media the day after her death to meet at several places across the country beckoned us out of our comfort zones to honour Gauri Lankesh, to stand up for justice, to show solidarity with the fearless woman who had the courage to call a spade a spade and where were we? It was sadly noted that there were barely five or six of us representing "the church" including some clergy at the Bandra gathering. Yet, another protest following a few days later on a church

related matter brought in heaps of people from far flung corners of the diocese. Why are we so parochial and tend to operate in the 'action mode' only when matters concern us directly like the desecration of church/crosses and church related properties and feel no need to act otherwise? Ignoring these isolated events that are also unconstitutional will finally lead to an uncontrolled bonfire that will destroy the fabric of unity in diversity and create irreparable fissures in our minds and hearts.

Harsh Mander a sixty two year old man who has spent a lifetime working with survivors of mass violence and hunger, as well as homeless persons and street children in his article "An antidote to hate" states "there is a rising darkness in India. Mobs are acting out visceral hatred everywhere — on highways, in train compartments, inside homes — targeting people only because of their faith and caste. India has witnessed hate attacks in the past. What is new is the frequency and the normalization of this lynching, in a growing aggressively majoritarian political and social environment." He further reveals that the targets of a majority of these attacks are Muslims and Dalits. In Gauri's case she was a dissenter and like her several dissenters were taken care of by the bullet or knife. Mander speaks of the response of our elected representatives at the many instances of violence namely blaming the victims as being somehow guilty and hence the violence is understandable, even if regrettable. Similarly our so called 'protectors' the police respond to this violence by being conveniently absent or partisan. So they either arrive too late or are present during the violence but do not intervene on the excuse of being outnumbered. He finally goes on to describe the reactions of civil society where people film videos of the lynching or can be seen walking past unconcerned, just checking messages on their phones

and at times may even goad the hate killers. His biggest concern in his own words, "I worry about most of us who watch and do nothing." "We need to interrogate the reasons for our silences, for our failures to speak out, and to intervene, when murderous hate is unleashed on innocent lives. We need our conscience to ache. We need it to be burdened intolerably."

Finally as a solution to our collective silences, he proposed to embark with as many comrades who wish to join on a journey in September, a journey of shared suffering, of atonement and of love and travel from Assam, through Bengal, Jharkhand, UP, MP, Haryana, Rajasthan and Gujarat, to meet families who lost their loved ones to hate lynching violence. The purpose of this journey he states is, "with pain and shame, to seek from them our collective forgiveness, an atonement, to try a little to share their suffering and to speak to them of our love. *Safar dard ka, safar mohabbat ka.*" He has already begun the journey earlier this month and called it *Karawan-e-Mohabbat* (Caravan of Love), what a noble, creative, non violent response.

Do we only need to be related by blood or friendship to respond to injustices? Our interventions should never be hate filled or violent. We may never be able to undo the injustice or stop the pain or tears for the wrong doings through our response. However, we can surely move beyond our parochial or territorial boundaries, stand up and be counted. Let us join with others to light fires of love so that from the destruction, from the ash of the created bonfires will arise new beginnings, an affirmation of our love for humankind and forging of strong unbreakable bonds in our communities.

So in the words of Bob Marley's popular song I beseech you to –
Get up, stand up, stand up for your rights
Get up, stand up, don't give up the fight.

*Contributed by
Pamela Fernandes
Justice and Peace Commission*

Don't punish kids physically

It is very important to discipline children but to punish them physically can have a long lasting impact on their growth

It can be very annoying when your kids start to throw a fit every now and then and all you can think of is spanking them hard. This is an easy option but not the right one. Children need different kinds of treatment while growing up. You cannot treat a five year old and a teenager



with the same rules. Here is why you should avoid the high handed discipline for your kids.

It will teach them that stronger is always right: This is not what you want your children to learn. When you resort to physical punishment, the child learns that if you are strong, you can choose between right and wrong. This can leave a long lasting, scarring impact as they grow up.

It will teach them that violence can be the solution: If you hit your children for their misdoing, they start to believe that violence can set the wrong to right. This is not correct and this is not what we want our children to learn. Violence is never a solution to a problem.

It can hamper their self-esteem: When parents punish children by hitting them, it sometimes makes the children think that there is something wrong with them. This will scar their self-esteem. If you want your child to succeed in life, the level of his or her self-esteem should never be pulled

down.

It can scar the parent-child relationship: If you are using spanking as a way to deal with a wrong doing, your children will start losing trust in you and it will induce fear in the relationship. This is not the best way to form a bond of a lifetime. It is always advisable to talk things through rather than using the spanking methodology to discipline the child.

Anger and frustration which cannot be safely expressed by a child become stored inside; angry teenagers do not fall from the sky. Anger that has been accumulating for many years can come as a shock to parents whose child now feels strong enough to express this rage. Punishment may appear to produce 'good behaviour' in the early years but always at a high price, paid by parents and by society as a whole, as the child enters adolescence and early adulthood.

It can adversely affect your child's mental health: Young children who have been hit by their parents are possibly long on their path to experiencing mental health problems as they grow up. This may not be what you wanted for your child at that time, but it can leave a long lasting impact if you are too high handed. It is better to make kids understand the difference between right and wrong in more humane ways. Spanking can help at times but it can lead to dangerous outcomes also. So, it is always better to be safe than to be sorry.

It may make them immune to getting beaten: Anything done repeatedly can make children immune to the impact, specially in older kids. After a point they will not have any fear and may resort to answering back or violence. Physically harming your child can never be a solution.



Nativity Feast of Mother Mary decorations, (September 8)



Use smartphones, Syro- Malabar archdiocese tells laity

Kochi: The Catholic archdiocese of Ernakulam-Angamaly has asked its members to get smartphones, and to be more technology savvy ahead of its plans to get the entire community of one lakh families and its over five lakh members across the world networked through a mobile application that was launched in March this year.



Sebastian Edyanthrath, auxiliary bishop of the archdiocese, said in a circular that smartphones brought information to one's fingertips, and it was necessary that members of the archdiocese who did not have smartphones got them. The circular was read out in parishes on September 10 during the course of the Sunday Mass. The auxiliary bishop also said that every parish must have access to 3G/4G Internet connection, and be equipped with printers, scanners, etc.

Sources in the archdiocese said that a large number of the archdiocesan members had already used the mobile application launched early this

year to access services and information.

But the authorities are keen to bring the whole community within the network by the end of this year. "It will help improve familial and interpersonal relations besides helping the faithful access services from their locations," sources said.

The Ernakulam-Angamaly Archdiocese of the Syro-Malabar Church is the largest in terms of population in Kerala and is the second largest in India after the Mumbai Archdiocese. Of its 5.16 lakh members, it is estimated that around one lakh members in around 25,000 families live abroad - in the Gulf countries, in Europe, North

America, New Zealand and Australia, etc.

Sources said that as of now around 70 services could be accessed using the network with each family having a login id and password.

"They will be able to apply for certificates, schedule attendance at courses organised by the archdiocese, make payments and donations, trace members of their families, pledge organ donations, and even locate the tomb of a long-dead relative from any part of the world," sources said.

Expected to link up the entire archdiocese in December, the network took about six years of research and four years of preparations, sources said. Of the 264 parishes where there are priests in residence, 222 have completed the preliminary stage of the programme. The auxiliary bishop said in his circular that nearly 64,000 families and 2.71 lakh members had already registered in the mobile application.

Source: Hindu

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Climate Change Should Gravely Concern Humanity



“**A**nd God said, let the earth put forth vegetation, plants yielding seed, and fruit trees bearing fruit in which is their seed, each according to its kind, upon the earth.” (Genesis 1:11).

There is a definite global pattern emerging from Asian countries to Africa and in the Tropics, where two-thirds of the planets poorest live. Scientists believe what the ecosystems consensus tells us that less than a one degree Centigrade increase in temperature is human-induced through greenhouse gas emissions.

In recent times rainfall has turned unpredictable. Heavy downpours are followed by weeks of draught. The season of rain has been reduced to half over the years. The facts are devastating and people are “hungry”.

The promise of governments across the world to control emissions is increasing temperature by 2.7 degrees Centigrade.

The world needs transparency in research studies, discovery and reaction to the sudden changes in environment. Nature sends out its own signals to help and heal the wounds of climate warps. Let there be no appeasement among nations on the level of exchanging notes and decisions on climate control.

Our personal feedback of concern on this magnitude of climate change must come from within. The destruction of the earth has begun. Mankind must learn to

trust in the Lord Jesus. We should remember his most repeated quote, “do not be afraid”. Jesus wants us to face any conflict triggering our fears and never to be overwhelmed by it.

Climate change is correlated to energy this has brought about more fossil-fuels out of the earth. Nations with budget changes increased the sale of low-emission vehicles – thereby stabbing an end to the scheme to produce zero-carbon homes.

Clean energy could give hope to stop climate change. It is a tragic vision when most governments seek to raise gas production knowing fully well that gas is not graded as low carbon. From another view the carbon content in coal is lower and yet high in comparison to renewables.



BY MELVYN BROWN

The Resources of the world is being depleted by overconsumption, and is a great threat to climate change. The earth’s remarkable stability in nature is now being tampered with. I discovered in my research that one of four boundaries have been snapped in the environment tapestry: that deforestation and the flow of nitrogen and phosphorus into the ocean. We are jeopardizing our future generations.

Pope Francis has drawn our attention many times to the overuse, abuse and destruction of our planet.

“And God saw everything that he had made, and behold, it was very good.” (Genesis.1:31).

God created for us a living green earth, and we are tarnishing it; many with the worship of the golden calf in the mask of wealth and greed; others in a covenant of self-fulfillment in clouded visions where the sword rules the world. The human drama of killing Mother earth where all creatures have life, including flowers, herbs, shrub, vegetables and weeds; not forgetting the birds, insects, reptiles and animals.

The slow disappearance of a golden earth with an awesome festival of climate, colors and resources is today confounding human intelligence and reason.

In his book *Laudato Si'* the Holy Father Francis says “Each community can take from the bounty of the earth whatever it needs for subsistence, but it also has the duty to protect the earth and to ensure its fruitfulness for coming generations.”

There is a wealth of wisdom in the Bible for environmentalists. God gave us the Garden of Eden. Abraham met angels under the Oak tree. In the psalms we read about the tree by the waterside. The kingdom of heaven is like a mustard seed, which grows into a tree. Christ died on a cross made with wood. Mary Magdalene mistakes the Lord for a gardener. Jesus is spoken of as the true vine. In the Gospel of Mark, chapter 6:39 “Then he commanded them all to sit down by companies upon the green grass.” In the psalm of David 23:2 “He makes me lie down in green pastures...”

Today, we need world governments and their parliaments to tackle climate change with prompt action. They could create a world-class science base producing affordable, clean energy and to introduce a comprehensive industrial strategy.

Pope Francis made a threefold call to protect God’s creation for the poor and the future. Secondly, to confront the enormous problems which face humanity; thirdly, to cooperate with other countries on a large program of practical efforts.

Silent March by Bombay Catholic Sabha

On 9th September 2017 a Silent March organised by The Bombay Catholic Sabha, Bombay East Indian Association, Save Our Land and Watchdog Foundation along with many other associations in the Archdiocese. It was a very successful Silent March with over 800 persons participating, mainly consisting of women. There was tremendous solidarity shown by the crowd towards the church. The speakers appraised the crowd of the situation thus far and the future legal course of action undertaken. People expressed their views about the support they will always have towards the church and said a few disgruntled people cannot spoil the image of the church in the society or in media. The crowd then marched silently out from St. Michaels



Church towards Mahim Police Station carrying placards expressing their protest. The police cooperated very well by even holding up the traffic for the people to cross the busy roads. At the police station the ACP Mr. Sheikh and Sr. Police Inspector Idekar were very cordial and patiently heard the petition by the delegates consisting of Rita D'Sa, Adv Godfrey Pimenta, Adv Vivian D'Souza, Nicholas Almeida, Lawrence Fernandes, Ronald Tressler and Bento Lobo. A memorandum

signed by heads of above mentioned associations was presented to the ACP Sheikh. The ACP and Sr Police Inspector assured us that they would investigate the above matter and that they have already initiated their investigations. After the satisfactory meeting with the police the delegation came out and addressed the crowd gathered about what transpired at the meeting. After that the crowd dispersed silently by 12 noon.

Archdiocese of Bombay approach PCI over report on Mahim Church

Mumbai: Archdiocese of Bombay has sent a letter to Press Council of India (PCI) stating that the article that appeared in a tabloid about St. Michael Church Mahim, is biased. This development was confirmed by Archdiocese of Bombay.

After the local newspaper reported about the CCTV camera installed in Women's toilet of Mahim Church surfaced, there were talks about filing a defamation suit. Archdiocese of Bombay has approached the Press Council of India on this article. "We have send a letter to PCI on the same," sources added. "We have expressed our grievance in the letter."

A source at the Archdiocese of Bombay believes that there is bad blood now due to this CCTV camera article. When quizzed about filing a suit, source said, "We understand the sentiments. Just because a group responded in one particular way, does not mean we will take a similar route."

Post the report, the church had got the police to inspect the camera. During the inspection, it is heard that Mahim police station did not find any snoopery behaviour.



Without Frontiers

by *Ninette D'Souza*

The month of September takes on enriching hues. While we mourn the loss of inspirational women such as Mother Teresa and Princess Diana on the one hand, we commemorate the paragon of all virtues on the 15th of September – Mary, Mother of Sorrows, on the other. Someone, in whom Magdalene Gabrielle of Canossa found a touch, which would always heal. It is unbounded love and self-effacing humility imbibed from their Magdalene, that are the ingredients forming the alchemy of success of the Canossian Education System.

The life of Magdalene of Canossa can be summed up in two virtues: Charity in Humility and Humility in Charity. A charity that never tired of reaching out to others in sharing the riches of life. This charity that was set aflame in 1808, has become widespread in the world over these last 209 years, and continues to live through the innumerable Canossian Daughters and Sons of Charity, who are a sort of multiple reflection of the spirituality, deeds and works of charity of Magdalene.

Of the many titles bestowed on Magdalene, the one that appeals to me most is, 'Weaver of hope and life'. And, isn't that exactly the title that also sums up the persona of Mary, our Mother?

As the third child born into an aristocratic family that was looking forward to the birth of a male heir, Magdalene

experienced rejection right from her birth. She lost her father in an accident at the tender age of five and her mother for reasons best known to herself, remarried, leaving behind all five children. This meant that young Magdalene experienced a harsh upbringing at the hands of a governess, one fraught with trials and tribulations. As an adolescent she suffered a mysterious crippling illness from which she recovered miraculously. Through all of this Magdalene began to look upon Mary as a mother who would never leave. She also began to mould her thoughts, words and deeds based on the life of Mary. This time of intense pain and introspection led her to making a firm decision to offer her life to God as a Religious. Her life had never been easy from infancy and much less in the years she spent deciphering her vocation and founding the congregations of the Sons and Daughters of Charity. Her life was lived in a missionary spirit, with a zeal to go anywhere and do anything to make Christ known and loved. Her faith journey was equally demanding and often painful, yet she never abandoned her hope in God, who led her to sanctity step by step. I see a vivid similarity in the life of Mary who neither understood nor questioned all that happened in her life after her momentous 'Yes' to God. All she did was ponder everything in the silence of her heart. It was the same Virgin Mary, Mother of Faith, who accompanied Magdalene on her journey of entrusting herself to the crucified Lord. In Mary, Magdalene found comfort, support and answers to decisive choices

as she searched for the Glory of God and for the salvation of her brothers and sisters.

Besides her enlightening experiences of communion with God alone and the crucified Jesus, the little daily joys made up of gestures of goodness and total self-giving to the least and the poorest, maximised her potential to be a totally fulfilled 'woman and believer'. The goal of every Canossian as I see it, is to put in an extensive effort so that each Christian may become a witness, that is capable of responding to the faith and hope that may animate him or her at all times and everywhere.

I feel really privileged to write about the Canossians, who from the Bay House on Cadell Road to the Sacred Heart Convent on MMC Road, Mahim to date, have been walking with the Lord in the footsteps of their founder. In a world where values are fast diminishing, the charisma of St. Magdalene continues to mould and shape the lives of countless young girls from all walks of life through the Canossian Sisters. Religious women who are distinguished by their courage, faith and integrity of character – the Canossian Sisters stand out as a beacon of light, hope and courage. Today as a teacher in my Alma Mater, I have begun to understand the pedagogical system which Magdalene encouraged her Daughters to follow – to give attention to the person of a child, to her rate of growth and to her responses to the situations she is living in. The Sisters try to make every child that enters the portals of the school, feel that she is accepted and understood as an individual and they work to form the children adequately, so that they are able to meet their individual needs. Through their spiritual fervour and piety, humility and empathy in relationships, kindness and generosity, the Sisters succeed in exquisitely blending the beautiful qualities of head and heart, that go a long way to make up a charming and pleasant personality. A quick interaction with a Canossian student or teacher will lend credence

(Contd.. on p. 18)

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Thanksgiving



Thanks to Divine Mercy, Sacred Heart of Jesus, St. Anthony, St. Jude, St. Martha, Our Lady of perpetual Succor and Infant Jesus for favours granted

—A Devotee, Thane

Thanksgiving



May the Sacred Heart of Jesus be Praised Adored, Glorified and Loved today and everyday throughout the world, now and forever. Amen!!

Ask St. Clare for three favours two impossible and say nine Hail Mary's and the above prayer for 9 days with a lighted candle and publish on the 9th day your request will be granted no matter how impossible it is

—Rosy D

Prayer to St. Expedite for solving a financial crisis



I call forth the Power and the presence of **St. Expedite** in my time of financial trouble. I offer my body, heart, mind and soul upon your altar of light. I have faith and trust and complete confidence that you will be my strength in this time of need. Quickly come to my assistance.

(State Your Petition) _____

My financial need is urgent. Be my

Light and Guide in this situation so that I may live with peace, love, prosperity and abundance and in the Praise of God.

Amen. (Promise Publication)

—A Devotee, Thane

Thanksgiving



Thanks to Divine Mercy, Our Lady of Vailankani, Our Lady of perpetual Succor and St. Anthony

—A Devotee

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(Contd.. from p. 7)

I will now draw from the wisdom of St Thomas Aquinas, the father of Systemic Theology. He describes three types of pride – pride of the senses, pride of the intellect and pride of the spirit. The first relates to physical attributes like a good voice, beautiful looks or a muscular body. Film and sports stars or beauty queens fall in this category. But every sportsperson knows that records are meant to be broken. The beauty queen knows that she wears the crown for just a year. Thereafter there will be a new star in the firmament.

Pride of the intellect is on a slightly higher plane. The person takes pride in its knowledge or achievements, gradually leading to the state of being a Know All. It brooks no argument, criticism or opposition. Pursuing this path one attains pride of the spirit – a state where one can do no wrong, and also justify every word or action, including raping a hapless disciple, because it is part of the divinely ordained mission. “I am God. Aham Brahmasmi”. Notice how neatly this theological description dovetails into the earlier sociological one – invincibility (pride of the senses), immunity (pride of the intellect) and infallibility (pride of the spirit).

Religious leaders are particularly prone to Pride of the Spirit, precisely because of their invincibility, immunity and infallibility. This is why it becomes easy to justify and subsequently cover up heinous crimes like rape, clerical paedophilia, or exploiting Muslim divorcee women for hiala. In the case of celibate priests/ brahmacharis the propensity to infallibility increases, because they don't have a spouse to prick their swelling egos! This may sound absurd, but I stand by my statement. The adage is that behind every successful man there is a woman. The corollary is that behind every humble person there is an intelligent spouse! This is not a sexist comment. Mutual admiration and recrimination form an integral part of a healthy spousal relationship.

(Contd.. from p. 16)

to my claim.

‘Perfect love is the bond of unity,’ says Magdalene. She was a person of numerous and profound relationships who was constantly in dialogue with all those who could help her to start and consolidate her apostolic works. She has taught her Sons and Daughters by her example and through them she has taught us, the Canossian Teachers to seek a dialogue among ourselves and with others. While working together it is not always easy. ‘Dialogue’ is a precious instrument in the search for the good of everyone in carrying out God's work. As a Canossian Teacher I have also learnt that a single question, a proposal or advice given in love is worth more than an imposition or judgement given in haste. Such attitudes free people, thus allowing for greater acceptance even when what has to be said is not what the other person expects to hear. In an

As I have just said, celibates are more prone to pride, and I have no intention of bloating their egos by calling priests Father, kissing bishops' rings, or touching their feet. The only person's feet I touched was Pope John Paul II when he visited India in 1986. After receiving communion from his hands in the Indira Gandhi indoor stadium I had knelt down to kiss his feet. In the early part of his papacy he was still dynamic and progressive in his thinking. One may here recall that St Peter, the first pope, refused to allow Cornelius to touch his feet saying, “Stand up, after all I am only a man (insaan)” (Acts 10:26).

Finally, suicide comes when the bubble of the bloated ego bursts, not by a spousal prick, but by an external kick. Let us then be ever watchful and recall the words of Jesus, “Learn from me for I am meek and humble of heart” (Mat 11:29). So avoid the sects, illicit sex and you won't commit suicide. You will have eternal life, with your wife, or husband, and many more humble souls.

individualistic culture, I, a Canossian Educator, am called to understand that mine is not a job to perform. I will never be able to fulfil my mission if I consider that I know the children sufficiently. Rather I must be aware of the great respect that I must have for my students, because they will be best known as they move along life's path, by one who is able to serve them with loving dedication. I am filled with an inexplicable sense of pride and joy as I pay this tribute to the Canossian Sisters on the occasion of their Feast Day. They have been instrumental in making me the person I am today.

Through my association with them I have understood the need to look upon teaching as a vocation, a divine calling to serve the children entrusted to my care. I realise it is an honour to be a co-worker with God in the task of moulding and shaping young minds and hearts as mine were, to making them secure into who they are – each one a masterpiece of God.

Thanksgiving



May the Sacred Heart of Jesus be Praised Adored, Glorified and Loved today and everyday throughout the world, now and forever. Amen!!

Ask St. Clare for three favours two impossible and say nine Hail Mary's and the above prayer for 9 days with a lighted candle and publish on the 9th day your request will be granted

no matter how impossible it is

—Freda Lewis

Inspiration!

Realise the magic of a smile

A smile is contagious and it's not only a kind way to greet others, it can also be personally empowering and lead to a longer, healthier life

Smiles are proven to be infectious. So even if you don't feel much happy about things, the people around you are more likely to smile and that can improve your mood as well. Putting on a happy face doesn't just make you more likeable; it makes you healthier, both good for your life and career.

Ultrasound shows that developing babies smile in the womb, and after they're born, they continue to smile (at first mostly in their sleep). Smiling stimulates serotonin in our brain, the same way that eating chocolate does.

Endorphins are released when you smile: These are triggered by the movements of the muscles in your face, which is interpreted by your brain, which in turn releases these chemicals. Endorphins are responsible for making us feel happy, and they also help lower stress levels. Faking a smile or laugh works as well as the real thing - the brain doesn't differentiate between real or fake as it interprets the positioning of the facial muscles in the same way. This is known as the facial feedback hypothesis. The more we stimulate our brain to release this chemical the more often we feel happier and relaxed.

Smile and mind connection: Smiling doesn't just benefit you on the inside. It also works to your advantage from the outside. A study found that people who smile appear to be more likeable, courteous and even competent. This is reason enough to smile at every person you potentially want to do business with. Lifting those facial muscles into a smile is also con-



tagious; if you smile and they smile, everyone in the room becomes a little happier. Researchers have concluded that frowning when looking at someone smiling is possible but would be very difficult.

Smiling the, seems to give us the same happiness that exercising induces terms of low our brain responds. In short, our brain feels good and tells us to smile, we smile and tell our brain it feels good and so forth.

Overall effect on well being: Aside from your mental state, smiling can also end up saving your life. Study

says that when you let go of tension an outcome that can be achieved through smiling your cells let go of their rigidity. According to research, this could end up saving your life as

there are have been cases where cancer patients go into remission of cancer after letting go of a big stress factor.

Effective way to release emotions: A good laugh can help you release emotions, especially those emotions that you might bottle up inside. Everything looks that little bit better after a good laugh and life can be seen from a more positive perspective. Smiling and laughing have positive social implications as well. Surrounding yourself with happy, fun-loving, optimistic people will bring out your happy side, and their behaviour will rub off on you as you subconsciously mimic their behavioural patterns.

Smile and half the world smiles with you: One of the simple social pleasures of life, which goes almost unnoticed because it's automatic, is when you smile at someone and they smile back.

As you must have noticed, though, not everyone does smile back. As you must have noticed, though, not everyone does smile back. Scientists wanted to see what proportion of people would respond to a smile aimed at them with their own smile. Their results suggest around 50 percent of people reciprocate. In comparison almost no one responds to a frown with their own frown. Let these few benefits of smiling be the reason behind your own smile.

- Developing a better smile starts with being very comfortable to smile a lot. If in your head, you can imagine yourself going through the day and smiling lots to everyone and everything, that's often when a happier life starts.



6764 MUMBAI : Goan RC Bachelor, (Born in November 1977), Ht. 5' 10", Wt. 76 kgs, Fair Complexion, Edn. MBA PGDM, working as an Asst. Vice President. Contact email : shamlcoutinho@gmail.com

6763 MUMBAI : Mangalorean RC Bachelor, (Born in May 1978), Ht. 5' 7", Wt. 60 kgs, Fair Complexion, Edn. HSC, working as a Captain. Contact email : harrydsilva3@gmail.com

6630. MUMBAI : Mangalorean RC Bachelor, (Born in July 1983), Ht. 5' 8", Wt. 100 kgs, Wheatish Complexion, Edn. B.Com., PGDBA in HR, working as Associate Manager. Seeks any Roman Catholic good family background. Contact email : dereck@live.in OR 9619402403

6585. MUMBAI : Tamilian Roman Catholic Bachelor, (Born in June 1988), Ht. 5' 7", Wt. 78 kgs, Wheatish Complexion, Edn. EXTC Engineering, working as a Networking Engineer. Contact email : 18.elaine@gmail.com

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6743 DUBAI : Mangalorean Roman Catholic Bachelor, (Born in September 1976), Ht. 5' 7", Wt. 76 kgs, Wheatish Complexion, Edn. BBA., working as a Key Accounts Manager / Sales & Marketing. Contact email : wilsonalmeida87@yahoo.com

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6731 MUMBAI : Mangalorean RC Bachelor, (Born in September 1978), Ht. 5' 4", Wt. 60 kgs, Wheatish Complexion, Edn. 12th, working as a Office boy in Bank, having own house. Contact email : dsouzamaximmcb@gmail.com

6729 MUMBAI : Mangalorean RC Bachelor, (Born in November 1988), Ht. 6', Wt. 72 kgs, Fair Complexion, Edn. SSC, Diploma in A.C., working as a A.C. Technician. Contact email : johnmacoib@gmail.com

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rediffmail.com

6713 MUMBAI : Mangalorean RC Bachelor, (Born in September 1989), Ht. 5' 6", Wt. 67 kgs, Wheatish Complexion, Edn. B.E. (Extc) working as a Sales Engineer. Contact email : coelho.helen@yahoo.co.in

6711 MUMBAI : Mangalorean RC Bachelor, (Born in September 1985), Ht. 5' 8", Wt. 67 kgs, Wheatish Complexion, Edn. B.Com., IATA, working as Investment Banking Analyst. Contact email : tristan.fernandes85@gmail.com

6709 MUMBAI : Mangalorean RC Bachelor, (Born in May 1985), Ht. 5' 8", Wt. 72 kgs, Wheatish Complexion, Edn. MBA, working as a Logistics Operations. Contact email : rosd2505@gmail.com

6708. USA : Mangalorean Handsome RC bachelor, (Born in October 1984), Ht. 5' 9", Wt. 72 kgs, Fair Complexion, Edn. M.S., working as a Software Engineer. Seeks a good looking, fair Mangalorean girl, working in America. Contact email : rodrigues.gracy61@gmail.com.

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6762. MUMBAI : Mangalorean Roman Catholic spinster, (Born in April 1986), Ht. 5', Wt. 45 kgs, Wheatish Complexion, Edn. Post Graduate, working as a Office Administration (Medical). Contact email : gracyh-goveas@gmail.com

6761. MUMBAI : Mangalorean Roman Catholic spinster, (Born in April 1990), Ht. 5' 1", Wt. 54 kgs, Fair Complexion, Edn. B.Com., Teacher by profession. Contact Mob: 9892316638

6748. MUMBAI : Goan Roman Catholic spinster, (Born in March 1987), Ht. 5' 3", Wt. 65 kgs, Fair Complexion, Edn. B.Sc., with Dip. in Software Testing, working as a Test Engineering Specialist at a MNC. Contact email : thomasdsouza18@gmail.com

6747. MUMBAI : Goan Roman Catholic spinster, (Born in August 1988), Ht. 5' 4", Wt. 53 kgs, Wheatish Complexion, Edn. B.A. B.Ed., Teacher by profession. Contact email : idalina1888@gmail.com

6742. AUSTRALIA : Goan Roman Catholic spinster, (Born in December 1989), Ht. 5' 2", Wt. 57 kgs, Wheatish Complexion, Edn. B.A. working as a Project Manager. Contact email : mark.alvares16@gmail.com

6730. MUMBAI : Mangalorean RC Spinster, (Born in June 1989), Ht. 5' 2", Wt. 68 kgs, Fair Complexion, Edn. M.Com., MBA Finance, doing B.Ed., Teacher by profession. Contact email : jgkelshikar@gmail.com

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6727. IMDORE : Mangalorean Roman Catholic Spinster, (Born in May 1990), Ht. 5' 7", Wt. 58 kgs, Fair Complexion, Edn. B.Com with Computers, working for Airlines. Contact email : triptananda@ymail.com

6725. MUMBAI : Goan Roman Catholic Spinster, (Born in September 1992), Ht. 5' 9", Wt. 60 kgs, Wheatish Complexion, Edn. B. Pharma, MBA, working as a Sr. Analyst. Contact email : meenad@indoco.com

6724. MUMBAI : Goan Roman Catholic Spinster, (Born in April 1984), 5' 4", Wt. 78 kgs, Wheatish Complexion, Beautiful, Edn. M.Com., works for a retail Company in **Dubai** as Team Lead - HR Operation. Contact email : avenap@hotmail.com OR 7506113313

6719. MUMBAI : Mangalorean Roman Catholic, homely and loving Spinster, (Born in August 1969), 5' 5", Wt. 50 kgs, Wheatish Complexion, Edn. SSC., Contact Email : sachin.gaste10@gmail.com OR Tel.: 7498392432

6710. MUMBAI : Goan Roman Catholic Spinster, (Born in November 1984), 5' 2", Wt. 50 kgs, Wheatish Complexion, Edn. MBA, HR. working as a HR Manager. Contact email : mmf8425@gmail.com

6698. MUMBAI : Goan Roman Catholic Spinster, (Born in July 1985), Ht. 4' 8", Wt. 41 kgs., Fair Complex-

ion, Edn. M.A. History, working as an Executive. Contact email : shar-mayne7@gmail.com

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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 : sanyo_suares@yahoo.com OR Mob.: 9821728168

6678. MUMBAI: Mangalorean Roman Catholic Spinster, (Born in September 1990), Ht. 5' 3", Wt. 50 kgs, Fair Complexion, Edn. BE (IT) MBA - Post Graduate Marketing, working as a IT & Financial Consultant. Contact email : md8officemail@gmail.com

6668. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in February 1989), Ht. 5' 2", Wheatish Complexion, Edn. B.Com., MBA in HR, working as a HR Professional in a Tata Group Company. Contact email : wilfyjoy@rediffmail.com OR 9860302527

6649. POONA : Mangalorean Roman Catholic Spinster, (Born in May 1991), Ht. 5' 7", Wt. 56 kgs, Fair Complexion, Edn. B.E. in Information Technology, working a Software Engineer in MNC. Contact email : jane.rodrigues14@gmail.com

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Condemnation of the killing of Ms Gauri Lankesh – Senior woman journalist

The Karnataka Region Catholic Bishops' Conference strongly condemns the brutal and cowardly murder of Ms Gauri Lankesh, editor of the Kannada weekly Lankesh Patrike. She was a person brave and courageous, ready to express her views regarding the social situa-

tions. She wrote convincingly risking her life for the truth she held as proper and just. She joins the stalwarts like Narendra the dhabolkar, Govind Pansare, M M Kalburgi. She will be remember forever for the courage she manifested.

Human hatred does not have any special place in new India. We need love, peace and harmony in the country and we appeal all our leaders and people to project this ideology. We stand with our Prime Minister Narendra Modi who in his Independence Day speech said "violence has no place in free India." Let us join together to advocate this peace and non violence in our beloved country India.

The Catholic Church along with the Archbishop and the Bishops prays for peace, harmony and non violence. We pray that the Divine Light may have its victory over the darkness prevailing. We express our deep condolences to the family of Ms Gauri Lankesh and pray that the Lord of peace may shower his plentiful blessings on them and on our beloved country India.

—Most Rev. Dr. Bernard Moras,

Archbishop of Bangalore &

President, Karnataka United Christian Forum for Human Rights (KUCFHR),

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Prayer & Thanksgiving Prayer to the Sacred Heart



Oh Lord Jesus Christ, to Your most Sacred Heart I confide this intention (your request). Only look upon me, then do what your love inspires. Let your Sacred Heart decide ... I count on You ... I trust in You ... I throw myself on your mercy. Lord Jesus, You will not fail me.

Sacred Heart of Jesus, I trust in you.
Sacred Heart of Jesus, I believe in your love for me.

Sacred Heart of Jesus, Your kingdom come.

Sacred Heart of Jesus, I have asked you for many favors, but I earnestly implore this one. Take it, place it in your open Heart. When the Eternal Father looks upon it, he will see it covered with your Precious Blood. It will be no longer my prayer, but yours, Jesus. Sacred Heart of Jesus. I place all my trust in You, Let me not be disappointed. Amen.

-A Devotee

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 K. M. D'Souza, Dadar

How to deal with a competitive colleague?

Competition, more often than not, saves us from mediocrity and encourages us to do our best unless you find co-worker whose competitive spirit cannot be described as 'natural' or 'normal'

A little friendly competition is a good thing - it can help us push ourselves to the next level at work as long as it is going

in right direction but sometimes this competitiveness turn into jealously or show off. Read on to know how to handle such situation:

Confirm if it is just a misunderstanding. Sometimes people can seem evil when they're actually

just kind a socially awkward. So, if you haven't already, try reaching out to your co-worker and making sure he or she isn't steam-rolling your ideas in meetings just because she's not really sure how to talk in public.



Don't lose focus on your own work: It's easy to let a competitive co-worker become the focus of your work day, if not your entire waking life. This, unfortunately, might be exactly what he or she wants. So fight it - stay focused on completing your own projects and do your best to block out anything she does to bait you to compare yourself to her or try to make you feel bad about your work.

Don't get iced out socially: Competitive coworkers can work in very obvious ways (like talking over your ideas in meetings) but sometimes they work more subtly, by manipulating the intricacies of office social life. Giving up on your office social life can have negative effects on being seen as a team player. Try to cook up more one-on-one social situations that he can't automatically hijack.

Use this spirit to work for you: Find out if there is a way to put this over competitive spirit to work for the office - say, on a particularly tough client or account - that will not only focus his or her attention away from you but actually benefit the company? When executed correctly, this move can make you look benevolent.

Have a serious talk: Well, this is the last option but its required when nothing works out. Tell him or her that you don't find her approach to office life helpful and it's creating unnecessary stress and drama. He probably knows this but you've got to give her the benefit of the doubt.

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