

THE SECULAR CITIZEN

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Pope Francis open to debate on allowing married men to become priests



East Indians Celebrate Utsav



The St. Roque's Organisation Wadala celebrated their 100 years Utsav by organising the ethnic, social, cultural and food festival on 21st Oct .2017 at Our Lady of Dolours ground, David Barretto road, Wadala.

"A hundred years for an organisation and over 50 years conducting Cultural program for the people is really a significant achievement" said, Rev. Fr. Diago Nunes SDB, Administrator, Salesian Delegates, Western region, who was the Chief guest on the the occasion. Rev.Fr. Vivian SDB , Parish Priest of Our Lady of Dolours was the guest of honour.

People from Vasai, Uttan, Bombay, Thane and New Mumbai came to watch the performances of different Gaothan groups, trios and duets singing to their customary flavor and tradition

Vasai group of Gummat gang led

by Darrel Misquitta steal the show by singing East Indian masala song accompanied by 5 people playing gummat which sent the crowd into dancing frenzy.

Group song "Gaajvitavn Waralche Sao Roque cha san" by Valentine Machado and group was quite entertaining. Duet "Shikaleli pori" by Stanloine and Trinite too made the crowd groove on the floor.

Prominent East Indians of Mumbai namely Mr.Vivian D'souza, President The Bombay East Indian Association, Mr.Alphi D'souza and Mr.Gleason Barretto of Mobai Gaothan Panchayat, Mr. Louis D.Barretto , Hon.Gen

Secretary, The St. Roque's Organisation, Wadala, Mr.Herbert D.Barretto , President Maharashtra East Indian Christian Federation, Mr. Alphonso Tao , social worker , Mr. Wilfred Pereira, social worker, were honoured by giving them an award in the form of Mementos for their contribution to the East Indians community.

Earlier Mr. John Misquitta, welcome the guests. Ms. Ankita D'souza and Ms. Suzie D'silva anchored the show with their humour at the best.

Every one enjoyed the function and left home after having their dinner.

Herbert D. Barretto
Festival Committee Member

Pope on Europe and Asia!

Pope Francis on Saturday 28 October 2017, addressed some 350 participants from 28 delegations representing all E.U. countries, as well as academics, ambassadors, representatives of Catholic organizations and Christian movements. The topic: *"(Re)Thinking Europe – A Christian Contribution to the Future of the European Project!"* Briefly, I will spotlight his views only on the 'Family'!

"The 'family' is the harmonious union of the differences between man and woman. This bond becomes stronger and more authentic, to the extent that it is fruitful, capable of opening itself to life, and is a model for secular communities; where 'diversity' is valued and at the same time brought into unity! ..."

On 03 November 2017, the global prayer network, *Apostleship of Prayer*, released Pope Francis' prayer video for November, in particular for the Church in Asia. It comes just a few weeks ahead of his Nov. 27-02 Dec. pastoral visit to Burma and Bangladesh; where the Catholic population is a minority – (less than 1% in Burma, and less than 3% in Bangladesh). The Pope exhorted:

"That despite challenges, the Church in Asia may continue to be a source of peace, dialogue and mutual understanding between religions; and between the variety of its people who are heirs to ancient cultures and traditions."

In fact God calls Christians to be a 'blessing'! "I will bless them that bless you ... and in you shall all the families on the earth be blessed " (Genesis 12:3).

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

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'Thought for the week'

Choice, chance and change. You must make a 'choice' to take a 'chance' or your life will never change.

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(Article on p. 13)

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Is Modern Technology Really The Bad Guy?

by Don Aguiar

If anything is to be done for the future, now is the time. Otherwise the greatest evolution of consciousness in the universe will disappear – and that is not only a loss to the earth, but to the whole of existence. In a million years we have been able to create some possibility of consciousness. But now we don't have time to wait for nature to go on developing in its slow way. If has eternity, but we don't have.

If we are going to solve the future and dissolve the problems, then we have to look for the roots in the past. It is our whole past, in all its dimensions, that has brought about this dangerous situation – and nobody talks about that, because no generation before this has ever bothered about the future. Man has always been living the way he wanted and forced each new generation to live in the same way. This is no longer possible. We have to take a quantum leap –to teach the new generation not to live the same way we have lived. Only then can the future be shifted.

Looking at news headlines it's easy to get dispirited over how we are treating our planet. Our use of modern technology has resulted in dire warnings on climate change, the dead garbage of plastic, pollution, and so on. And isn't it ironic that for increasing numbers of us this news is brought to our attention by means of this very same technology. So is modern technology really the bad guy?

If modern technology is creating an ecological crisis on the earth, disturbing the balance of nature, then it is a very simplistic solution to drop modern technology and go back.

But you have to understand that in Gautam Buddha's time, just twenty-five centuries ago; this country only had twenty million people. The earth was enough to support them. Today, this country alone has nine hundred million people. If you want to go back to the days of Gautam Buddha, you will have to kill or allow to die such a large part of the population. And when only twenty million people are saved, and the remainder of the nine hundred million people are lying dead all around you — do you think those twenty million will be able to live either?

(Contd.. on p. 4)

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No war has destroyed so many people as will be destroyed without any war. And it is impossible to live amongst dead bodies piled all around you. There will be nobody to take them to the funeral or to take them to the graveyard. So many people dying at such a rate is going to kill the remaining twenty million people too; their rotting bodies will create thousands of diseases, infections.

And the population goes on increasing.... By the end of this century, the population of India may have increased by half again. That means it would be one billion, three-hundred million people — from nearly nine-hundred to thirteen-hundred million people.

It is not the fault of modern technology; the fault is that we have not been very clear what we want from modern technology and what we don't want. The scientist has been discovering almost in a blind way, and whatever he discovers we start using — without thinking of the aftereffects.

Going back is impossible and idiotic, the only way is forward. We need a better technology — better than modern technology, which can avoid plastic garbage

and disturbance in the ecology. The scientist has to be very alert that whatever he is doing should become an intrinsic part of the organic whole; technology should not go against the whole. And it is possible, because technology does not lead you somewhere in particular; it is you who go on discovering things in a blind way.

Now that it is clear that whatever we have discovered up to now, much of it is a disturbance in the harmony — is finally going to destroy life on the earth — still, scientists go on piling up nuclear weapons. They don't have the guts to say to the politicians, 'It is enough. We are not slaves. We cannot create anything that is going to destroy life.'

Technology is in our hands; we are not in the hands of technology. We can drop all those parts which are dangerous, poisonous, and we can discover substitutes which enhance the ecology, which enhance the life of man, which enhance his outer and inner richness and bring a balance into the world.

But I don't see anybody in the whole world preaching for a more sophisticated, more enlightened technology. Sometimes I wonder: millions of people, thousands of great scientists — are they all blind? Can't they see what they are doing is cutting their own roots?

And if technology can manage to do miracles — it has managed on the path of destructiveness, it can also manage miracles on the path of creativeness. All that has been discovered, if it is a disturbance to nature, should be dropped.

Certainly, destructiveness cannot be supported; and the energy that goes into creating destructive things has to be converted into creativity.

"I am all for technology — but a better technology, a more human technology."

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St Jude's parish shows the way

This refers to the news item: "Till debt do us part: Malad parishioners help couple walk down the aisle" (TOI Nov 6). St Jude's parish, Malad east, is among the smallest and poorest of parishes in the archdiocese. Yet, it has been a beacon showing the way for bigger parishes to follow. The idea of mobilising the entire community to come to the aid of a couple who lacked the means to arrange for a proper wedding, is commendable. Earlier, during the canonization of St Teresa, the parish fanned out to all corners to feed the poor. Such Christian values need to be emulated by other parishes.

In my parish, some years ago, we had a community celebration for First Holy Communicants. Each communicant was permitted to invite 10 guests at a cost of Rs 100 each. The celebration was subsidized from the Community Fund. Such celebrations should be the norm. Private celebrations with fine dining may be held on later days convenient to all. Hopefully, lavish celebrations will gradually decrease. Similarly Community wedding celebrations can be arranged for the poor who are weighed down with debts after marriage.

—Prof Robert Castellino Orlem

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Protect the Environment

The Council for Social Justice and Peace (CSJP) Goa, has advised the faithful to avoid use of plastic and other toxic material to decorate graves on All Souls Day so as to protect the environment. (In Goa, majority of parishioners have family graves, and the decorated graves on All Souls Day is something really worth watching). CSJP has also drawn attention to other occasions such as Anniversary and Month's mind masses, weddings, meetings etc where use of toxic material should be avoided.

In Mumbai ALMs are being roped in to ensure that residents segregate garbage into wet and dry waste. All Catholics must treat this as a civic duty. However, the local ALMs are finding it tough to convince residents to segregate garbage. Residents argue that the exercise serves little purpose as all waste is loaded together in the same garbage compactor (in most municipal wards). Hence the BMC must first get its act together by ensuring that garbage is collected separately and that the days and timings of collection of dry waste must be intimated to residents.

Nevertheless, whatever the shortcomings of the BMC, residents need to segregate garbage as this makes the job easier for the sweeper, and profitable too, as segregation enhances the value of dry waste.

—Prof Robert Castellino
Malad Mumba

No 'Acchhe Din' for Indians

Dear Shri Narendra Modi, Honorable Prime Minister of India: Let's start

with the latest move of GST (Goods and Services Tax). It was clearly meant to reform the economy of the country. But what about the fact that the common man has to shell out 18 per cent extra when he goes out to eat at a restaurant? A bill that was earlier Rs 200 has now become around Rs 236. The whole logic of Goods and Service Tax was that the old tax rate would be replaced with the new tax rates. But the normal restaurants have just added 18 per cent extra to their bills, keeping the rate of the food items the same. As a result of this, people have to cut down on eating at restaurants, one of the few family outing options for the common man, and many like me have also stopped giving tips to the waiters.

Now coming to Aadhaar, it is just another political card which is troubling the common man to no extent. We are forcibly made to link our Aadhaar card number to our PAN card, SIM card and bank account, and now we even need it for getting a death certificate. There are people who are facing trouble in getting an Aadhaar card for various reasons. Linking them to your bank account is a distant matter. And this is quite a painful task, queuing up at various places to do the linking part. And after all that, there is no guarantee that things will be better off for the common man. There are already cases of fake Aadhaar cards and data being leaked out. So, what makes the government believe that linking our Aadhaar card number is a means towards a corruption-free country?

These days there is a tendency of your party dear Prime Minister to simply blame the Congress for every disorder in the country. So where is the acchhe din you promised us?

We all agree that the Congress has done a lot of harm to the country during their governance. But please

do give them some credit where there is due. The fact that a tea seller has gone on to become the Prime Minister of a country is itself the biggest proof that the country has progressed since Independence.

—Jubel D'Cruz, Mumbai

Violation of Vatican II

Fr. William Grimm in his article "It's time to set a new course" (Oct.2), mentions that translations from the Latin text into mother tongue for use in the liturgy must henceforth be approved by bishops' conferences, and not by Vatican Dicastery. He is however sceptical whether this salutary reform advocated by Vatican II will be adopted by bishops. He is probably right to doubt its implementation.

Giving the Eucharist in the hand is standard practice in Mumbai churches after Vatican II. I was therefore taken aback when, visiting the shrine at Velankanni in T.N. a couple of years ago, the nun distributing the Eucharist during Mass, not only refused to give it in my hand but tried to shove it into my mouth. When she didn't succeed, as I moved my head to dodge her, the parish priest took her place the next day and aggressively tried to jab the Eucharist into my mouth! He gave me a dirty look when he did not succeed but left me wondering whether the prosperous Shrines in South India followed their own out-dated version of liturgy.

This example of use of dead customs was reinforced when, on a visit to Cochin (Kerala) last year, I attended evening Mass at a popular shrine in nearby Verapoly diocese. An old priest refused to give the Eucharist in my hand but insisted on placing it in my mouth. When I persisted, he waved me off and I had to leave without receiving the Eucharist.

Perhaps Fr. Grimm or any senior priest can throw light on the legitimacy of these out-dated practices, that are in violation of the norms introduced by Vatican II.

—Clifford. P. Pais.
Malad (W), Mumbai

Are We Imperfect Human Beings And Not The Rational Economic Animals That We Think We Are?

by Eric D'Sa

One of my favourite hymns is 'one day at a time'. I am sure, most of you have sung it one time or the other. The starting lines of its lyrics goes like this: 'I am only human, I'm just a man. Help me believe in what I could be and all that I am. Show me the stairway, I have to climb. Lord for my sake teach me to take one day at a time'.

This years winner of Nobel Price in Economics, Richard Thaler, believes to a great extent in the above stanza of this hymn that people are just only human.

For decades now our economic polices have been framed by the idea that humans are economic animals or in short Econs, who behave as an individual or as a group in a rational manner. The economists in general have been making highly specific predictions of human behaviour, assuming the world is mainly inhibited by Econs who make judgements rationally, with self interest being at the core. It was also believed that individuals made decisions keeping in mind the general good of the society in which he or she lived. Being nationalistic for instance was for ones own protection. Working hard and saving for a rainy day, created wealth for the

individual and was a natural instinct. This in turn created the wealth for the nation. Econs obtained higher education to better their own earning power than to gather mere knowledge, was another of those economic theories..

Thalers work in the field of behaviour economics challenges this idea of rational utility maximising agent in economic models. He believes individuals are less Econs and more human. Hence people being only human and just a man or woman, frequently vio-

YOU THE CITIZENS DECIDE:

late the carefully thought predictions of them being considered Econs. The mere human often makes fallible and imperfect choices that does not make economical sense. Economists such as Thaler believe that an individual human being, is generally a bumbling, erring, ill informed creature plagued with uncertainty, forever hovering between alluring hopes and haunting fears. Hence they are in general congenitally incapable of making finely calibrated economical decisions in pursuit of satisfactions.

However, challenging the fundamental assumption of a rational utility maximising individual was not unique to Thaler. But he brought the idea of describing the economic agent in a more human way to the forefront. Thaler developed the theory of mental accounting, explaining how people simplify financial decision making, by creating separate accounts in their minds, focussing on the narrow impact of each decision, rather than the overall effect. He also worked intensively of the inconsistent choices that are made when individuals face costs in the present, while benefits arise in the future. However, the most important

idea of Thaler has been that though individuals deviate from the behaviour predicted in classical economic models due to systemic biases, they could be nudged to making better choices. So on one hand while he recognises that individuals behave like Humans than Econs, his policy recommendations are to nudge humans so that they can act more like Econs.

This brings me back to the above hymn, which recognises that people are humans and at least to lead a good happy, contended, religious life, one needs to accept that we need a helping hand of the Lord, on a day to day bases to show us the way. When it come to politics and economics, is there a need of the

state to give the people the required nudge? Many states believe so and to an extent the tax system is based on this premise, that people have to be induced to part with some of the excess profits for the common good of the society. States also believe like religion, there is a need of the state to be a good cop and a bad cop, to ensure law and order is maintained. However Hitler used this economic nudge to get the German Christians to be irrational and send 6 million Jews into gas chambers. Edi Amin used the same argument to kill almost 300,000 people in Uganda, many of them Indian traders. In recent years though Buddhism is considered as one of the most peaceful and pacifist religion of the world, a Buddhist monk Ashnin Wirathu is using nationalism to systematically carry out mass murder of Muslim Rohingya people and ethnic cleansing.

Hence, while we can take recourse in pleading that we are only human, we need to ensure that the state does not use this nudge to make us believe that whatever economical policies that they are trying to enforce on us,

(Contd.. on p. 7)

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(Contd.. from p. 6)

are being done only for the good of all of us. To do so we have to look at what is being done in a clear rational mind and then judge. There is no way in which a self appointed God man like Ram Rahim could have mislead and exploited almost two million people, without providing the nudge of economic betterment in this life and after to gullible people who believed he was a messiah.

Hence, Richard Thaler has interfaced to us psychologically realistic assumptions into analyses of economic decision making. He has at the same time brought to the fore the danger of a cohesive state converting the nudge into a shove. We the Citizens will have to decide whether we are only human beings, that are unable to make rational economic decisions or ones who after weighing the pros and cons of what the state is nudging us to do, are able to resist it, if it is found to be on the long run not beneficial to us, even if the nudge becomes a shove.

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A New Provincial Superior for the Society of St Paul

Rev. Fr Varghese Gnalian is the new Provincial Superior of the Indian Province of the Society of St Paul. He assumed the responsibility during the XVIIth Provincial Chapter held in Bengaluru from 29th October to 7th November, 2017, with the theme "I do everything for the Gospel." (1 Cor. 9 : 23)



Rev. Fr Varghese Gnalian

The Superior General of the Congregation, Rev. Fr Valdir Jose de Castro, and three of the General Councillors were present during the entire duration of the Chapter which elected Fr George Chathanatt, Fr Dominic SavioD'Silva, Fr Jikson Mullasseril and Fr Michael John the Provincial Councillors. The Chapter, recalling the words of the Founder unanimously resolved to be fully attentive to the signs of the times, and use the new languages of communication, to reach all with the Gospel message, especially the poor and those living in periphery.

The Society of St Paul was founded by Bl. James Alberione on August 20, 1914, at Alba, in North Italy. The Indian Province that carries out its apostolate, using the fastest means of communication including multi and digital media, has 14 communities in India, four communities in Nigeria, one each in Great Britain and Ireland,

—Fr Dominic SavioD'Silva

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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



—A. I. G. Quadros, Vasai

HOT Thoughts



BY FR. CEDRIC PRAKASH SJ

October 31st is a 'special' day! Besides being the last day of a month, it is a day-filled with anniversaries and commemorations. As the clock ticks away into another new day and new month and one sits back and reflects on the day, a whole wave of **HOT** thoughts grips one's heart and soul. In these silent moments, one realizes that there are certain basics necessary for a meaningful way of proceeding. This day in some measure reminded us of these:

HUMILITY

Today we observe the 400th death anniversary of a great Jesuit Saint Alphonsus Rodriguez (1531-1617). A Spaniard, he joined the Society of Jesus at the age of forty and spent most of his religious life in ordinary responsibilities, which he undertook with great love and dedication. In a letter addressed to the Society of Jesus today, Fr Arturo Sosa, the Jesuit Superior General writes, "For 46 years Brother Alphonsus was of service to everyone from the porter's lodge of the College of Montesion. His fruitful apostolic activity was sustained by a spiritual life rich in interior movements. The porter's lodge of the College was the place that allowed him to animate students, counsel the city's 'important folk', accompany many, and help all those in need". It is 400 years since St. Alphonsus went to his eternal reward; however today, there is much that we can still learn from him particularly his ability to listen to others and of his humility.

OBJECTIVITY

It is also the birth anniversary of Sardar Vallabhai Patel who was born in 1875 in Gujarat. Patel was part of India's freedom struggle and was India's first Deputy Prime Minister and Home Minister. He earned the sobriquet of 'Iron Man of India' because of the courage of his convictions and his unflinching objectivity. In an impartial manner he did all he could to 'unify' the various factions in an independent India. He had no hesitation in banning the right-wing Hindutva organization the Rashtriya Swayamsevak Sangh (RSS) saying, "All their (RSS) speeches were full communal poison. It was not necessary to spread poison. As a result of the poison, the country had to suffer the sacrifice of the valuable life of Gandhiji. Even an iota of sympathy of the Government or of the people no more remained for the RSS. In fact, the opposition grew. Opposition turned more severe, when the RSS men expressed joy and distributed sweets after Gandhiji's death. Under these conditions it became inevitable for the Government to take action against the RSS". Patel was committed to the idea of a secular India where the Constitutional rights of all Indians were respected. He was objective to the core. A value which we all need to imbibe; many of us are so easily swayed by our 'likes' and 'dislikes' and are conditioned by subjectivity.

TRANSPARENCY

In 1984, we were in New Delhi when Indira Gandhi, the then Prime Minis-

ter of India was assassinated. It was a dastardly act by any count. What followed was even worse, when thousands of Sikhs were brutally attacked, burnt alive, massacred in Delhi and in several parts of North India. We were part of an initiative to bring healing to a city, which was broken and divided. We met many of the victim-survivors and others who suffered – listened and documented horrendous eyewitness accounts. Perpetrators were named. Unfortunately, the wheels of justice move slowly particularly when the system is not transparent. In his quest for 'Satyagraha', Mahatma Gandhi reminded us that, "Truth never damages a cause that is just." Even as we write this, we hear of another attack of violence in New York on innocent people. All violence must be condemned; however, violence may stop only when we address endemic issues with total transparency. Some also celebrate 'Halloween' today by wearing masks; these 'masks' need to come off! Our world cries for authenticity. Mother Teresa drives home the point saying, "Honesty and transparency make you vulnerable. Be honest and transparent anyway".

In the call to Discernment, taking inspiration from the above, I realise that I need to be **Humble**: to listen to what the Lord is telling me; the inner voice; to what others are saying. I need to be **Objective**: to look at the reality impartially, without any prejudices, looking always to the greater good. Above all, I need to be **Transparent**: to focus on and stand up for the truth – however bitter it is, whatever the consequences be. As October 31st slips into history, warm memories with **HOT** thoughts.

* (Fr Cedric Prakash sj is a human rights activist. Contactcedricprakash@gmail.com)

The Magna Carta Planted Seeds For Human Rights



BY MELVYN BROWN

The concept of human rights has been around in history in one form or the other: the Magna Carta of 1215; the English Bill of Rights, 1689; the Rights of Man and of the Citizen, 1789; and the American Bill of Rights in the US Constitution of 1791, can be traced to some of the early conceptions, which closely resemble human rights in our times.

It is commonly believed that the ideas in human rights evolved in Western countries. Before 1400, historian Mc Intyre states with assurance that there was no word for 'rights' in any language. The early Magna Carta was a charter of liberties which King John gave his assent to. It was a guarantee of rights and privileges. When I searched for the oldest records of human rights, I found it in the statute of Kalisz, 1264 AD. It gave the Jewish minority of Poland protection from hate speeches.

The common moral language in modern society when based on peace talks is that of human rights. The conundrum in the term 'right' provokes considerable controversy and at times philosophical debate. It is an accepted fact in general consensus that human rights, covers a significant array of privileges.

The first statement in the Preamble to the Universal Declaration of human rights states: "All human beings are born free and equal in dignity and rights". This preface constitutes the platform for justice, peace and freedom.

The seed for the beginning of human rights had been planted during the European Enlightenment by the philosophers John Locke, Jean-Jacques Burlamagui and Francis Hutcheson – this idea was enriched in the American and French revolution. Many of their views became the frame work in

today's human rights.

At this point it is of interest to know the foundation truth of the human rights movement. It all began in earnest after World War II, and the horrors of The Holocaust, which brought about The Universal Declaration of Human Rights in France, Paris, by the UN General Assembly, 1948.

The basic doctrine of human rights was to respect, preserve and promote the inherent dignity of both the equal and inalienable rights of human beings in the world, to crush cases of abuses, genocide, enslave; and to support free speech, right to education, fair trial and efforts for peace in society and the world.

The Universal Declaration of Human Rights (UDHR) is a milestone document proclaimed by the United Nations General Assembly in Paris, 10 December 1948, for all peoples and all nations as fundamental human rights to be preserved and protected.

Because a person is a human being the person is entitled to inalienable fundamental rights regardless of their country, religious belief, ethnic origin, language or place on earth: these rights are egalitarian in the sense of being applicable in the same manner to all persons. A simple rule imposes a duty on everyone to respect the rights of others.

There are 30 Articles in the Declaration:

1. All human beings are born free and equal.
2. Everyone is entitled to all rights and freedoms.
3. Everyone has a right to life, liberty and security.
4. There will be no slavery or servitude.
5. No one shall suffer torture or inhuman degrading.

6. All peoples have the right to recognition before the law.
7. All will have equal protection of the law.
8. Everyone has the rights granted him by the Constitution.
9. No one will be subjected to arbitrary arrest or detention.
10. Everyone is entitled to a fair, public hearing in any criminal charge.

The next 20 Articles cover the right to be presumed innocent until proved guilty. No one will be subjected to invasion of privacy, Freedom of movement and residence in the world. Right to seek asylum in other countries; Right to marry and have a family; Right to own property. Freedom to think and religion ; the freedom to change his religion or belief; Freedom of expression. Freedom to assemble and have a peaceful association; Freedom to take part in government; Right to social security; Right to work; Right to rest and leisure; Right to health and of his family; Right to education; Right to cultural life; to arts and scientific benefits; to enjoy the rights set forth in the Declaration; to develop his personality in full freedom; nothing should destroy the rights and freedom set in this declaration.

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CCCI honours six Christian achievers for their excellent contribution to the Society

Mumbai : Christian Chamber of Commerce and Industry (CCCI) held its 12th award function on Sunday 5th November 2017 at Hotel Kohinoor.

Every year the chamber is giving awards in various categories for successful entrepreneurs and this time too six have been honoured for their excellent contribution. In addition to the honouring the achievers the chamber has launched a mobile app to its members to interact and increase business among the members and community as a whole.

The app was developed by Mr. Ronald Noronha and his team of Arokia IT Pvt. Ltd. He explained the features by PPT presentation and he was assisted by Mr. Reuben Buthello.

Honourable MP, Mr Gopal Shetty, graced the occasion with his presence as Chief Guest and honoured the six achievers and addressed the gathering. He congratulated the six achievers and commended all businessmen for being equal contributors to upliftment of society by providing employment and tax revenue.

the Guest of Honour were Fr. Stephen Fernandez and Mr Xavier Britto, chairman of Kerry Indev. Logistics.

The six achievers honoured on the occasion are :

Excellence in Industry : **Mr. Anil Rego** - Brilliant printers (Sponsored by Electropneumatics & Hydraulics (I) Pvt. Ltd.)

Excellence in Public Service : **Justice. Aloysius Aguiar** (Retd) (Sponsored by Daniel & sons)

Excellence in Social service: **Mr. Eric Alfred Correa** (Sponsored by Velvin Industries Pvt. Ltd.)

Excellence as a Women Entrepreneur: **Mrs. Charmaine Dsouza** (Sponsored by Pattathu Brothers)

Excellence as an Young Entrepreneur : **Mr. Naveen Aranha** –MD Sports Interactive (Sponsored by Aldel

Education Trust)
Excellence in Education :

Mr. Vivek Aranha –Rossery Education group, Pune. (Sponsored by Reliable Exports)

Fr. Stephen Fernandez, guest of honour said in a highly intellectual talk, stressed on the need for ethics in business. He commended the chamber for rendering invaluable service to society. He called the chamber as one of the factors influencing the collective conscience of society. He appreciated the awardees and admired their hard work, sincerity and dedication to achieve their aims and serve the society. He explained that giving to others is also giving to God and God surely gives back a thousand fold which is nothing but a miracle.

Chairman of CCCI, Mr. Antony Sequeira, in his welcome speech expressed his gratefulness to everyone who strove for CCCI during the year. In his address, explained that his main purpose would be to realize the dreams. He said he would lay emphasis on the task of creating awareness to make this happen. "We will create more opportunities to our members, keep creating awareness about industry, and take bold steps towards evincing interest among the youngsters, thereby making an effort to win this institution global recognition. Christian Chamber of Commerce & Industry is an umbrella for a body of businessmen from all walks of trade and industry and the motto of the organization is to foster the spirit of entrepreneurship amongst members and to reach out to the community in particular and to the state and country at large. "

Mr Xavier Britto, in a highly inspiring and motivational address, emphasized on the need for team work in an entrepreneur's journey. One needs to keep people and talent with them and that can be achieved by giving them freedom with accountability. Ratan Tata said that if you want to walk fast

you must walk alone but if you want to walk far, one must walk together. He enumerated his numerous difficulties in childhood, being born in a large family with limited means, and having studied in Tamil medium, despite clearing the IAS prelims against the wishes of his family he bid goodbye to a secure government career and ventured into entrepreneurship by starting a custom agency which expanded over time which was possible only due to his vision for the logistics sector. He advised businessmen that the problem is never in the situation but in our handling of the situation. Our motto in life must be to "respond not react". Success can be achieved only if we are different in a particular thing. The lion is the king of the jungle not because he is the fastest or the wisest or the tallest or strongest. It is because he is courageous and ever alert and uses the same effort whether for small or big things.

CCCI founder Chairman Mr. Vincent Mathias, immediate past Chairman Mr. Henry Lobo, CCCI awards committee convener, Mr. John D'Silva, Vice Chairman's Mr. Albert W D'Souza and Mr. John Mathew, were present on the dais. The awardees, reciprocating to the honour bestowed upon them, praised the functioning style of CCCI, which happens to be a premier Christian body.

At the beginning of the awards function. Floral tributes were given by Mrs. Jean Sequeira to chief guest and Mrs. Gladys D'Silva to Fr. Stephen Fernandez and Mrs. Premila Mathias to Mr. Xavier Britto and Mrs. Pearl Sequeira compered the programme. Mr. Pius Vas, Mr. John D'Silva, Mr. Lawrence Coelho, Mr. Johnson Theratille, Mr. Walter Buthello, John Mathew read the Citation of the Awardees. Agnelo Rajesh Athaide proposed the vote of thanks.

The photographs are on the facing page.

Christian Chamber of Commerce and Industry



Photos: Rons Bantwal

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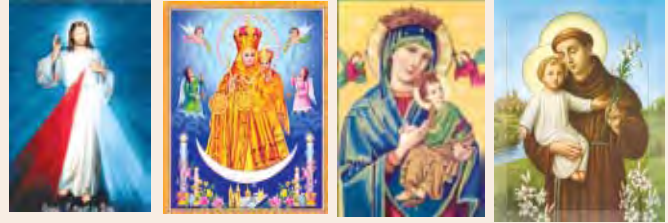
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Favours granted minimum i.e. 15 words + 1 block(1 photo of saint)	Rs. 800	Rs. 400
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Thanksgiving



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

—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.

—Pter Vaz, *Bandra*

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)

—Jyoti DSouza, *Malad*

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 favours, 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.

—Dulcin Pereira - *Delhi*



PRAYER TO THE HOLY SPIRIT

“Holy Spirit, thou who makes me see everything and shows me the way to reach the ideal. You who gives me the divine gift to forgive and forget the wrong that is done to me and are in all instances in my life with me. I, in this short dialogue want to thank you and confirm from you once more that never want to be separated from you, no matter how great the material desire may be. I want to be with you and my loved ones in your perpetual glory. Amen”.

—Precilla Quadros, *Mumbai*

Thanksgiving



I was severely depressed for not getting good proposals and prayed to Saint Jude for help. With St. Jude's intervention, my prayers were finally answered. I am proud to say now that I am finally happily married! Thank you so much St. Jude! I am extremely grateful.

—S. X. C., *Mumbai*

Pope Francis open to debate on allowing married men to become priests

Pope Francis has suggested that he is open to the possibility of married men becoming Roman Catholic priests in cases where communities face a shortage of clergy and are being displaced by other faiths.

The Telegraph reported on Nov 2 that Francis has requested discussion on whether married men in the Amazon region in Brazil could be allowed to become priests, which would go against long-held tradition.

Cardinal Claudio Hummes, the president of the Episcopal Commission for the Amazon, reportedly made a request to the pope to consider the proposal, given that both evangelical Christians and pagan sects are displacing Catholicism in the region.

Monsignor Erwin Krautler, the secretary of the Episcopal Commission, has echoed the request, and said that bishops should also consider ordaining women deacons as priests.

Francis said earlier this year that he is open to the idea of ordaining married men, with a number of countries, including the U.S., reporting a shortage of priests.

Francis told Germany's Die Zeit in an interview in March that while removing the celibacy rule is not the answer to the problem, the prospect of married men of proven faith becoming priests could be considered.

A prominent Catholic theologian has meanwhile resigned as consultant to

the U.S. bishops' Committee on Doctrine after accusing the pontiff in a letter of sowing "chronic confusion" with the "intentionally ambiguous" manner of his teachings, which he warned could lead to sins against the Holy Spirit.

The Vatican leader noted that the



shortage of priests had become an "enormous problem," and said that the response to that needs to be prayer, combined with a more intense focus on "working with young people who are seeking orientation."

Capuchin Father Thomas Weinandy announced on Tuesday his resignation, the day after Crux and other media outlets published his letter to Francis, which dates back to July 31.

Weinandy accused Francis at the time of fostering a "growing unease" within believers, because of the ambiguity of many of his statements.

He took issue with some of Francis' suggestions that changes could be coming to historic Catholic positions regarding marriage and divorce.

The theologian accused Francis of too often acting in a manner that "seems to demean the importance of Church doctrine," portraying it as "dead and bookish."

Without naming names, he also said that faithful Catholics "can only be disconcerted by your choice of some bishops, men who seem not merely open to those who hold views counter to Christian belief but who support and even defend them."

Weinandy did not outline specifically which topics he feels Francis' teachings could be muddling Catholic doctrine on, though the pontiff's stance on numerous social issues has been placed under scrutiny.

Some media portrayals have positioned Francis as more liberal when it comes to LGBT people in the Church, as he once famously told reporters, "If someone is gay and seeks the Lord with good will, who am I to judge?"

Francis has clarified on a number of occasions that he supports the traditional doctrine that marriage is solely a union between one man and one woman, however.

The U.S. bishops' said in a statement following Weinandy's resignation: "The work of the committee is done in support of, and in affective collegiality with, the Holy Father and the Church in the United States. Our prayers go with Father Weinandy as his service to the committee comes to a close."

source: Christian Post

'Celebrating 50 years of Charismatic Renewal' At Rosario Cathedral, Mangalore

The Karnataka Charismatic Renewal celebrating half a century- a full 50 years, at Rosario Cathedral in Mangaluru, November 9 to 12, 2017, is a huge blessing. Titled: "Pavithrathma Abhishekotsava-2017" (Holyspirit Anointing Celebration-2017). This year 2017 is the Golden Jubilee year of the Catholic Charismatic Renewal (CCR), worldwide; the Holy Spirit moving brilliantly. The 14 Catholic diocese of Karnataka, the bishops, priests and laity congregate at the 450 year old historic Rosario Cathedral grounds, Mangaluru city; an average of 9000 people will participate according to the convener Rev. Onil D'Souza. This spirit filled movement has grown and brought tremendous blessings with light and warmth to thousands of people of many kinds in the region. There will be traditional Catholic Charismatic worship in all its glory in 4 languages - Kannada, Konkani, Malayalam and English. The 4 days will be filled with anointed joy with many activities, various kinds of seminars and sessions to widen the knowledge and spirit of the movement will happen. A rare exhibition of rosaries on an international format is on the menu, a special event on the periphery and participation in Rosary will be promoted. Inaugural by Rev.Dr. Aloysius Paul D'Souza, Bishop of Mangalore, The celebration mass will be lead by Rev. Dr. Bernard Moras, Archbishop of Bangalore. The main speakers are : Rev. Lawrence Mukkuzzy, Bishop of Belthangady, Rev Jose Pattayankal VC, Bangalore, Rev.Franklin D'Souza, Shivamogga. The event is seen as positively blessed and spirit filled within the Renewal movement marking 50 years, with hundreds of good people working on this. A closer look



at the Charismatic movement is fitting:

Related image

In Bombay/Mumbai : In 1970s, Minoo Engineer, a young Parsi civil engineer studying in the U.S.A. became a Catholic, through his involvement with Charismatics. It was he who typically brought the Catholics Charismatic Renewal (CCR) to India in 1972. The same year two Jesuits, Rev. Fuster and Rev. Bertie Phillips came from USA. The first prayer group was one day a week in Bombay (Mumbai). There were only four members, Rev. Fio Mascarenhas s.j., Sister Olga, Minoo and Luz Maria Engineer. It soon spread to Bandra with a lot of encourage-



by Ivan Saldanha-Shet

ment from the Medical Mission Sisters of the Holy Family Hospital. It started growing and the biggest group was at St. Andrew's which was led very ably by Terence and Beryl Fonn and Sr. Bernadine. Another group soon started in St., Teresa's Parish. Minoo lived in Vile Parle and started a group in Dilkush Convent at Juhu, only to move soon to

the Parish of Juhu. Small groups were formed and started in private homes, the Asha Colony in Juhu Tara and in the Royal Hotel. Four groups were formed in Byculla beginning in the Institute of the Deaf Mutes in Mazagoan. There was a very active group in Mahim in the Presentation Convent with Sr. Basil and Margret D'souza. Rev. Fuster and Rev. Phillips started the Life in the Spirit Seminars and prayer groups were well attended around by 60 members. Prayer meetings were held at St. Xavier's College by Rev. Fuster. The Renewal spread to Poona (now called Pune) and to Goa. Then to Gauhati (Assam) where the Renewal started in the Air Force Colony as an inter denominational Prayer Group. Later to Delhi and prayer groups functioned at St. Thomas Paris and St. Dominic's Parish. In such ways small groups spread to all corners of India. And now it has grown huge and to be 50 yeras old filled with God's grace.



The first Bombay Service Team (BST) was elected around August 1973, it was the second team formed around June 1974 with Rev.

Hillary SJ as its first Chairman that gave the CCR more stable organization, and major thrust to other states. A National Office was started in Bombay in 1974, which was moved to Bangalore in 1984 and then to Delhi in 2001. It organized the first National Convention in Bombay and started

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(Contd.. from p. 14)

publishing the national magazine Charisindia. In 1977, a National Service Team was elected by the First National Leaders Conference held in Bangalore attended by leaders of the then-existing charismatic groups. Fr. Fio Mascarenhas SJ, was the first Chairman and Archbishop Arulappa of Hyderabad its first Episcopal Advisor. In 1984 Bishop Valerian D'Souza of Pune was appointed Episcopal Advisor. In 1988, Fr. A. J. Thamburaj, SJ of Chennai was chosen Chairman of the NST. In 1993 again Fr. Fio became

sus and the gifts of the Holy Spirit as mentioned in 1 Corinthians 12, including the gift of tongues, healing and prophecy.

An authentically Catholic movement should lead you to Our Lady and the pope; this wasn't always there in the beginning for everyone, but it is now. Many very fruitful apostolates and leaders in the Church have a relationship with the Charismatic renewal. The spiritual life is all about surrender, and surrendering to the Holy Spirit is bearing good fruits.

Catholic Charismatic Renewal



the Chairman and Bishop Gali Bali of Guntur succeed Bishop Valerian as Episcopal Advisor. Thereafter, Bishop Valerian D'Souza was once again appointed the Episcopal Advisor. Now Fr. Jose Anchanickal is the Chairman of the National Service Team of the CCR in India.

The Churches views : The Catholic Charismatic Renewal is the largest approved ecclesial movement of the Church, estimated to have touched at least 120 million Catholics throughout the world, that came into existence in August 1966. It is fully Catholic and also fully charismatic, with emphasis on a personal relationship with Je-

St. Pope John Paul II

Four popes have acknowledged the movement: Pope Paul VI, Pope John Paul II, Benedict XVI, and Pope Francis. Pope Paul VI acknowledged the movement in 1971 and reaffirmed it in 1975. Pope John Paul II was also supportive of the Renewal and was in favor of its conservative politics. He (as well as then-Cardinal Ratzinger, Pope Emeritus Benedict XVI) acknowledged good aspects of the movement while urging caution, pointing out that members must maintain their Catholic identity and communion with the Catholic Church. Pope John Paul II, in particular, made a number of state-

ments on the movement. On November 30, 1990; for the first time the Renewal got formal, canonical recognition by the Vatican."

Pope Francis Now : Pope Francis in both word and action, is making efforts to bringing to an end the lack of co-relation between official ecumenism and charismatic ecumenism, this is very significant.

Pope Francis's outreach to Pentecostals and evangelicals has been favourable with his insistence that the "current of Grace" represented by the Renewal is fruit of the one Holy Spirit calling the Christian Churches into unity, in revealing their oneness in diversity. Under Pope Francis, the conciliar and the charismatic renewals are being brought together, and seen as a "Kairos moment of great opportunity."

Rev Cantalamessa, the preacher to the papal household, called it "a joyous, contagious Christianity in the power and anointing of the Holy Spirit without the gloom of negative Christianity." Captured in the titles of pope Francis's two exhortations, 'The Joy of the Gospel' and 'The Joy of Love.' In Pope Francis, there is a "new emphasis on the creativity of the Holy Spirit," reminding people that while some things may stay the same, nothing is ever merely repeated, and that God is constantly doing new things - Renewing Christianity and Christians.

An advertisement for 'MERCY'S HUB'. The ad features a black and white design with a decorative border. At the top, the logo 'MERCY'S HUB' is displayed in a stylized font. Below the logo, there are four small images showing different types of cakes: a wedding cake, a silver and golden jubilee cake, an engagement cake, and a christening cake. A list of services is provided, including: Wedding Cakes, Serving Cake Slices, Silver & Golden Jubilee, Engagement Cake, Christening Cake, 1st Holy Communion, Designer Cake with Lights, and We Also Do Eggless Cakes. The text 'Modern Cakes for all occasion' is written in a bold, sans-serif font. At the bottom, the contact information for 'Mercy George' is listed: phone number 9664854133, website mercyshub@gmail.com, and a note that they also conduct Basic Cake Baking Classes. The ad also mentions that they deliver cakes on request.

Blessed James Alberione

Media Marvel for the Modern world!

As decreed by Pope Leo XIII, the Blessed Sacrament was exposed in all the Churches and chapels in Christendom through the night that divided the 19th and the 20th centuries. Keenly desirous of something being done for the people of the new century the pope fervently sought prayers for the century that was about to unfold. That was an epoch-making event. In the Cathedral of Alba, Italy, young seminarian James Alberione was kneeling in deep prayer before the Eucharistic Lord, when in a flash of light from the host he received a message that was to eventually give flesh to the Pope's desire: *"Be not afraid! I am with you. From here I wish to enlighten. Be sorry for sins."* This was to be the beginning of Alberione's vision for he says that he felt deeply obliged to prepare himself to do something for God and for His people in the century in which he himself was to have his being, specifically by promoting the use of any and every means of mass media available at any given point of time to spread the Gospel.

Man of action

It is significant that the feast of Blessed James Alberione, the Founder of what has come to be known as the Pauline Family, falls in November, a month annually observed as Communications Month by the Catholic Church. And here's why! It was on 26 November 1971 that Alberione went to his reward which he finally was invested with on

27 April 2003 when Pope Saint John Paul II declared him 'Blessed', calling him the "First Apostle of the New Evangelization"!

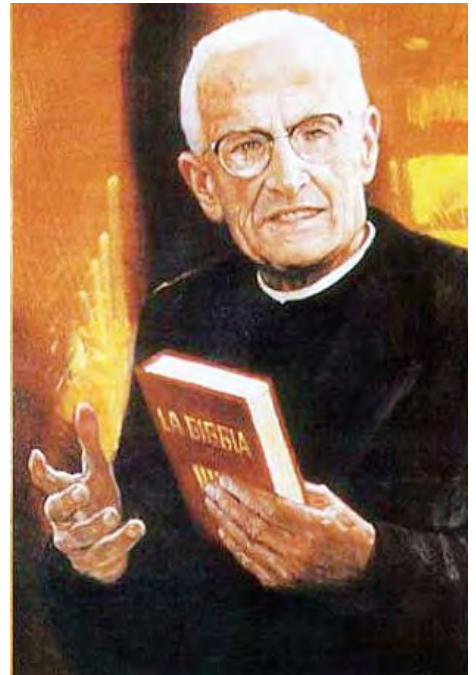
The use and abuse of the media is an age-old phenomenon, the wind of criticism raging across the centuries, the situation during Alberione's time apparently being no different. But of him it can be said that he did something very concrete to set matters right!



by Ladislaus L. D'Souza

Born on 4 April 1884 at Lorenzo di Fossano in Alba, Italy, James Alberione was physically weak since childhood. His main task in the family's farming work was therefore to show the glow of the oil lamp in the early morning darkness - a task that was to prove prophetic in later life. For he went on to show the light of the media's significance to a world ignorant of the true potential of the media! So convinced was he of the power of the printed word to influence minds and hearts that he dedicated himself to the use of modern technology to further the Gospel message. He did this by founding the **Society of Saint Paul** (1914), and the **Daughters of Saint Paul** (1915), the first ever media related religious congregations, for priests, brothers and sisters, the fact that several others have got on to the bandwagon in recent times being an entirely different matter!

Alberione's response to the doubts that assailed the champions of charity who sought to know as to how to help the new categories of poor who, to their hunger for bread, were adding an unquenchable thirst for moral elevation, was: "In the same way that others are feeding them with illusory promises, let us give them the gospel and let us do so with the same instruments that they use for the commu-



nication of ideas." There's no gain-saying the fact that Alberione's vision of media usage for the purpose of spreading gospel values (read *human values*), essentially concerns men and women of calibre and foresight.

As media activist, thinker, writer, organizer and, above all, as spiritual guide, this holy man proved to be a trail-blazer in the apostolate of the mass media. More than just a man of foresight and practicality, Alberione was deeply spiritual, the proof of which lies in how he defines the Pauline mission: "The apostolate of social communications requires a strong group of editors, technicians and propagandists... Generally speaking, the essence of the apostolate is at the editorial level.... For us, editorial work is not a ministry, but the ministry. Our main time is dedicated to editorial work, while other ministries receive only fragments of our hours". No wonder then why he insists that "the best decoration for an editorial room is a picture of the evangelists"! As for Pauline sale outlets, he emphasizes that they are but focal points of the apostolate - not commercial establishments but centres of service to the people, a temple, where the religious who serves is a preacher, making possible an encounter between the Word

(Contd.. on p. 17)

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and the world.

“Cooperators” - Lay Apostles of the Pauline Mission

Close on the heels of the establishment of the two societies of professed men and women Paul religious, he proceeded to found the **Union of Lay Pauline Cooperators** whose statutes received papal approbation in 1918 whereby, facilitating active lay participation in the Pauline mission. The ‘Cooperators’ would go, Alberione felt, where priests and religious couldn’t go and do what priests and religious couldn’t do – an objective that has stood the test of time!

Time was when Daughters of Saint Paul nuns engaged in home visitation for the purpose of disseminating literature published by them and the Fathers. The situation in India today, dominated as it is by the dictates and activities of militant Hindu outfits, is a complete turnaround that poses grave risk to our nuns. Add to it the situation prevailing on Catholic home-fronts, what with most parents at work, the children at school and the youth busy with their own affairs, locked doors are a common sight. That’s where lay involvement comes in, the scope for which is vast.

Prayer - Source of Sustenance

Jesus advises: “Pray always” (Lk 18:1). If Alberione was a man of action, he was essentially, first and foremost, a man of prayer. Prayer was the source of all his activity. In fact, from Canon Francis Chiesa, his spiritual director, he had even learnt to transform everything into an object of meditation, prayer and thanksgiving before the Eucharistic Divine Master. And so, as a matter of fact, he is believed to have spent increasingly endless hours in prayer, his day commencing at 3.30 am! That was not all - a new conviction was growing in him, viz. that the apostolate itself draws its nourishment from prayer. And so, in the year 1924, Alberione established the Congregation of the **Sister Disciples of the Divine Master**. Theirs is a

threefold apostolate: ongoing adoration before Blessed Sacrament, fulfilling the liturgical needs of the Church, and praying for all the initiatives and needs of both the Pauline Family and of the Church Universal, very specifically that there may be many vocations to the priestly and religious life.

Vocation concerns

Given the vocation scenario in the Church today, it would be of relevance to point out how seized Alberione was of the situation. As early as way back in 1957, we have him founding in response to a request from the Holy See, the **Sisters of Mary Queen of Apostles**. Widely known as the Apostoline Sisters, their motto “All vocations for all apostolates” actively expressed itself in the search for, care of and direction of priestly and religious vocations in the Church. Imagine! Vocations not to Alberione’s Pauline congregations but to priestly and religious life in general! One cannot help but admire the magnanimity of this saintly marvel!

Mary, Queen of Apostles

An apostle is one who gives Jesus. In his own words, “Mary’s apostolate is unique. In the Old Testament Mary was awaited as the bearer of the Saviour. During her earthly life up to the Ascension of Jesus; then from the Ascension to her blessed Assumption; and now from Heaven until the end of time: she always gives Jesus... From Mary we received Christ; through her we must go to Christ and live his life.” Very rightly then, the special love that Alberione had developed for Mary early in life ensured that he placed each of the institutes he founded under her protection, choosing the title “Queen of Apostles” for her patronage over the Pauline Family.

The Apostle Saint Paul

In Paul, Alberione discovered a vibrant example concerning media usage, the perfect model of an apostle and a “disciple who knows the Divine Master in his fullness; who lives him entirely, who sounds the profound mysteries of the doctrine, the heart, the sanctity, the humanity, the divinity of the Divine Master; who sees him as doctor, host and priest. He presents

the whole Christ to us exactly the way he had already defined himself: Way, Truth and Life.” Very significantly, considering that the Church’s entire theology so to say is based on Paul’s teachings/writings, Pope Benedict XVI dedicated an entire jubilee year [28 June 2008 to 29 June 2009] to Paul.

Church’s acknowledgement

Already in his lifetime, we have Pope Paul VI awarding the Pro Ecclesia et Pontifice to Father James Alberione on 28 June 1969, with the words: “Permit the Pope, dear Father Alberione, to rejoice at this long, faithful and unwearyed effort and the fruits it has produced for God’s glory and the good of the Church.” Alberione founded in all 10 institutes that comprise the Pauline Family, of which, India is privileged to be blessed with the presence of four viz, **Society of Saint Paul, Daughters of Saint Paul, Pious Disciples of the Divine Master and Pauline Cooperators**.

Mission of every believer

Baptism enjoins on every believer the duty to proclaim the Good News. This is done largely by living a life of holiness which, according to Alberione, “is and always consists in living Jesus Christ as he is presented in the Gospel: the Way, the Truth and the Life.” Thus, as we make our sojourn through life, the dream of every believer cannot but be to say with Blessed James Alberione: “Silver and gold I have none! But I give you what I have – I give you Jesus Christ, Way, Truth and Life”!

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Healing Saints for Common Ailments



When it comes to concerns for our health and the health of our loved ones, we should always turn to prayer.

We pray for disease prevention, for physical healing, and for peace of soul while enduring physical suffering.

Fortunately, there seems to be a special Saint for just about every illness and health concern we can think of!

The saints are great aids to us in our time of need and help guide us to greater love for Christ through our crosses and trials, especially when it comes to our health.

Here is a list of both popular and not-so-well-known saints to invoke for common ailments:

- Addictions:** St. Maximilian Kolbe
- Arthritis:** St. Alphonsus Ligouri
- Babies, Infants, Children's Health:** St. Philomena
- Back Pain:** St. Gemma Galgani
- Breast Cancer:** St. Agatha
- Broken Bones:** St. Stanislaus Kostka
- Burns:** St. John the Apostle
- Cancer:** St. Peregrine
- Chronic Illness and Suffering:** St. Lidwina of Schiedam
- Cramps, Abdominal Pain: St. Erasmus of Formiae (St. Elmo)
- Diabetes: St. Josemaria Escriva
- Epilepsy and Seizures: St. Vitus
- Eye Disorders: St. Lucy
- Head Injuries: Blessed John Licci

- Headaches: St. Teresa of Avila
- Heart Disease, Heart Attack: St. John of God
- Impossible Causes:** St. Jude Thaddeus
- Infections:** St. Agrippina of Mineo
- Infertility, Miscarriage, Childbirth:** St. Gerard
- Kidney Disease:** St. Benedict
- Lung and Respiratory Problems:** St. Bernardine of Siena
- Obesity, Stomach Ailments:** St. Charles Borromeo
- Pain, Suffering, Healing:** St. Pio of Pietrelcina
- Skin Disease:** St. Anthony of the Desert
- Stress, Anxiety, Mental Health:** St. Dymphna
- Strokes, High Blood Pressure:** St. Andrew Avellino
- Surgery:** St. Luke the Evangelist
- Throat Ailments:** St. Blaise
- Toothache, Dental Problems:** St. Apollonia
- Wounds:** St. Rita

1000 & More Animal Quiz

This book by Jubel D'Cruz contains over 1,400 questions with answers of different species of animals, birds, insects, reptiles and creatures of the Sea. The book is priced at Rs 180/- per copy and has been published by St. Paul's Publications, Mumbai. The book is a 'must' for every student going to school or to college.



Some of the questions from the book are listed below:

Q. What is deer meat called?
A. Venison

Q. In which country are hyenas eaten?
A. Egypt

Q. How do insects breathe?
A. By the tiny holes in their bodies

Q. Which animal is considered as man's best friend?
A. The dog

Pope Francis: "Civilize the Market"!

Pope Francis addressed members of the *Pontifical Academy of Social Sciences*, during a three day meeting (19-21 October, 2017) – "Changing Relations Among Market, State and Civil Society"! This topic was inspired by Emeritus Pope Benedict's XVI's 2009 Encyclical Letter, *Caritas in Veritate* – Charity in Truth! - which upheld the right and obligation of governments to intervene with policies to ensure that the market economy does not lead only to the creation of goods and services, but that such benefits all members of society. (Some excerpts):

"The systemic exploitation of the planet's resources to create income and wealth, has not benefited everybody, but has created an increase in inequality! States make all sorts of interventions in the economy through choices about energy, labor policies, banking, taxes, social welfare and education. Depending on how these sectors are programmed, there are different consequences in the way income and wealth is distributed among those who helped produce them."

"In societies where profit is the only concern, democracy tends to become a 'plutocracy' (governed by the wealthy) – where inequality of peoples and the exploitation of the planet grows. This should be avoided! But the development of clean energy to resolve the challenge of climate change, is one area where both workers and the planet would benefit!"

"Thus, political action must be placed truly at the service of the human person, the common good, and the respect for nature. Basically, we must aim at 'Civilizing the Market', and working for an ethic that is friendly towards the person and environment, made in the image of the Divine" (cf. Genesis 1:26-27).

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

Inspiration!

Live your healthiest life, without medication

We live in a world that believes your life's obstacles can be cured with the right medication. Want to lose weight? Take a pill to boost your metabolism. Stressed? Take a pill to calm your nerves. Not sure what's wrong with you? Pop a pill anyway. Do you know that you can live a healthy life with ever touching medication? We have to stop relying on medication to 'fix' us and instead, start working towards living our best lives

Prescription drug use is on the rise. For many people, medication is often the best shortcut to escape from illness and to recover much more quickly and painlessly; however, a shortcut is not always the best resort and many health conditions can actually disappear without taking drug. While prescription drugs can be helpful and life-saving, with the overuse of antibiotics and risks of side effects, severe allergies, and drug interactions, there are good reasons to limit prescriptions when it's safe to do so. But what if you want to live a medication-free life? Is it possible to be healthy and live a long life without the aid of prescription drugs? — if you start young, make healthy lifestyle choices and focus on prevention. It may be—if you start young, make healthy lifestyle choices and focus on prevention.

Stay healthy with healthy routines:

Your routines generally comprise eating, doing activities, and taking some rest every day. If you do them correctly, you can stay away from illness, so by maintaining healthy diet, proper physical activities and exercises, and proper sleeping, you will have bigger chance to live a medication-free life. The question is how to do those routines correctly? Proper diet basically involves reducing potentially risky foods, including processed foods, refined foods, and foods rich in saturated fat. Proper physical activities usu-



ally involve doing efficient exercises that are not too burdensome, such as walking, jogging and other aerobic exercises. Using stairs instead of lift and standing more frequently than sitting when using computer are other examples of activities that are good for your health. Proper sleeping basically involves maintaining appropriate sleep schedule and sleeping for approximately 7 to 9 hours every day.

Love Yourself :

Did you know that depression affects 1 in 10 Americans (and that the number of patients diagnosed with depression increases 20% each year)? How do you beat this disease without relying so much on your meds? Answer: You LOVE YOURSELF! Starting today, make it a point to be in love with yourself. Not in a creepy, conceited sort of way. But in a "love the miracle of your existence" sort of way. Know what you stand for, what your values are, and what you are willing to do and give to others, and then start living your life by those standards. Genuine love for your self is the key to true happiness and emotional health.

Challenge Your Mind:

Just like with exercise and physical fitness, if you never work out your mind, it's going to get out of shape. And when that happens, we tend to turn to medication to help us out. So

start challenging your mind with mentally stimulating activities – puzzles, games, word problems, problem solving, learning a new hobby, and so on. Some studies have even shown that

stimulating your mind via challenging activities can possibly help prevent dementia. So ask yourself: What are you doing to challenge yourself mentally today?

Surround Yourself With Positive People:

You are the sum total of the people you surround yourself with on a daily basis. Are those people helping or hindering you? Are they a positive or negative influence on your life? Are you even hanging around other people? Being around others who: a) are positive and uplifting, b) share the same interests as yourself, and c) don't bring you down can have a profound positive effect both on your mental and emotional health. So, if you don't have a positive social circle (both offline and online), get one. And if you're in a painful relationship, get help.

Reduce Your Stress:

Stress is rarely good. And being exposed to too much stress for too long can have negative effects on your physical, mental, and emotional health. Without managing it, stress can single-handedly ruin your life. Do any combination of the following to help lower your stress (without having to result to potentially harmful prescription medications):

- Practice yoga. Where you have to practice deep, conscious breathing (which can help lower stress levels)
- Keep a gratitude journal. Where you write down all of the positive things in your life.
- Help others in need. Where you help a friend or stranger with one of their problems (which will make your problems seem less important and smaller.)
- Drink green tea. Green tea is a great drink with low caffeine but many health benefits.



6787 MUMBAI : Goan Roman Catholic Bachelor, (Born in August 1986), Ht. 6' 1", Wt. 80 kgs, Wheatish Complexion, Edn. 12th Std., born, broughtup, worked in Bahrain, currently settled and working in Mumbai. Contact email : marinablaise3@gmail.com

6786 MUMBAI : Goan Roman Catholic Bachelor, (Born in May 1981), Ht. 5' 11", Wt. 65 kgs, Fair Complexion, Edn. BA working as a Sales Associate. Contact email : saviatorres56@gmail.com

6781 MANGALORE : Mangalorean Roman Catholic Bachelor, (Born in January 1989), Ht. 5' 11", Wt. 60 kgs, Fair Complexion, Edn. MBA (Finance) working as a Corporate Officer. Contact email : sudeshmascarenhas@gmail.com

6771 CANADA : Bombay born, broughtup and educated Kerlaite Roman Catholic Bachelor, (Born in October 1987), Ht. 180 cms, Wt. 75 kgs, Fair Complexion, Handsome, Edn. B. Tech Computer Engineering, working as a Software Engineer. Permanent Resident Canada. Seeks a well educated girl from Canada, U.S. Or Mumbai. Good looking, ready to settle in Canada. Keralite / Mangalorean / South Indian. Contact email : anthony99ignatius@gmail.com.

6768 MANGALORE : Mangalorean RC Divorce, (Born in August 1975), Ht. 174 cms, Wt. 70 kgs, Wheatish Complexion, Edn. HSC + 2 years Mechanical, working on Cruise Line. Contact email : roshanpilar@gmail.com

6746 MUMBAI : Mangalorean RC Bachelor, (Born in April 1987), Ht. 5' 10", Wt. 78 kgs, Fair Complexion, Edn. MBA / BE, Working as a Asst. Manager. Contact email : nestortauro@rediffmail.com.

6740 MUMBAI : Mangalorean RC Bachelor, (Born in December 1986), Ht. 5' 6", Wt. 62 kgs, Fair Complexion, Edn. B.E. / B. Tech. Worked abroad present having own business. Contact email : noelmenezes02@gmail.com

6695. MUMBAI : Mangalorean RC bachelor, (Born in August 1972), Ht. 5'9", Wt. 77 kgs, Fair Complexion, Edn. F.Y. B.Com., + IATA, working as a C.S. Associate in MNC., Contact email : binatone55@gmail.com OR Phone : 25441116 / 9619742315 / 9619032564

6693. MUMBAI : Mangalorean RC bachelor, (Born in September 1988), Ht. 6', Wt. 85 kgs, Edn. Graduate Degree, Merchant Navy Captain in U.K., working as a Merchant Navy Officer. Contact email : kennethlazrado@yahoo.com.

6684. MUMBAI : Goan RC bachelor, (Born in January 1969), Ht. 5' 5", Wt. 60 kgs, Edn. High School, working as at Airport as Counter Staff. Contact email : danrox009@gmail.com.

6677. BANGALORE : R.C. Parents invite alliance : son Engineer B.E., (Mechanical), Divorcee working in the Gulf, having good job, well off, (Born in June 1967), Ht. 5' 4", Wt. 63 kgs. Girl should be educated, good family background, kind, loving & caring : caste denomination no bar! Contact Mob.: 07795101265

6675. MUMBAI : Roman Catholic Bachelor born and brought up in Mumbai (Born in October 1984), Ht. 6', slim athletic build, fair complexion, only child. Education BE Electronics, having family business (Electronic Component Manufacturing) from decent family hav-

ing sober habits. Looking for slim, well educated Roman Catholic girl from decent family with sober habits, having hight above 5' 2". If interested kindly send biodata with photograph to snad2450@gmail.com OR contact 9223219634

6669 MUMBAI : Goan R.C. Bachelor, M.Sc., in Telecom, MBA, (Born in February 1978) Ht. 5' 5", Fair, good natured. Working as a Financial Analyst in New York. Contact email : zennon.fernandes@gmail.com OR 8698375997.

6667 MUMBAI : Goan R.C. Bachelor, B.Com., (Born in January 1983) Ht. 5' 7", Wt. 65 kgs, Fair, smart and good natured. Non alcoholic and non smoker. Seeks a fair, good looking, good natured slim Goan RC girl. Contact Mob: 9930466725

6666 MUMBAI : Mangalorean R.C. Bachelor (Born in February 1988) Ht. 6', Wt. 72 kgs, Fair Complexion, Edn. BMS/PGDM, working as a Customer Executive. Contact email: lilydsouza50@gmail.com OR 9869158197

6664 MUMBAI : Mangalorean R.C. Bachelor (Born in December 1982) Ht. 5' 3", Wt. 68 kgs, Fair Complexion, Edn. B.Com., A.C.A., LLB., C.A. by Profession. Contact email: saldanha_ryan@yahoo.com OR 9820670158.

6663 MUMBAI : Goan R.C. Bachelor (Born in January 1979) Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com, Working as a Manager in MNC. Contact email: francis_fernandes20@yahoo.com

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Brides



MATRIMONIALS

6785 MUMBAI : Alliance invited for 1985 born RC East Indian Spinster, 5' 6", B.Com., LLB., LLM., Manager in an MNC, from Mumbai, Maharashtra for suitably educated RC bachelor, 32-35 years from Mumbai/abroad preferably Engineers/Doctors/Lawyers/CA/MBA. Kindly reply with details to : faith_forever_2017@yahoo.com

6772. MUMBAI : Goan RC spinster, (Born in August 1984), Ht. 5' 6", Wt. 59 kgs, Fair Complexion, Edn. B.Com., working as a Accountant. Contact email : josephpiedadepereira@yahoo.in

6770. MANGALORE : Mangalorean RC spinster, (Born in October 1987), Ht. 5' 2", Wt. 52 kgs, Wheatish Complexion, Edn. MBBS, Senior Residential Doctor. Contact email: myname2487@gmail.com

6769. MUMBAI : East Indian RC spinster, (Born in December 1986), Ht. 5' 1", Wt. 70 kgs, Wheatish Complexion, Edn. MBA in Finance, Deputy Manager in Bank. Contact email: dianafnnds62@gmail.com

6758. MANGALORE : Mangalorean RC spinster, (Born in December 1987), Ht. 5' 2", Wt. 48 kgs, Fair Complexion, Edn. MBA in Finance, working for Bank in Bangalore. Contact email : cyrilv27@gmail.com

6755. MUMBAI : Mangalorean RC spinster, (Born in July 1991), Ht. 5' 8", Wt. 62 kgs, Wheatish Complexion, Edn. B.Sc., Nurse, working as a Nurse in U.K. Contact email : alm716349@gmail.com

6754. MUMBAI : Mangalorean RC spinster, (Born in July 1991), Ht. 5' 4", Wt. 48 kgs, Wheatish Complexion, Edn. B.E. Mechanical, working as a Officer in PSU. Contact email : mel.6513@yahoo.com

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6753. MUMBAI : Mangalorean RC Parents seeks alliance for spinster daughter aged 26, Ht. 5' 1", CA (Chartered Account), presently working in Mumbai in an MNC. Looking for a professionally qualified well settled Mangalorean RC boy with good family background age upto 29 years, BE/CA working in India or abroad (Not from middle East). Contact email : stanley_ds118@yahoo.com

6749. AUSTRALIA : Goan RC spinster, (Born in October 1985), Ht. 5' 2", Wt. 57 kgs, Wheatish Complexion, Edn. Bachelor of Arts (Psychology) working as a Psychologist. Contact email : artemiamaria@yahoo.com

6741. MANGALORE : Mangalorean RC spinster, (Born in March 1993), Belonging to a very affluent business family. Edn. MBBS, intends to pursue M.D. Very fair, very beautiful seeks suitable groom Contact email : sona68500@gmail.com

6739. MUMBAI : Anglo Indian Kerelite Spinster (Born in February 1995), Ht. 5' 1", Wt. 62 kgs, Fair, goodlooking, Edn. 5th Std., slow learner, handicap, able to do house work, very much interested in handicraft. Seeks a suitable match. Contact email : mercyserroa@gmail.com

6738. MANGALORE : Mangalorean RC spinster, (Born in November 1986), Ht. 5' 5", Wt. 58 kgs, Fair Complexion, Edn. MBA, PGDM., working as a Finance Executive. Contact email : vinishaleena@gmail.com

6737. MUMBAI : Goan RC spinster, (Born in November 1988), Ht. 5' 3", Wt. 75 kgs, Wheatish Complexion, Edn. M.Com., Working as an Accoun-

tant. Contact email : jocelyn_rod15@yahoo.in

6736. BANGALORE : Goan RC spinster, (Born in February 1987), Ht. 5' 4", Wt. 55 kgs, Wheatish Complexion, Edn. Masters in Library & Information Science, working as a Librarian, seeks a suitable match. Contact email : gracefreitas@rediffmail.com

6733. MUMBAI : East Indian RC Spinster, (Born in October 1989), Ht. 5' 4", Wt. 60 kgs, Wheatish Complexion, Edn. B.A. (Hons), & CS (Company Secretary) working as a Company Secretary in Financial Company. Contact email : cslibra89@outlook.com

6732. MUMBAI : TAMILIAN RC Spinster, (Born in June 1990), Ht. 5' 1", Wt. 52 kgs, Wheatish Complexion, Edn. M.Com., B.Ed., Teacher by profession. Contact email : adnadar@gmail.com

6721. MUMBAI : Mangalorean RC Spinster, (Born in December 1993), 5', Wt. 45 kgs, Wheatish Complexion, Edn. B.Sc., IT., working for Engineering Company. Contact email : lynettelewis67@gmail.com

6720. MUMBAI : Goan RC Spinster, (Born in November 1989), 5' 5", Wt. 62 kgs, Wheatish Complexion, Edn. MBA working as a HR. Contact email : janessafernandes25@gmail.com

6716. MUMBAI : Anglo Indian RC Annulled (Divorcee) (Born in November 1983), 5' 2", Wt. 56 kgs, Fair Complexion, Edn. Master's Management, working in DUBAI as a Marketing/Sales. Contact email : diana-marriot@rediffmail.com OR maskelld795@gmail.com

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GROOMs (Divorcee)- Royal Christian Family

For Profiles and contacts Call: +91 - 9820485389 / 9820473103

- 6768 MANGALORE : Mangalorean Roman Catholic Divorcee, (Born in August 1975), Ht. 174 cms, Wt. 70 kgs, Wheatish Complexion, Edn. HSC + 2 years Mechanical, working on Cruise Line.
6677. BANGALORE : R.C. Parents invite alliance : son Engineer B.E., (Mechanical), Divorcee working in the Gulf, having good job, well off, (Born in June 1967), Ht. 5' 4", Wt. 63 kgs. Girl should be educated, good family background, kind, loving & caring : caste denomination no bar!
- 6654 MUMBAI : Mangalorean R.C. Divorcee (Born in October 1980) Ht. 5' 11", Wt. 95 kgs, Fair Complexion, Edn. Hotel Management, working asa Asst. Manager in CANADA, seeks an educated, homely, UK bases girl.
- 6198 MUMBAI : Mangalorean Roman Catholic Divocee, (Born in october 1969), Ht. 6', Fair Complexion, Edn. Undergraduate, working as a Security officer in Ship.
- 6612 MUMBAI : Mangalorean Roman Catholic Divorcee, (Born in October 1970), Ht. 5' 7", Wt. 66 kgs, Fair Complexion, Edn. HSC., Service.
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., Advocate by profession.
6526. DOHA QATAR : Mangalorean Roman Catholic Divorcee, (Born in September 1982), Ht. 5' 10", Wt. 75 kgs, Wheatish Complexion, Edn. MBA, PGDM, having decent job.
- 6493 MUMBAI : Mangalorean Roman Catholic Divorcee, (Born in April 1982), Ht. 5' 8", Wt. 162 lbs, Brownish Complexion, Edn. M.Sc., Computer Science, working as a Software Engineer in USA.,
6555. MUMBAI : Goan Roman Catholic innocent Divorcee, 1st marriage annuled by the church, handsome, fair (Born in June 1983), Ht. 5' 11" Wt. 75 kgs, Edn. Nautical-Science, working as a Marine Officer in Merchant Navy, Seeks a goodlooking, graduate, homely girl.
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 preferably working in USA.
6510. MUMBAI : Mangalorean Roman Catholic Divorcee, (Born in February 1981), Ht. 5' 10", Wt. 80 kgs, Fair Complexion, Edn. Masters in Computer, working as a Sr. Tech. Anyl in Bank. .
6472. MUMBAI : Mangalorean Roman Catholic Divorcee, (Born in September 1981), Ht. 5' 10", Wt. 99 kgs, Wheatish Complexion, Edn. B.Sc., Hospitality and Hotel Administration, working as a Duty Manager,
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.

BRIDES (Divorcee)- Royal Christian Family

For Profiles and contacts Call: +91 - 9820485389 / 9820473103

- [RF102044] AUSTRALIA: Australian citizens of Indian Christian origin residing in Sydney seek matrimonial alliance for their daughter: Age: 43yrs Ht.: 5'4", Wheatish complexion, Beautitul with black hair Understanding, trust worthy, physically active, having a pleasant & affable disposition with strong family values and social networking skills. Marital Status: Divorce (has no children) Annulment in progress. Well educated employed in the Australian Financial Sector in a responsible position.
6714. MUMBAI : Goan Roman Catholic Divorcee, (Born in May 1978), 5' 5", Wt. 54 kgs, Fair Complexion, Edn. HSC., working as a Company Secretary.
6701. MYSORE : Mangalorean Roman Catholic Divorcee, (Born in May 1983), 5' 2", Wt. 70 kgs, Wheatish Complexion, Edn. MBA, Ph.D., Assistant Prof., by profession.
6642. MUMBAI : Goan/Mangalorean Roman Catholic Divorcee, (Born in September 1979), Ht. 5' 3", Wt. 60 kgs, Wheatish Complexion, Edn. B.Com., working as a Customer Service, Seeks a suitable match.
6716. MUMBAI : Anglo Indian Roman Catholic Annuled (Divorcee) (Born in November 1983), 5' 2", Wt. 56 kgs, Fair Complexion, Edn. Master's Management, working in DUBAI as a Marketing/Sales.
6577. MUMBAI : Roman Catholic Divorcee, (Born in April 1989), Ht. 4' 10", Fair Complexion, Beautiful, Edn. Dip. in HM & Bakery, working as a Cashier / Ordertaker.
6556. BANGALORE : Mangalorean Roman Catholic Divorcee, (Born in July 1988), Ht. 5' 5", Wt. 55 kgs, Fair Complexion, Edn. M.C.A., working as a Software Engineer with Reputed IT firm.
6498. MUMBAI : Mangalorean RC Divorcee, 1st marriage annuled by the church, (Born in October 1984), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com, working as a S&Q Officer in Shipping company.
6468. MUMBAI : Parents of R.C. Goan innocent divorcee, 1st marriage annuled by the church, (Born in September 1980)/5', looks much younger to her age, Only daughter, working in Muscat as a teacher, seeks preferably working and living abroad.
6314. MUMBAI : Keralite Roman Catholic Divorcee, (Born in December 1987), Ht. 5' 6", Wt. 55 kgs, Fair Complexion, Edn. M.Sc. Somputer Science, working as a Software Engineer.
6364. MUMBAI : Goan Roman Catholic, 1st marriage annuled by the church, (Born in August 1975), Ht. 5' 2", Wt. 60 kgs, Fair Complexion, Edn. B.Sc. (MBA Pursing) working as a Quality analyst.
- 6001 : MUMBAI : Roman Catholic Divorcee, (Born in September 1983), Ht. 5' 4", Wt. 56 kgs, Wheatish Complexion, Edn. M.Com/MBA, Sr. Executive with a reputed firm, seeks a suitable match.

6369 Mumbai: Mumbai based Respected, affluent Mangalorean catholic parents invite alliance for their handsome son 37 years, fair, tall, well built, well placed & highly qualified 1st marriage annuled by the church. Girl should be slim, fair, well educated, God fearing having good values and of a good family background and status.

Prayer to St. Jude to Save Marriage

St. Jude, I call upon you to intercede with God for me and to help me in my relationship. Help us come together so we can reconnect and reignite our love and understanding for each other. Help us listen and speak from the heart so we can communicate with compassion. Teach us how to love ourselves so we can easily love one another. You know exactly what we need to deepen our love for each other and I welcome the miracles you will manifest for me. Thank you St. Jude, I will honor God in your name, and cause you to be loved and invoked for your incredible power to mend hopeless cases.

MATRIMONIAL

MUMBAI : Mangalorean Roman Catholic spinster (Born in April 1973), 5' 5" tall, looks much younger to her age, good looking, fair complexion with qualifications, B.Com. (Mumbai), M.B.A. Finance (Canada), M.B.A., (H.R.) and Diplomas in I.T. (NIIT), Comp. (APTEC), and Cert.Ind Acct. (I.C.A.), working in good position. Graduate / Post Graduate unmarried R.C. Bachelors upto 47 years, employed in good position and well settled in Mumbai or abroad. Contact email.: bellwether77@yahoo.com OR Mob.: 9892700617

Ups and downs of a marriage



Things you should have in marriage

- ♥ Forgiveness
- ♥ Commitment
- ♥ Attachment
- ♥ Sacrifice
- ♥ Power balance-decision making
- ♥ Power of trust
- ♥ Open communication

Marriage is full of mountain tops. Some of the greatest days of our lives are found in the context of being in a relationship with the one we love.

In a marriage, the good times should be cultivated and appreciated. We should be overwhelmed with gratitude for the good days.

But not every day will be spent on the mountain top. Every marriage can be assured of difficult moments. There will be times of great grief, sorrow, frustration, and disillusionment. Following are some valleys that marriage faces.

The weariness of the child-bearing years. For many couples, the first real test of their relationship is the child-bearing years. While some choose not to have children, most husbands and wives do desire offspring. These can be trying years. Few things are as emotionally taxing as trying to get pregnant and not being able to. Few things are as physically exhausting as bearing a child and enduring the sleepless nights of those first few years. While these can be rewarding times, husbands and wives should expect these to also be trying times. They may not feel as emotionally close to one another. It takes time and effort to learn how to support one another.

The blandness of the 7-year itch.

Legend says it happens in 7 years, but forget the number. Whether it's at year 7 or 10 or 17, every couple will go through a season (and probably multiple seasons) in which the familiarity of one another will create a blandness. This doesn't mean your love is dying or it's time for a new marriage. It simply means you have reached a level of stagnation and you need to grow and learn more about one another. While these moments frighten some couples, they are actually moments of great potential. If partners use the blandness as a challenge to reconnect, they will likely develop a deeper connection with one another.

The battle of raising teenagers. Having kids is difficult, but raising teenagers is often the greatest struggle a couple will face. We should never underestimate the emotional toll of raising teenagers. While an exciting time, it's also one full of grief as we mourn the passing of the childbearing years. It's a time of fear for we know they are soon to leave the house. It's also a time of uncertainty because so much of our identity is wrapped around being parents and our roles are soon to change. For most marriages, the late junior high and early high school years are the toughest times in the relationship.

Don't give up. Too often, couples divorce during very predictable times. They don't realize they are experiencing a normal valley in their marriage

and instead assume something is horribly wrong with them. Keep fighting for your marriage.

Endure the Dark Days

While every marriage can expect moments in the valley, we can't deal with them passively. We must intentionally confront the tough times so that they are simply seasons of life. We must ensure that those seasons don't become the defining aspects of our relationship.

Don't get stuck. While we all must endure these moments, we can't get stuck. We must process through the emotions and experiences learning and growing as we go. Tough times don't kill relationships, but getting stuck in unhealthy patterns during those seasons can end any relationship.

Don't hesitate to get help. Just because tough times are expected doesn't mean we can naturally navigate them by ourselves. Nearly every couple will experience moments in which they need to seek professional counseling. It's better to call a little too quickly than a second too late.

Even the best of marriages will experience many highs and lows. While we should do everything we can to maximize the mountain tops and minimize the valleys, we cannot bypass every sorrow. Expecting them, in part, can empower us to endure.

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