

# THE SECULAR CITIZEN

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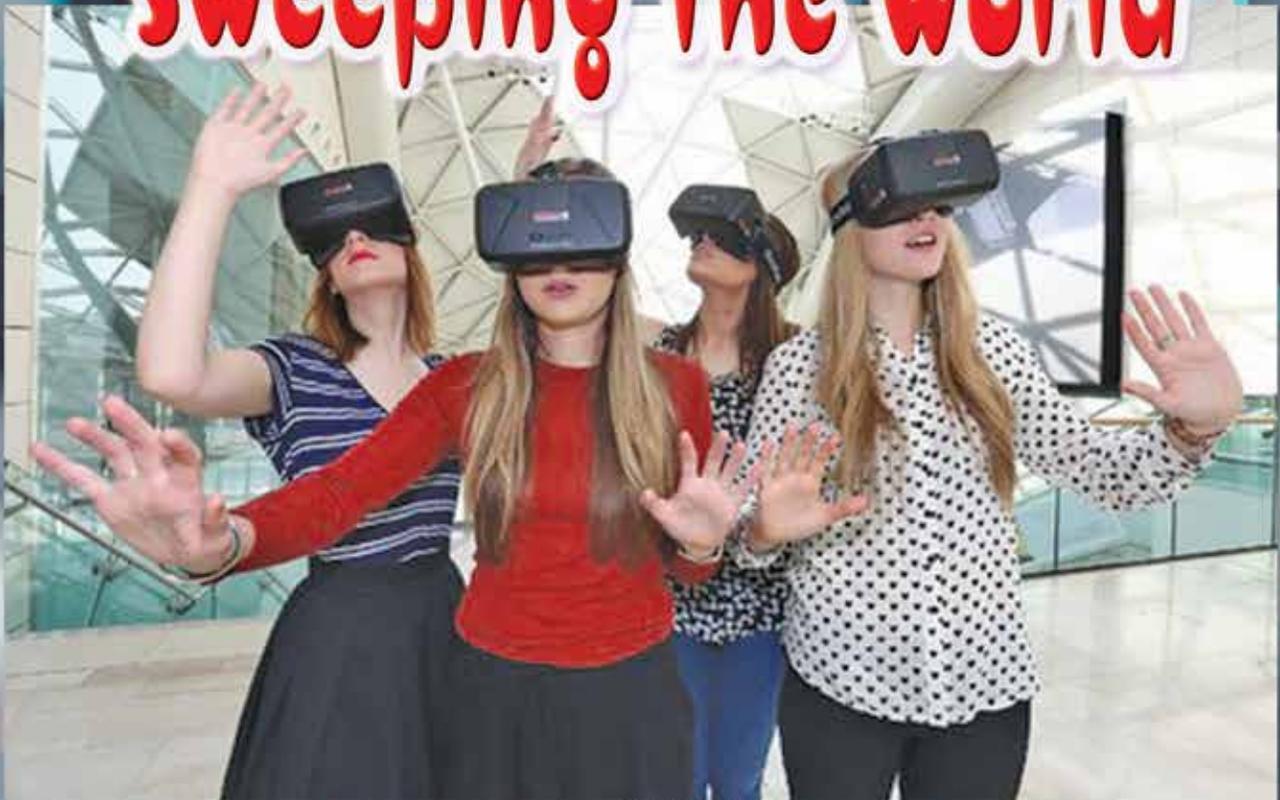


Rs. 10

A NATIONAL FAMILY WEEKLY



## Cybersickness is now sweeping the world



# World Salsa Summit 2018

Elvis Mascarenhas competed in the Salsa On2 Solo category and won first place. Namrata Wittke competed in the Heats/ Freestyle category and won Second Runners Up.

Elvis is the first Indian/ Asian to win the Solo Category at the Summit. He has been competing for the past 3 years in many International events in different street styles like Hiphop, House. This is his first time competing in a World Summit and he won. Some of his other wins are Top 4 in Juste



Debout Paris 2016, Urban Renewal NYC 2015 Winner, Winner Prove Your Groove NYC 2014, House Dance International Top 8 NYC, Dance @ Live World Cup Taiwan Top 8, IIDC Asia Cham-

pionship Kizomba First Runners Up 2017 , Asia Pro solo Men Champion 2016 .

Namrata has competed for the first time in Salsa at the summit and is the first Indian to win free style category amongst 45 countries, she also won Asia Championship 2017 for Kizomba.

Elvis /Namrata are the 1st ones to introduce Kizomba to Mumbai /India , travel around the country to teach Latin and other street styles and also perform and conduct workshops. They have been travelling regularly to New York since 2014 to train with some of the best artists (originators ) in their genres of dancing.

# The Church in India Releases English Standard Version (ESV) Catholic Bible



## The New Edition of the Bible is for Liturgical use

**Bangalore, 16 February 2018:** His Eminence Oswald Cardinal Gracias the President of the Conference of Catholic Bishops of India (CCBI) and the Archbishop of Bombay released the English Standard Version Catholic Edition of the Bible (ESV-CE) and handed over the first copy to His Eminence Telesphore Cardinal Toppo, the Archbishop of Ranchi at a solemn function held during the 30th Plenary Assembly of the CCBI, at Bangalore on 4 February, 2018.

“Releasing of the ESV-CE Bible is a historical event and it would be of valuable help to the people of our country and the biblical apostolate. The ESV Catholic Bible is the Indian Church’s contribution to the universal Church” said Cardinal Gracias.

“The ESV-CE translation came into being due to the preparation of the Lectionary for India and so it would be used not only for the Lectionary but also in the Divine Office and all Liturgical Books” said Archbishop Dominic Jala, the Chairman of the Commission for Liturgy and the Archbishop of Shillong.

Through a circular, Bishop J. Susaimanickam, the Chairman of the CCBI Commission for Bible has requested the rectors and heads of all formation houses to replace all existing Bible translations with the ESV-CE in their training of students. “Since the Lectionary in India, which is under preparation, will feature the text of ESV-CE, it would be extremely commendable to introduce the ESV-CE to the students of Sacred Scripture in Seminaries,

Formation Houses, Study Houses and in higher Institutes of learning, so that becoming familiar with it, they would be better equipped when they turn to the Lectionary and use the same text for their personal reading, prayer and preaching” explains the circular of the Chairman of the CCBI Commission for Bible.

ESV-CE is a joint venture of the CCBI Commissions for Liturgy and Bible. The CCBI Commission for Liturgy was looking for an English Version of the Bible, which could form the basis for the new Lectionary in India. The ESV was then finalized based on various parameters. The most important reason why the ESV text was chosen is that it has grown out of the erstwhile RSV, which we have known and used in the seminary and in the Liturgy for many years. Therefore, there would be continuity with the text with which we were familiar with. Moreover, in the ESV, the archaic language used in the RSV has been brought into line with current usage. There is an exceptional freshness to the text of the ESV.

The ESV text had been studied by a team of Indian Catholic Scholars, headed by Rev. Dr. Lucien Legrand, MEP. During the 29th Plenary Assembly of the CCBI, held at Bhopal, the house unanimously voted in favour of the ESV. Subsequently, His Eminence Cardinal Oswald Gracias, on behalf of the CCBI, granted imprimatur to the ESV-CE. The publishers for the ESV-CE is the Asian Trading Corporation, Bangalore.

*Rev. Dr. Stephen Alathara  
Deputy Secretary General  
Conference of Catholic Bishops of India*

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## 'Thought for the week'

*Don't compare your life to others. You have no idea what their journey is all about.*

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**Cover :** Cybersickness is now sweeping the world:  
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## Syro Malabar Catholics in Delhi get new cemetery

**New Delhi:** Syro Malabar diocese of Faridabad has opened a cemetery in its own private land after acquiring necessary civil permissions to use it as a Christian burial ground exclusively for its members.

Archbishop Kuriakose Bharanikulangara of Faridabad dedicated the burial ground and blessed a new chapel attached to it on Feb. 17 at Sanjoepuram village in Faridabad district of Haryana.

"Providing space for the burial is part of the pastoral care of migrants," said a diocesan spokesperson. Having our own cemetery would help the community in many ways," he added.

The dioceses established in 2012 aims to provide pastoral care for some 150,000 Syro-Malabar Catholics in and around Delhi, who are mostly migrants from from Kerala, southern India.

The burial ground "has got the required permissions from the civil authorities," Archbishop Bharanikulangara told ucanews.com explaining that it fills a great felt by the dioceses.

Migrants from Kerala face technical and financial difficulties to take bodies of their dead back to their home state. Some of them live hundreds of kilometres away from the common cemeteries of in



Delhi. Besides shrinking space of these common cemeteries also remains a major problem, archbishop Bharanikulangara said.

Vicar General Father Jose Edassery and all the priests of the diocese joined some 200 people for the blessing ceremony.

—ucanews

## Marian Hour Novena Book Released



Last week was special to Catholics in the archdiocese of Calcutta: it was a special sunny day to begin with, the first fresh whiff of spring had brushed away the usual dust and grime around the neighborhood. At ten in the morning the Daughters of St. Paul, Media and Communications showroom celebrated the release of AFJ Founder Melvyn Brown's Marian Novena Book (see pic). The Foreword of the book was by Fr. Timir Singha, SJ. The Jesuit priest said, "Melvyn Brown has inspired and led us into many areas of our Faith and our Christian life."

## ' Modernise vehicular parking in residential buildings '

With reference to the article titled : What is valet parking? in THE SECULAR CITIZEN dated MONDAY 19-SUNDAY 25 FEBRUARY 2018 all residential buildings must mandatorily have two levels of underground parking for vehicles to prevent people from parking them on roads and pavements and thus provide more space for vehicles on roads and keep pavements free of vehicles so that they can walk safely on pavements.

A white line must be drawn on the ground leading to the entrance of a building and the words TAXI PICK UP AND DROP OFF POINT must be written on both sides of this line so that taxis can collect and drop off their passengers at a fixed spot and an intercom system must be installed outside the reception of the building so

that the passengers can be informed about the arrival of the taxi they had

booked.

All residential building parking spots must have closed circuit cameras to prevent unnecessarily pilferage and stealing of vehicles and fire extinguishers to deal with fires and a water tap so that the vehicle can be cleaned and any littering of the parking spot must result in a stiff fine which must be doubled if the offence is repeated but the fine must not be wasted but used for important and useful residential building project and a similar fine must also be levied vehicle owners who use very bright lights to daze other vehicle passengers and deafen them with extremely loud horns.

In this way parking of vehicles in residential buildings can be modernised and life can be made even more pleasant for one and all.

—Peter Castellino

## What is Life ?

A day with couple that want to die - these headlines in today's Mumbai Mirror (19th February) must have startled the readers. The report goes on to say, they have written to the President of India. seeking permission for euthanasia. Even more frightening is their next plan of action; the report goes on to further state that they are now planning a murder, as they are convinced that their plea for euthanasia would be not accepted - the husband would kill the wife and then he would be arrested and sentenced to death for the murder (their deadline is 31st March 2018).

A frightening situation, certainly. It is indeed difficult to understand what goes on the minds of such senior citizens. There's something weird about this couple. On the one hand, according to the newsreport, they seem to be spending their time in a nice manner, like taking walks, reading, etc. At the same time, they are bored with life; they are also willing to donate their bodies. They also say they chose not to have children as they considered it a "social crime" to add to the world's population. It is indeed difficult to understand the situation. And one tends to ask, "what is Life ?"

—Melville X. D'Souza  
- Orlem, Malad West

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## "Homilies should be no more than 10 minutes"

During his Wednesday General Audience, Pope Francis gave some practical advice to priests delivering homilies and to the people listening to the homilies. To priests he said " Be brief--no more than 10 minutes and it should be well prepared". To the faithful listening to the homilies he said "Okay, some homilies may miss the mark, but what are you doing about it?" The Holy Father said that those listening had to do their bit by paying 'appropriate attention' and by setting aside their prejudices, which created obstacles.

While the faithful would appreciate adherence to the Holy Father's time limit for homilies, we need to do our bit too. Very often because of our prejudice we tend to switch off the sound system inside the head, even if the homily is really good. Before criticising we should ask ourselves two questions : " Do I have the courage to stand in front of a 500-1,000 strong congregation to deliver a homily? Am I capable of preparing a new and interesting homily week after week, year after year? "

—Prof Robert Castellino Orlem.

## Loot & Scoot, new mantra

The financial system in our country is tailor-made to benefit the rich and corrupt. The common man goes to a public bank to withdraw a few thousand rupees of his own hard earned income. He presents a with-

drawal cheque at one counter which is scrutinized back and front , balance verified on the computer, then signed by the clerk and passed on to another clerk---- for what I do not know? This drill is repeated all over again at the second counter. Thereafter it is passed on to the cashier who scrutinizes the cheque once again, signs and stamps it before making payment. And Nirav Modi gets hundreds of crores of rupees which do not belong to him, with just one signature!

Who are we fooling? What was the manager and top brass doing... selling pakodas? What were the auditors doing for all these years... counting their provident fund accumulations? What was the IT doing? Harassing honest tax payers .

True, the scam began in 2011. But does that exonerate the present govt? Corruption began post independence so does that make Pandit Nehru and Sardar Patel responsible for the today's loot ?

—Robert Castellino, Mumbai

## Law of abstinence during lent

During the holy season of Lent, when Catholics are required to fast and abstain on Ash Wednesday and Good Friday and also observe every Friday during lent as a meatless day, it is still not known why it is perfectly acceptable to eat seafood ( the flesh of fish) but not the flesh of animals and birds on Fridays. While there is not theological basis or justification for such a rule, legend has it that it was because of some medieval popes who had a stake in the fishing

industry and promoted it by banning red meat on Fridays. Another reason given is that during biblical times, eating of meat was considered a luxury, whereas eating of fish was affordable and also the poor man's staple food and therefore an acceptable alternative. Times have changed since then and today the cost of fish at times is far more than that of chicken or red meat .So, what is the alternative?.

—A. F. Nazareth, Alto Porvorim.

## Govt must instil confidence in banking system

Having failed to bring back money from abroad, the govt must at least ensure that scamsters do not flee the country with crores of rupees. In order to instil confidence in the banking system govt must publish a list of all those businessmen with loan exposure of Rs100 cr plus, together with the collateral offered. The public have a right to know, as the money belongs to them. Also mention must be made if the accounts are KYC compliant with Aadhaar and other requisites for compliance ..

— Robert Castellino, Mumbai

## Thanksgiving



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

—Thomas, Kerala.

# Why Indians are successful but India is not?

by Don Aguiar

Singularly as individuals, Us Indians are unbeatable, best brains in the world, however collectively we are failures; we play for ourselves not as a team. All Indian origin winners of the Nobel Prize after independence are not Indians anymore. An example from the archives of the history of India might provide the answer. When in the 1717 Mughal Emperor got very sick after trying everything else he finally got treated by an English Physician William Hamilton. The Emperor as a reward asked him to name anything that he desired including gold coins worth his weight or any other riches for himself. William surprised the emperor by asking him for free trade rights for East India in Bengal. Even today 300 years later in this day in age we still lack the zeal for keeping the country in the forefront. Anyhow, Soon Bengal became a British Colony slowly followed by rest of India.

We still haven't changed; we are a third world country, with between 24 to 29 percent living below poverty line. It's good to be proud of achievements of individual Indians or people of Indian origin who excelled (again mostly after they left India), the ques-

tion is when India would excel.

Our system is designed to alienate people and not to unite them. We need to ask ourselves: why does our system kill future heroes, while the US helps raise even ordinary Indians to iconic levels. One has a better chance of getting into say an Ivy League college like Harvard, Yale or Cornell and not into an IIT or an IIM. Perhaps this comes from our caste system, where castes try and keep others out.

We prefer Autocracy over Democracy. To get things done, we prefer an autocrat to rule over us rather than exercise self-discipline as Democrats. All our successful political parties are one-person shows. I personally follow an open door policy, but sadly being nice and approachable is considered a sign of weakness. The more dreaded, obnoxious and ruthless one is as a boss the more the chances of your subordinates to fall in line.

We are risk-avoiders rather than risk takers. This is why we prescribe endless paperwork and bureaucracy for simple things like opening a bank account or buying a mobile phone connection. A terrorist would have used an untraceable mobile number – after which every Indian buying a mobile will be put through hoops to prove he is a bonafide consumer. This does not catch any terrorist, but the idea is for officials to avoid the risk that fingers will be pointed at you saying you did nothing to prevent terrorism. So orders will be issued to tighten the system and make things worse for everybody. The latest from the government is Aadhar.

We are simply unable to tolerate success. If Modi talks about a Gujarat model, everybody has to bring it down. If Rahul Gandhi talks of RTI

people have to discount it. And a similar incident from our famous censor board - Ms. V. DSouza from Goa decided to make a movie and named it: "Roz Meri Maarlo" Censor board objected. Ms DSouza told censor board 'ye 3 ladkiyo ki kahani hai... Rose, Mary & Maarlow..! Board asked to change the sequence. DSouza happily agreed & told the censor board, "You can put their names in any sequence you want I have no objection" Censor Board is still trying.. You may suggest and help...

We celebrate mediocrity, rather than excellence. Our system kills initiative rather than engender it. We want pliable yes-men and non-achievers around us, not non-conformists and people with ideas of their own.

Closer to home let me relate a personal incident which transpired a couple of years ago upon my return from the US and Europe after a hugely successful twenty-year stint. Having won accolades in America and Europe

(Contd.. on p. 7)

## 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".



—A Devotee  
Andheri (W)

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# Save water, save life, save the world

**W**ater is necessary for life. It is needed for domestic, agricultural and industrial purposes. Three-fourths of the earth's surface is covered by water bodies. 97 per cent of this water is present in oceans as salt water and is unfit for human consumption. Fresh water accounts for only about 2.7 per cent. Nearly 70 per cent of this occurs as ice sheets and glaciers in Antarctica and other inaccessible places. Only one per cent of fresh water is available and fit for human consumption. So, it is very important to conserve this precious resource. And yet we are contaminating the existing water resources with sewage, toxic chemicals and other waste products. Increasing population and rapid ur-



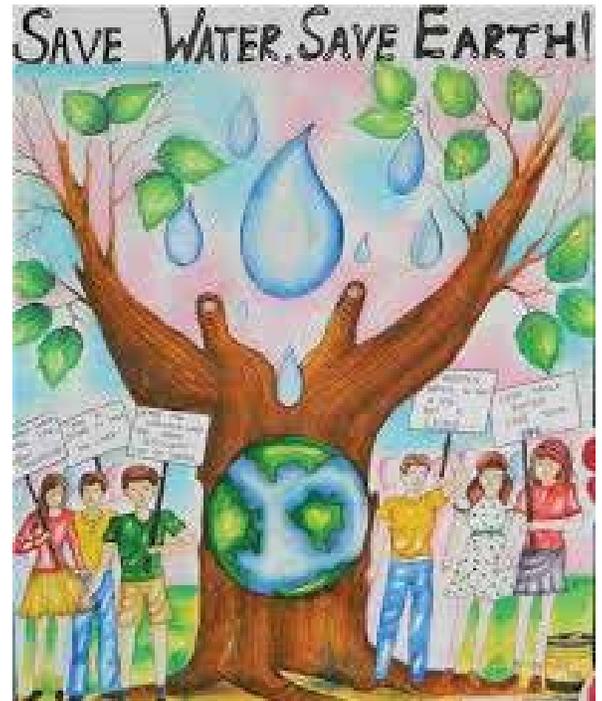
by Jubel D'Cruz

banisation has led to the over-use of water resources leading to water pollution and scarcity.

Water scarcity can be defined as a situation when people don't have enough water to fulfil their basic needs. India is one of the many countries of the world that is facing a water scarcity today. In Rajasthan and some parts of Gujarat, women have to cover long distances on foot in order to get a pot of water. In cities like Mumbai, Bengaluru, Hyderabad and Chennai, a family has to spend from Rs. 25 to Rs. 50 to meet their daily water needs. The problem becomes severe during summer when availability of water decreases again. A recent study has revealed that about 25 per cent of urban population lacks the accessibility to fresh water. Also, there are several cases of privatisation of water bodies. This often leads to water scarcity in the nearby areas.

There are different methods to deal with water scarcity. Rain water harvesting is the best and most suitable method. Forest and other vegetation cover reduce surface runoff and recharge ground water. So, practice afforestation. We can also promote water conservation through media and by conducting public awareness programmes.

Here are some tips to save water on a daily basis. Use just one bucket of water while taking a bath. Avoid an overhead or hand shower facility. Turn off the tap while brushing your teeth. Wash your car or your two-wheelers



with a single bucket of water. Do not use a hose as this takes a lot of water. Water your plants with a mug. At restaurants, ask for just half a glass of water to drink instead of asking for a full glass and then wasting it. Have laundry days twice or thrice a week. This will save you a lot of water.

By practicing these simple steps, we can conserve water and ensure the availability of water to future generations. So don't tarry; start saving each and every drop of water. Water is precious and costs money. It is more precious than silver and gold.

(Contd.. from p. 6)

was ready to give back to my country of origin. One of India's biggest business houses was getting into retail. They had hired a lot of foreign consultants at hefty salaries to kick-start the business. I was called for an interview; the panel consisted of two Indians and a Caucasian American. A few minutes in the interview process, suddenly I had this feeling that I knew the American interviewer, he too felt the same, and then all of a sudden he asked me if I am Don Aguiar. I said yes am, he stood up to the utter surprise of the other interviewers and declared, I can't interview him, as it turns out he used to be my super boss in an earlier assignment. A few years now in India still haven't come close to the success enjoyed in America and Europe. Go figure.....

ps: This article is an individual opinion and certainly not meant to disrespect anyone else's views.

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# HOW CAN WE THE PEOPLE, DEAL WITH THE ROT IN THE HIGHER EDUCATION IN OUR COUNTRY??

by Eric D'Sa

From time to time we read in our news papers that even students who have post graduate degrees are unable to get a suitable job. When you try to find out the reason for the same, the stories from the ground tell us that we hide behind a conspiracy of national silence. The state of India's higher education is much worse than the state of India's school education, which is itself on an average bad. Unlike school education, there is no national survey of learning levels of college students. If there was one, it would make us proud of what we have achieved with our schools. And we especially the parents know well the deep problems of our school education. While as stated above there is no systematic national assessment of higher education, there are indicators galore, if we look carefully.

As an engineer myself, I know that generally Engineering attracts our highest achieving students. Besides the engineering colleges as a category, are substantially better resourced than other colleges. Despite this, study after study has found that only a small proportion, ranging from 10 to 25 of the engineering graduates know enough engineering to be employable. We can project from

this state of affairs to other fields and disciplines, which do not have as much investment as in engineering. Many of the top class companies in India which recruit hundreds of people each year, find from simple tests they conduct, that students graduating with even masters across various disciplines across physical and social sciences, humanities and maths, fail to pass the basic tests in their own disciplines. This is even from students from universities that are recognised as among the better ones in our country. Surprisingly the pass rate in these

without being exhaustive.

The total investments from our central and state governments in higher education has been way lower than what is required for a country of our size and complexity. Philanthropic investments from our rich has been very short, when one compares those being made in Unites States of America. This has manifested in building in adequate human capacity, shoddy infrastructure and administratively weak institutions. We have ignored basic disciplines, across the physical and social sciences and humanities. In recent years higher education institutions have been systematically used as political battle grounds. Loyalists have been rewarded with university posts and graft has been allowed to percolate into these institutions. Poor governance and excess and mindless over regulations have restricted free thinking and innovation. Vacuous claims of academic and institutional autonomy have been used as smoke screens for a culture of sloth. All the above put together has created, sustained and made acceptable by the general public, educationally defunct higher education institutions.

This has unfortunately lead to the culture of dysfunction between institutions and its students. This manifests in students who don't want to learn and only want a degree. At the same time the institutions and teachers are more than happy to dish out the degrees and not make the required efforts to ensure at educating. Students happily stay out of classes, as do teachers. The educational contract between the institutions and students which costs their parents a lot of money, is mostly corrupt to the core. Unlike in schools the parents do not get involved in college education. Most of

## YOU THE CITIZENS DECIDE:

simple tests has ranged over the years between 10 to 30%. That implies that about 70% of the students who have a masters degree, have not learnt the absolute basics of the discipline in which they have received the masters degree.

We keep on trumpeting a few good higher education institutes such as IITs and IIMs in our country, to the extent that we will fully avert confronting the reality of the over 750 universities and 40,000/- colleges in the country. Undoubtedly there are in humanities a few old well established private colleges and those that's are run by the religious institutions that have managed to be very good over decades. At the same time even in some of our worst colleges, there are excellent and dedicated lecturers and professors. In these there are also students that are toiling away to learn as much as possible. But the rot in the system is deep and wide. It has taken many decades of state neglect to gradually reach this stage. The causes are many and none of them are unknown. We can list a few of the major ones

(Contd.. on p. 9)



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(Contd.. from p. 8)

the parents may not even know how their children are fairing in accumulation of knowledge and skills. It is this corrupt educational contract not supervised by any one that permits much of the rot in higher education to continue unquestioned. Needless to say, there are honourable exceptions among institutions, teachers and students trying to make best use of the situation. But much has to be done to improve India's higher education, on many fronts. But until we first acknowledge the rot at the core, we won't get far to rectify it.

Education as a whole in schools and colleges, by its very nature, is a social human endeavour. It's effectiveness and success is dependent on human capacity and an enabling culture. But the morass that we in this country have let ourselves to sink into specially in higher education, calls for some tough action at all levels starting with students, their parents, teachers, institutions and governments. Meanwhile, fortunately technology is giving the dedicated students who are keen to acquire knowledge in their fields of choice a parallel route. We at Chems encourage the poor students whom we are financially supporting, to get a lap top and connectivity to the internet. They are able to acquire free of charge, a lot courses in their field of choice from renowned universities. We also encourage them to use the internet to acquire additional skills and English language proficiency. Our advise to them is that just obtaining a university degree is insufficient. One has to inculcate the habit of constantly upgrading once knowledge. You the Citizens will have to decide how best our own community and family children are provided with sound college education, to cope with the ever complex and changing world that we live in these days.

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## CEC Bandra Celebrates Diamond Jubilee

*Fr. Varghese Paul, SJ*

The Diamond Jubilee celebrations of Catholic Enquiry Centre (CEC) at Bandra, Mumbai on Feb 11, 2018 began with a prayer led by CEC President Royce D'Souza and devotional songs by guitarist Allen and team. The Emeritus Bishop Agnelo Gracias celebrated the Diamond Jubilee Mass together with ACECI President Fr. Varghese Paul. A pioneer in CEC ministry Sr. C. L. Clare, CEC Managing Committee Members, Co-Members and well wishers, about 100 in all, participated in the Jubilee Mass and the celebrations.

As Bishop Agnelo Gracias acknowledged in his homily, it is remarkable that for the past 60 years CEC Bandra "has been able to sustain the interest of the collaborators, patrons and well wishers. Over the years, a committed band of collaborators have continued with grit and determination of the work of sharing the good news with the seekers of the Truth."

A Bible quiz, many songs and joyful dances were part of the jubilee celebrations in which all participated enthusiastically. Just before the Jubilee Agape meal Fr. Varghese Paul congratulated the CEC members and recalled some salient features of CEC

Bandra like zeal of the members in the CEC ministry, their team spirit and mutual collaboration, loyalty and commitment to the ministry, generosity, collaboration with priests and bishops as well as their responsibility and accountability in their works. "These are models and examples which they have set and practiced for the last 60 years for all of us to follow," Fr Paul said.

On the occasion CEC, Bandra brought out a Diamond Jubilee Souvenir with a beautiful picture of smiling Jesus with a caption: 'Come to me... (Mt 11: 28). Inside the souvenir there are a total of 13 messages including ones from Oswald Cardinal Gracias, two Bishops, ACECI Patron Fr. Theodore Bowling and the Director Mr. Royce D'Souza. Then there is the list of the names of the Managing Committee and of Co-Members totally 57 in all. But what interested this reporter most in the Souvenir was one page of CEC history and two one page-each write up on a veteran in CEC Ministry late Hermon Murzello by his daughter Karen Murzello and on the Founder Mr. Dick Pereira by his son Mr. Vivian Pereira.

After the Agape Meal the CEC Secretary Mrs. Brenda Pereira proposed a vote of thanks.

## 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**

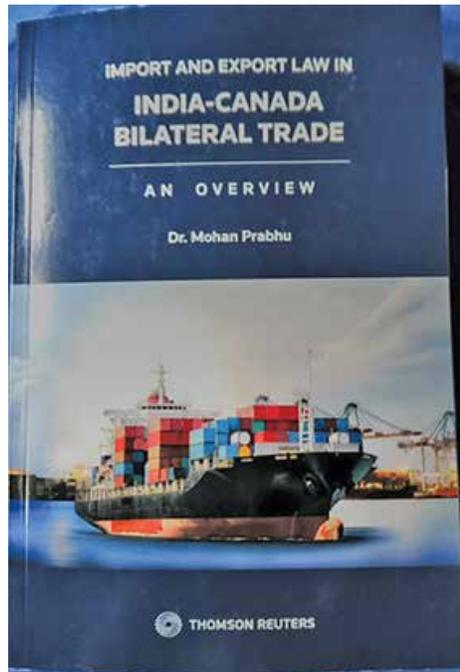
**—Belinda D'Souza, Mangaluru**

# Canada - India Bilateral Trade

**T**he world over, Mangalorean Konkani's have earned a reputation for intelligence, sincerity and hard work and contributions in many spheres. Our greats and their special contributions in their chosen fields have gained wide appreciation. Here is a wonderful personality, inside out a Konkani Catholic hailing from the heart of Mangaluru, Balmatta - from a forgotten quarter called 'Sanyasi Gudda'. When this our protagonist was in search for his childhood roots and Sanyasi Gudda, he made contact with potential sources here; though living for long in Canada, deep at heart is a "Manina Maga" translated 'Son of the Soil'. He is a personality that stands out, officially known by typical Indian Konkani name of "Dr Mohan Prabhu". On this matter he said "I changed my name legally 61 years ago through Bombay Gazette notifications, though I had been known as Prabhu since 1948 when I was working on Churchgate Street, Bombay, and have been known as Prabhu ever since. My name on the baptismal certificate was Antony Michael Castelino." Take a look at his very enlightening recent book, which could interest many in Mumbai and all over the Country too. A look at DR. MOHAN PRABHU's credentials: earned, BA, MA, LL.B (Bombay), LL.M (London), LL.D (Ottawa), QC (Canada), Now Retired: Advocate (Maharashtra), Barrister-at-law (Lincoln's Inn), Barrister & solicitor (Saskatchewan and Ontario).

## **The Book, "Import and Export Law in India-Canada Bilateral Trade." :**

The book gives a comprehensive overview of the principal laws and regulatory regime that govern import and export of commodities in bilateral trade between India and Canada. It provides guidance to professionals and specialists in international trade in India and in Canada, as well as to those in countries trading with them, on the import and export laws that they



would need to comply with for goods they are moving across their national borders. In the foreword to the book by Peter Sutherland, an international trade lawyer who was a former High Commissioner for Canada in India and lately, the President and CEO of the Canada-India Business Council and in that capacity has had several years of first hand experience in trade laws of the two countries.

In his foreword, Mr Sutherland has this to say: This book will be of immense interest and use to legal scholars, trade practitioners and policy makers alike at a time when trade between the two countries is expanding quickly and governments have initiated negotiations leading to a Comprehensive Economic Partnership Agreement." Merchandise trade between India and Canada was valued at \$8 billion and when a free trade deal is concluded by them this trade is likely to expand exponentially. Practical and procedural aspects are a significant focus of this new publication, from the point where merchandise leaves national frontiers of Canada or India, whether by sea or air, to the point in the customs waters of

the receiving country where they are awaiting clearance, especially in relation to customs control – admissibility, possession of appropriate documents such as import licences, sanitary/veterinary certificates in respect of food and food products, export licences in respect of art and antiquities, rough diamonds, and endangered wildlife species, classification and duty liability, whether the goods are subject to special trade measures such as tariff rate quotas, anti-dumping or countervailing duties on subsidized exports, etc.

The book describes at length the provisions of key laws of each of the two countries, such as the Customs Act, customs tariff, special import measures, foreign trade law (control of imports and exports through licensing or other restrictions), food safety and standards and with the prohibitory laws relating to antiquities and art treasures, narcotics and psychotropic substances, and endangered wildlife species. The unique feature of this book is the comparison of laws in the above mentioned areas which is systematically organized. In each chapter the laws of India on each major topic are followed by corresponding laws of Canada, which makes it easier for users of the book to readily compare them and advise their trade clients efficiently and effectively. Slight spelling differences in title might also provide a key. In the case of rules and regulations, the usual citation used in India is "Notification" or "GSR", to indicate Rules [regulations are prescribed only by subordinate bodies, such as the Board of Revenue (for Customs regulations), whereas Canadian regulations are denoted by SORs, and in the case of statutory instruments, by the letters SI. Trade practitioners, legal advisors and policy makers alike will want to add the book to their reference library to provide a quick and easy-to-understand manual relating to imports and exports.

(To be contd...)

# Understanding Jesus At The Lenten Period



BY MELVYN BROWN

Jesus Christ reached the highest goal for the glorification of God, when he obeyed his Father; took on human flesh, and suffered an ignominious death for the sins of humankind. Jesus' actions in fulfilling the predictions of the Old Testament, preserving Jewish laws and prayers, adding fraternal charity, love and forgiveness to his mission is advocated for all time in the Season of Lent.

God invites everyone through Jesus to take part in the celebration of the liturgy, which is truly one of the sources for spiritual and pastoral change (when necessary) in every generation. Understanding Jesus in the annual Lenten period helps enlighten the Christian conscience on the Messiah Christ: the Jewish Guardian and man's Salvation in Jesus.

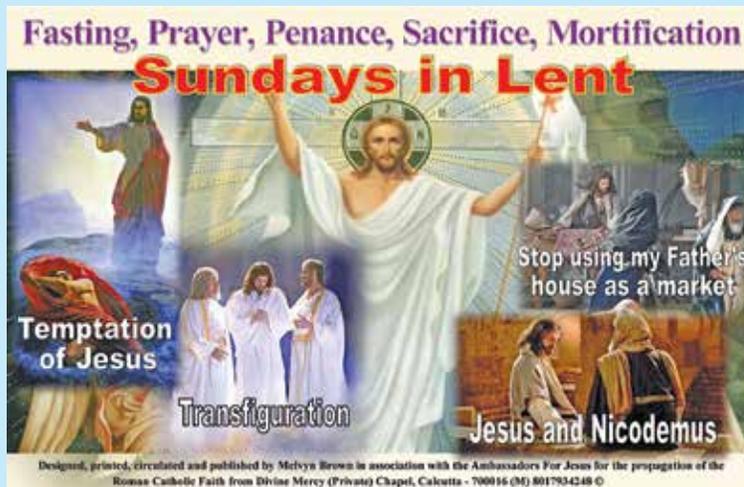
Understanding Jesus is only possible through the teachings of the Church. It is her primary responsibility to direct the believers in the formal integrity of the Faith. With significant authority the Church gives us hope, comfort and courage in this journey through life. In the period of Lent Christ is seen as the Redeemer, Savior, Deliverer from evil and Son of the living God, who offered his life for our redemption from sin.

St. Alphonsus' "The Great Art of Loving Christ", was based on the 13th Chapter of the Epistle to the Corinthians. It is a work awesome in structure, getting to know Jesus, the Light of the world, and the Covenant of allegiance to God. At lent, Holy Mother the Church empowers us to open our hearts to Jesus: Prince of Peace, Spirit of love and hope of Eternal Life.

A brief meditation on Jesus and the law is delivered by the Apostle Paul in his letter to the Galatians 3:24,

"Therefore the law has been our tutor unto Christ that we might be justified by faith." St. Paul's Christian convictions after his conversion as a Pharisee, gave the world an insight into the divine life of Jesus, evident in Paul's epistles.

The best way to discover why the season of lent had to happen, is to absolutely imagine what it would be



like if it did not. There is a logical necessity in the reality of remembering Jesus' Passion, his brutal and violent physical suffering at the hands of the Romans, his tortured Mind at the infamous words of condemnation raised by the Jews and his Spiritual agony in the place called Gethsemane.

The Season of Lent guides us to the joyful proclamation of Easter. An ancient version of Psalm (138. V 18B) says, 'Resurrexi et adhuc tecum sum' which means, "I have Risen, I am still with you forever." The Lenten period goes back to the time of the Apostles. Lent is when we prepare our individual self in a soulful and devotional cleansing for the greatest Christian festival, Easter, The New Life in Christ.

Jesus, the Messiah, had to suffer. He had to die. His passion and resurrection was to be in fulfillment of what the prophets had relayed in the open and heroic messages – the coming of the Messiah, the Christ who would save

man from his sin and wickedness. The Word was made flesh.

This week we meditate in lent on the affirmation that Jesus knew the role he was commissioned to accomplish.

His pain and sacrifice would be the supreme ransom paid for man's iniquity, his life given to rescue humanity from the scourge of evil. This is Christ's all-conquering divine nature.

The Transfiguration of Jesus on the mountain, in the presence of Peter, James and John (Mat.17:1-9) was a dramatic happening which Christ did not want his apostles to disclose, till after his resurrection. "And as they were coming down the mountain, Jesus told them, "Tell no one the vision, until the Son of man is raised from the dead."

Our lifelong obsession is in the faith we possess in Christ, as the centerpiece of our world. The experience of Christianity is Jesus' suffering, which is the bone marrow of salvation. Forgiveness and humility, perhaps two of the most difficult attributes of the Christian faith is bound to the theology of 'compassion for humanity': to love our neighbor and forgive our enemy.

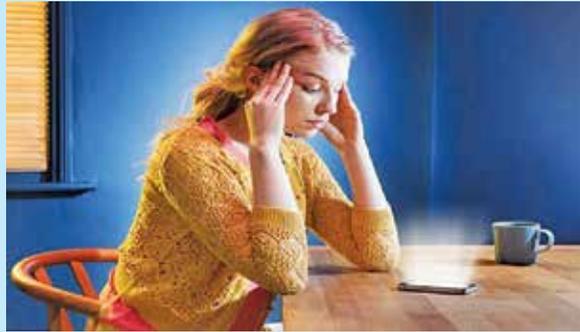
Jesus continues to fascinate the non-believer worldwide, enriches our trust and faith in Him, and we will forever celebrate the atonement which leads to the liberation of humankind. His blood flowed from his wounded side, washing away our sin – praise God for the promise of eternal life. Soul of Christ Sanctify me. Blood of Christ renew me.

# Cybersickness is now sweeping the world

Motion sickness, nausea and dizziness caused by travelling in a car, boat or plane - is something that affects many people. Scientists claim modern technology has caused a new type of sickness, cybersickness (also known as digital motion sickness) is caused by long hours of work on computers and other gadgets, watching moving digital content such as games on a TV, tablet or smartphone or by scrolling up and down quickly on a touchscreen. Symptoms include nausea, a headache and dizziness and you might not necessarily realise these are caused by your gadgets! In order to help our readers prepare themselves for the onset of this grave illness, we have come up with few possible causes and cures for digital motion sickness.

Smartphones and computers-generated graphics are increasingly triggering a digital action sickness in users. The woozy or nauseous feeling dubbed 'cybersickness' can affect even those immune to regular motion sickness. Cybersickness is caused by seeing movements, such as rapid-race scene of an action film, without actually feeling those motions. This maladjustment runs counter to traditional motion sickness, when one feels movement in the body and inner ear but does not see it: for instance, the mismatch of inputs between the eyes and the rest of the senses that happens when watching 3D or virtual reality movies, playing games and even using your smartphones can be a major problem.

Often cybersickness manifests itself in a subtle way and sufferers put it down to stress or eyestrain but the problem is real. Individuals vary widely in their susceptibility to simulator and virtual reality sickness. Some of the proven factors in virtual reality sickness are listed below:



**Age:** Susceptibility to motion sickness is highest between the ages of two and 12. It then decreases rapidly until about age 21 and continues to decrease more slowly after that. It has been suggested that cybersickness might follow a similar pattern but more recent research has suggested that adults over the age of 50 are more susceptible than younger adults to cybersickness.

**Postural stability:** Postural instability has been found to increase susceptibility to visually-induced motion sickness. It is also associated with increased susceptibility to nausea and disorientation symptoms of cybersickness.

**Experience with the systems:** Users seem to become less likely to develop cybersickness as they develop familiarity with a virtual reality system. Adaptation may occur as quickly as the second exposure to the virtual reality systems.

**Gender:** Women are more susceptible than men to cybersickness. This may be due to hormonal differences it may be because women have a wider field of view than men or gender differences in depth cue recognition. Women are most susceptible to cybersickness during ovulation and wider field of view also associated with an increase in cybersickness.

**Health:** Susceptibility to cybersickness appears to increase in people who are not at their usual level of health, suggesting that virtual reality may not be appropriate for people

who are in ill health. This includes people who are fatigued; have not had enough sleep; are nauseated; or have upper respiratory illness, ear trouble or influenza.

**Motion sickness sensitivity:** Those who are more sensitive to motion sickness in reality are also more sensitive to cybersickness.

With the integration of virtual reality into the more commercial mainstream, issues have begun to arise in relation to VR sickness in head-mounted gaming devices. While research on head mounted VR for gaming dates back to the early 1990s, the potential for mass usability has only become recently realised. To sum up, how long virtual reality or cybersickness lasts we have to say there is no correct answer as it varies from one person to the next! However, below are few tips to help alleviate cybersickness:

- Stop what you are doing and put your hands on a flat, stable surface while your senses regain their bearings.
- If you know that playing a virtual reality game make you feel nauseous, try eating or drinking something that contains ginger. Even in low doses of ginger found in cookies and ginger ale has been found to combat nausea.
- Breathing through your nose and exhaling through those tingly muscles in your mouth and neck that want to make you vomit.
- Make sure to never play a game on an empty stomach. Eating something a few hours before putting on a virtual reality headset will automatically calm your stomach and quell any feelings of nausea.
- Focus on a distant object in the room, or stare at the horizon until

(Contd.. on p. 14)

# Milagres Society's Home for the Aged at Pangala

Udupi: Milagres home for the aged, managed and run by 'The Mangalorean Milagres Society' Mumbai was inaugurated at Pangala on Saturday, January 13 by Vinay Kumar Sorake, MLA of Kaup.

Prior to the inauguration ceremony, Fr Stany Tauro, Dean, Shirva Denary, inaugurated the Chapel, while Dr Gerald Isaac Lobo, Bishop, Diocese of Udupi blessed the new Chapel and presided over the Holy Eucharistic Celebration.

In his Presidential speech, Bishop of Udupi Diocese Dr Gerald Isaac Lobo said, "Mangalorean Milagres Society has come a long way. It has provided shelter to the people who are far away from their homes and are supporting their families. They also provided education to the children and helped them to build their future. And today they have built a beautiful place for old people and have given it to the society. We have 7 old age homes in our diocese and are managed by the nuns but this is the first old age home which will be managed by the lay persons,"

"I always say this diocese is a rich one not monetary terms but because of its resources and people. When along with the diocese lay people join their hands to provide such social services, then we can build a better society. One among the ten commandants is to respect our parents and even our Pope has given the call for the same," bishop added.



"Let us give the first place to our parents at home, and let us not neglect our parents but serve them with love and look after them well. Only when it is impossible to look after them, then only let us take the help of these institutions but let us not forget to care for them," bishop said.

On the occasion, contractors Arun Shet Architecture and Ujwal D'souza, Managing Director, Marian Infrastructure Mangaluru were honoured.

Welcome song was sung by the choir team of St John Evangelist church.

Leslie Aroza compered the programme. Fr Stephen D'Souza presid-



ed over the rituals, Angelo D'Souza, welcomed the gathering, Terence Gomes given the brief history of Mangalorean Milagres society.

Fr Stany B Lobo, Rector, Milagres Cathedral, Kallianpur, Fr Denis D'Sa, PRO, Diocese of Udupi, Fr Ferdinand Gonsalves, Parish priest St John the Evangelist Church, Pangala, Fr Ronson D'Souza, parish priest, St Vincent De Paul Church, Fr Jeffry D'Souza, Fr Leslie D'Souza also took part in the performing the Holy Mass.

# The mechanism of anger



**Do you use anger in a positive or destructive way? The good news is that anger, when used positively, can create change in the world and within.**

Anger, by definition, is a feelings of distress brought about by feelings of helplessness or powerlessness. There's something about anger. Sometime it has negative effects but Sometimes it also has some positive feelings that motivate you to do things that you like.

## **Emotional intelligence :**

People who prefer to feel useful emotions such as anger even when they are unpleasant to experience, when confronting others for example tend to be higher in emotional intelligence than people who prefer to feel happy in spite of being angry or sad. Wanting to feel bad may be good at times and vice versa.

**Effects of anger :** There are conflicting views on what anger does. On the one hand, it basically serves as a single that something is wrong. On the hand, anger I different from other negative emotional states because it seems to increase reliance on ]mental shortcuts. Positive anger is a potent form of social communications, A logical part of people's emotional tool kit. An appetitive force that not only moves us forward what we want but fuels optimism ,creative brainstorming and problem solving by focusing mind and mood in highly refined ways.

**Slowing down :** The truly ticked off are not known to stop and carefully ponder but if you are going to get the most benefit out of your anger, you need to resist the natural impulse to rush ahead. Try thinking of anger as coming in both fast and slow varieties, when you want to scream versus

when you want to motivate a person in a calculated way. When you are angry, give yourself permission to pause for a moment, even if someone is standing there awaiting a response. You can even let them know that you are intentionally slowing the situation you sometimes hear people talking about using anger as a motivating force by 'turning anger into positive energy and a powerful motivating force. Research has shown that anger can make us push on towards our goals in the face of problems and barriers.

## **Recognise triggers :**

Utilising the tool of self-recognition for our anger hot -points coupled with a willingness to alter our instinctual response, creates a positive atmosphere for emotional growth. The progress we make is one our mind is apt to remember. Positive change is more likely to occur when an individual observes his or her own personality traits and what situations evoke positive or negative emotions.

**Upside Of Anger :** Anger motivates an individual to take action. While most negative emotions encourage us to avoid situations think of fear anger typically stimulates approach. Anger boosts confidence, optimism and risk -talking, necessary when the alternative is losing something important to you. Anger has reputational value, too; it singles to others that you have strength of resources and resolve. In fact, those who display positive anger seem more competent and credible. Negative emotions like anger, sadness and disappointment are not only crucial to our existence but also ironically to feel good. To live optimally in the world and endure its challenges, It's necessary to engage the full range of psychological states we have inherited as humans.

(Contd.. from p. 12)

your senses get back in balance with what your eyes are seeing.

- As a last resort, you can always take an over the counter medicine to help counter the effects of motion sickness. Remember though that medications affect people differently.

## **Cybersickness symptoms**

- Discomfort
- Headache
- Nausea
- Vomiting
- Paleness
- Sweating
- Fatigue
- Drowsiness
- Disorientation
- Apathy
- Postural instability

## **Cybersickness remedies**

- Chew gum
- Breathe calmly
- Limit your exposure
- Use peripheral-limiting VR goggles
- Wear the Relief-Band a medically proven motion sickness treatment device
- Practice good hydration
- Look away from the screen for some time

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# Natural Solution To India's Mosquito Menace

Serial entrepreneur John Thomas from Bengaluru has come up with natural solution to India's mosquito menace. With its herbal cleaners, insect repellants, pet products, and more, Bengaluru-based Herbal Strategi advocates a clean and natural life without the use of chemicals.



When John Thomas developed a serious respiratory infection, which the doctors suspected was being caused by the carcinogens in chemical-based mosquito repellants, he knew what he had to do next.

As innovation is second nature to him, he saw this as an opportunity and jumped straight in. Market research revealed that there were no healthier alternatives to chemical-laced mosquito repellants. This, in 2011, led to the launch of Herbal Strategi, which offers natural, herbal products in the segments of repellants, cleaners, pet-care, and others.

John speaks proudly of the extensive research that goes into each of his products. Their first product JUST-

SPRAY, a herbal mosquito repellant was launched after more than a year of rigorous field research. The team started with 10 formulations and tested them on all 400 breeds of mosquitoes. This pursuit took them to Kerala, home to most breeds of mosquitoes.

Over the years, have they have partnered with Central Institute for Medicinal and Aromatic Plants (CIMAP), a plant research laboratory of the Council of Scientific and Industrial Research (CSIR) for research and certification.

"The market size is huge. Approximately Rs 3,600 crore in India for insecticides alone. To be honest, we have no competitors. You can say our competitors are mainly brands that manufacture products with chemi-

icals. So yes, we are the only healthy alternative," John says.

JUSTSPRAY is well established in South India and soon plans to expand to other regions. They have started their own franchisee stores across Bangalore and will soon do so



in other cities as well. Their products are also available across the shores in the Middle East and Africa.

## Our Branch Office at Mangaluru :

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## Social Media impacts human life negatively: Shri Daulat Hawaldar



“Social media has largely entered our everyday life. But the medium is evolving and its credibility has to be checked and inspected. Therefore we cannot be dependent on this medium”, said the Secretary of Education and Finance to Government of Goa, Shri. Daulat Hawaldar.

He was speaking as a chief guest at the annual prize distribution ceremony of Mormugao Education Society’s College of Arts and Commerce, Zuari-nagar. On this occasion, the Chairman of Mormugao Education Society Shri. Madhavrao Kamat was present along with the Principal of MES College Dr. R. B. Patil, Vice Principal Dr. Rekha Gaonkar, Chairperson of Students’ Council Dr. Cosma Fernandes and General Secretary of Students’ Council Shri. Adnaan Meman.

“Social Media platforms like Facebook, Whatsapp or Twitter have more negative impact than positive impact on our lives. Because of these mediums we are losing the people-to-people connect that fostered meaningful dialogue. Because of instant texts people are losing concentration and focus; this is resulting in adverse effects on the education of our young people and their future academic growth. Social media has made young people lonely and insensitive towards others. But nothing is permanent. Therefore, there is optimism that young people will come out from

the overuse of these media”, said the chief-guest further in his address. He also stressed on emphasizing the need for cultivating habits of reading, theatre, films, art, craft, music and sports which are the traditional forms of knowledge and recreation. In his presidential address Shri. Madhavrao Kamat mentioned that he has been a part of 46 prize distribution ceremonies of the college and every year students displayed quality performance in education along with sports, art, culture and other co-curricular activities. He also emphasized on the optimism that MES College will excel in different fields like always. The inauguration song was sung by Ms. Sajal Alparkar and group. Dr. Rekha Gaonkar delivered the welcome note. Dr. Cosma Fernandes introduced the Chief Guest while Principal Dr. R. B. Patil presented the College’s Annual Report of the academic year 2017-18. Chief Guest Shri. Daulat Hawaldar later presented awards and prizes to the students. The function was compered by Ms. Sahila Shaikh, Ms. Priscilla David and Ms. Merin Varghese. General Secretary of Students’ Council Adnaan Meman proposed the vote of thanks.

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## MATRIMONIAL

**6822. KUWAIT :** Mangalorean Roman Catholic Spinster, (Born in November 1982), Ht. 5’ 4”, Wheatish Complexion, Edn. B.Sc. Post Graduate in Mumbai University, Teacher in Kuwait. Contact email : pereiralucy2017@yahoo.com Tel: 00965-60402765 / 9867308911

## 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 Marys 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*

*—Alphonso,  
Dockyard Road*

# Inspiration!

have done your research and know your facts beforehand.

**Show initiative to stand out:** Stand-

## How to stand out in a crowd ?

In modern society you may feel like a drop of water in the ocean. If that's not actually what you want, you should learn how to be different from others. There are so many women and it may seem impossible to become a unique individual among them. But every women can do that why wouldn't it be you ? Here are easy steps to help become stand out from the crowd.



**T**o stand out from the crowd is to be comfortable with who you are, have the unique and the strength to let your individuality shine. While standing out could be in part about having a striking appearance in some way, more often than not, it is about generating admiration and being someone special and worthy of looking up to. This lofty aspiration might not be something you can achieve every day of your life but it's definitely a worthwhile goal to aspire to as a whole, especially if it helps you achieve your other goals in life.

### **Always be the way you are:**

It's impossible to become unique if you follow the crowd every now and then. Try to be yourself and do what you want instead. This way you can show others who you are indeed. Maybe you want to go for a walk instead of hanging out with your friends? So what prevents you from doing this ? Do what you want and be who you want to be. It'll definitely make you different because most people are afraid to show their true identity because of the possibility to be ignored by society.

**Think out unique for yourself:** Standing out from the crowd won't happen if you're thinking with the crowd. While there will be times when the crowd thought does align with your own thoughts, what about all those times it doesn't ? Be prepared to voice your differences, your concerns and your preferences. When talking, it is important to come across as self-assured and knowledgeable, so be sure to

ing out from the crowd often means that you take action while everyone else stands back, wondering what to do. You place yourself in a position of being different from the silent majority waiting to be shown what should happen next.

**Take chances and work hard:** Risks and chances are the things in life that can catapult you forward if they work out. Many women won't take up the challenge because they're afraid of failure. Yet, without failure nothing new can be gained and it is only those who are willing to take risks and to work hard at their dreams who eventually break through and succeed. Have a well-placed sense of faith in your mission and a willingness to take risks if you want to stand out from the crowd.

### **By maintaining good manners:**

For women politeness opens doors and keeps them open. Manners might seem old-fashioned to some these days but they are the currency of respect and when a woman feels respected, they remember the well-mannered women forever.

### **Meaning of 'standing out from the crowd'**

**\* Standing out from the crowd for women might be about trying to live your best and be your best. Or it might be about trying to have a unique style or look that you've created yourself without borrowing from other people's ideas. At its most basic, standing out from the crowd means embracing your individually and trusting that your own choices are good ones. The person you're projecting out to everyone will stand out more successfully if you're fully confident about yourself.**

## SAY WHAT

# Coming soon : The super wood

Researchers have found a way to make wood so strong that it could replace steel in any application, including in cars and airplanes. Researchers believe that the new process could make wood stronger than even many titanium alloys.

The process involves two steps. The first step involves partial removal of lignin - the glue between wood cells - and hemicellulose ( which increases the packing density of the cell wall) from the natural wood via a boiling process in an aqueous mixture of sodium hydroxide and sodium sulphite. This is followed by hot-pressing, leading to the natural wood with highly aligned cellulose nanofibres.

The team also tested new wood material and natural wood by shooting bullet-like projectiles at it. The projectile blew straight through the natural wood. The fully treated wood stopped the projectile partway through!

## 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

# Saint Therese Of Lisieux

**A**t the age of 14 on Christmas Eve in the year, 1886, Therese had a conversion that transformed her life. From then on, her powerful energy and sensitive spirit were turned toward love, instead of keeping herself happy. At the age of 15, she entered the Carmelite convent in Lisieux to give her whole life to God. She took the religious name, Sister Therese of the Child Jesus and the Holy Face. Living a hidden, simple life of prayer, she was gifted with great intimacy with God. Through sickness and dark nights of doubt and fear, she remained faithful to God, rooted in His merciful love. After a long struggle with tuberculosis, she died on September 30, 1897, at the age of 24. Her last words were the story of her life: "My God, I love You!"

The world came to know Therese through her autobiography, "Story of a Soul". She described her life as a "little way of spiritual childhood." She lived each day with an unshakable confidence in God's love. "What matters in life," she wrote, "are not great deeds, but great love." Therese lived and taught a spirituality of attending to everyone and everything well and with love. She believed that just as a child becomes enamored with what is before her, we should also have a childlike focus and totally attentive love.

Therese loved flowers and saw herself as the "little flower of Jesus," who gave glory to God by just being



her beautiful little self among all the other flowers in God's garden. Because of this beautiful analogy, the title "little flower" remained with St. Therese.

Her inspiration and powerful presence from heaven touched many people very quickly. She was canonized by Pope Pius XI on May 17, 1925.

— Jubel D'Cruz,  
Mumbai

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# Grooms



# MATRIMONIALS

6709 MUMBAI : Mangalorean Roman Catholic 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.

6707. MUMBAI : Goan RC bachelor, (Born in June 1975), Ht. 5' 10", Wt. 70 kgs, Fair Complexion, Edn. B.Sc., having own business. Seeks a Family oriented girl. Contact email : maxabreo@yahoo.com / maxabreo@vsnl.net

6705. MUMBAI : Anglo Indian RC bachelor, (Born in November 1979), Ht. 5' 4", Wt. 45 kgs, Fair Complexion, Edn. H.S.C., Dip. Hotel Mgt., working for Groups of Hotels in Dubai. Contact email : dnfernz@gmail.com OR 9975878894

6704. MUMBAI : Goan RC bachelor, (Born in September 1987), Ht. 5' 9", Wt. 75 kgs, Wheatish Complexion, Edn. 10th std., working as a Mech/Supervisor in Gulf. Contact email : josephdsouza12@gmail.com OR 8691913335 / 9029273230

6700. MUMBAI : Goan RC bachelor, (Born in September 1979), Ht. 5' 7", Wt. 72 kgs, Wheatish Complexion, Edn. B.Com., working for Private Firm. Contact email : savio\_101in@yahoo.co.in

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

5996 MUMBAI : RC Bachelor (Born in November 1974) / 5'8", B.E., working in Senior position reputed IT firm. Seeks alliance from R.C. spinster educated good family background Pl. reply with photograph and details to keithcardozo@hotmail.

com OR 9820338755

6113. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in August 1976), Ht. 6', Wt. 80 kgs, Wheatish Complexion, Edn. HSC., Dip. in A.C. Mechanic, working as a AC Technician in Muscat. Contact Email : suaresroshan@gmail.com

6424. MUMBAI : East Indian Roman Catholic Bachelor, (Born in October 1991), Ht. 5' 11", Wt. 65 kgs, Fair Complexion, Edn. B.Com., well employed, working as Sr. Customer Care Executive. Contact email : gerardd754@gmail.com, Mob:9594766322 / 9930620943

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

6172. MUMBAI : Goan Roman Catholic Bachelor, (Born in February 1978), Ht. 5' 9", Wt. 86 kgs, Wheatish Complexion, Edn. M.Com., Position : Financial Consultant. Seeks a alliance from RC graduate/pst graduate spinster. Contact email: raceangelreb@yahoo.in

6507. MUMBAI : Mangalorean Roman Catholic Bachelor (Hearing Impaired) (Born in September 1989), Ht. 5' 9", Wt. 62 kgs, Fair Complexion, Edn. HSC., Dip. in Computer Hardware. Working as a Cashier. Contact email : clifford9948@gmail.com OR 9920331773

6485. MUMBAI: North Indian R.C. Bachelor, (Born in October 1974), Ht. 5' 7", Wt. 75 kgs, Wheatish Complexion, Edn. B.Com., working for an MNC in Mumbai as Back Office Executive. Contact email : awr88@rediffmail.com

6547. MUMBAI : Keralite + Mangalorean Roman Catholic Widow, (Born in July 1959), Ht. 5' 11", Wt. 75 kgs, Wheatish Complexion, Edn. SSC, working for Dimond Company as a Assorting Diamond. No encumbrance, having own Flat. Seeks a simple and poor girl. Contact Mob: 9821078194.

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

6756 MUMBAI : Goan Roman Catholic Bachelor, (Born in December 1977), Ht. 5' 5", Wt. 78 kgs, Wheatish Complexion, Edn. 12th std. (HSC), working as an Admin. Assistnat in DUBAI. Contact email : charlotteirani@yahoo.com

6751 MUMBAI : Goan Roman Catholic Bachelor, (Born in December 1990), Ht. 5' 10", Wt. 70 kgs, Wheatish Complexion, Edn. B.Sc. (Hospitality), working in UK Cruise Line. Contact email : asharcfernandes@gmail.com

6508. MUMBAI : Mangalorean Roman Catholic Bachelor (Born in October 1986), Ht. 5' 10", Wt. 80 kgs, Fair Complexion, Edn. B.E.. working as a Asst. Manager in German Company. Seeks a tall, well educated homely Mangalorean girl. Contact email : colind.3010@gmail.com

6250. MUMBAI : East Indian Roman Catholic Bachelor, (Born in January 1974), Ht. 5' 8", Wt. 76 kgs, Wheatish Complexion, Edn. B.A., working as a Manager. Contact email : cardoz.clint@gmail.com

6353. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in December 1977), Ht. 5' 11", Wt. 80 kgs, Fair Complexion, Edn. HSC + Dip. in Catering, working on cruises line in store department. Handsome, sober, having own house, seeks a simple, godfearing, working Mangalorean girl. Currently in Mumbai contact immediately. Contact email : lewisroyston@yahoo.com

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**6833. AUSTRALIA :** Mangalorean Roman Catholic Bachelor, (Born in November 1986), Ht. 5' 7", Wt. 78 kgs, Fair, Handsome, PR Holder, Edn. Masters by Research in Biotechnology from QUT, Australia, Currently working with reputed company in Quality Assurance dept., Seeking a qualified and God fearing Mangalorean RC girl. Contact email : lizbf2017@gmail.com

**6228. MUMBAI :** Mangalorean Roman Catholic Bachelor (Born in December 1972). Ht. 5' 8", Wt. 65 kgs., Wheatish Complexion, Edn. S.S.C. A/C Tech. Course, working as a A/C. Technician in Voltas. Contact email : lawrencedias321@gmail.com / Mob: 8291056939

**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.

**6813 USA :** Mangalorean Protestant Divorcee, (Born in March 1951), Ht. 5' 10", Wt. Medium, Fair Complexion, Edn. MBBS., MD., Doctor by profession. Contact email : fh2@mail.com

**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. Contact email : roshanpilar@gmail.com

**6766 MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in August 1973), Ht. 5' 5", Wt. 68 kgs, Tan Complexion, Edn. SSC, working as a Mech. Fitter in Private Limited Company. Having own accommodation. Contact email : maxielobo1973@gmail.com

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

**6818. MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in January 1986), Ht. 5' 9", Wt. 72 kgs, Wheatish Complexion, Edn. Computer Engineering, working for a reputed IT firm. Contact email : celinedsz55@gmail.com

**6817. MUMBAI :** Mangalorean RC Bachelor, (Born in January 1989), Ht. 5' 10", Wt. 75 kgs, Tan Complexion, Edn. B.Sc., B.I.S., working as a Sr. Software Engineer. Contact email : fernandesmelwyn08@gmail.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.

**6682. MUMBAI :** Mangalorean RC bachelor, (Born in September 1986), Ht. 5' 5", Wt. 56 kgs, Fair Complexion, Edn. ITI, working as a HVAC & BMS Supervisor. Contact email : vincent.serra1@gmail.com.

**6681. MUMBAI :** Goan RC bachelor, (Born in July 1977), Ht. 5' 10", Graduate Master of a reputed school seeks a suitable match. Contact

email : noronhaneil@yahoo.in OR 9920460551 / 23820314.

**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 having 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.

**6750 AUSTRALIA :** Goan Roman Catholic Bachelor, (Born in October 1985), Ht. 5' 6", Wt. 70 kgs, Wheatish Complexion, Edn. Bachelor in Communication, working as a Media Analyst. Contact email artemiamaria@gmail.com

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# Brides



# MATRIMONIALS

**6834. MUMBAI :** Goan Roman Catholic Spinster, (Born in October 1989), Ht. 5' 9", Wt. 90 kgs, Wheatish Complexion, Edn. BBA/BMS, Profession : Make-up Artist. Contact email : [hycintharemedios@gmail.com](mailto:hycintharemedios@gmail.com)

**6804. COIMBATORE :** Anglo Indian Roman Catholic Spinster, (Born in October 1983), Ht. 5', Wt. 68 kgs, Wheatish Complexion, Edn. B.Sc IT, MIB, MBA., working as an Export backend operations and customer support operations. Contact email : [patricia\\_melisa@yahoo.co.in](mailto:patricia_melisa@yahoo.co.in)

**6802. MUMBAI :** Goan Roman Catholic Widow, (Born in September 1986), Ht. 5' 5", Wt. 50 kgs, Fair Complexion, Edn. B.A., working as an Auditor. Contact email : [lemosmarina0@gmail.com](mailto:lemosmarina0@gmail.com)

**6755. MUMBAI :** Mangalorean Roman Catholic 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](mailto:alm716349@gmail.com)

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

**6033. ABU-DHABI :** Goan RC Spinster, (Born in May 1979 ), Ht. 5' 2", Wt. 58 kgs, Wheatish Complexion, Edn. M.A. Eng., Literature, working as a Copy Editor. **Contact email : [barretto.lorraine@gmail.com](mailto:barretto.lorraine@gmail.com) OR [9730454857](tel:9730454857)**

**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

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[royalchristianfamily@gmail.com](mailto:royalchristianfamily@gmail.com)

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](mailto:stanley_ds118@yahoo.com)

**6752. MUMBAI :** Mangalorean Roman Catholic spinster, (Born in February 1982), Ht. 5' 8", Wt. 60 kgs, Fair Complexion, Good looking, Edn. MBA (HR), working as a Chief Manager in Insurance Company. Contact email : [genesia\\_17@yahoo.com](mailto:genesia_17@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](mailto:artemiamaria@yahoo.com)

**6748. MUMBAI :** Goan RC 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](mailto:thomasdsouza18@gmail.com)

**6747. MUMBAI :** Goan RC 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](mailto:idalina1888@gmail.com)

**6742. AUSTRALIA :** Goan RC 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](mailto:mark.alvares16@gmail.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](mailto:sona68500@gmail.com)

[gmail.com](mailto:gmail.com)

**6739. MUMBAI :** Anglo Indian Keralite Spinster (Born in February 1995), Ht. 5' 1", Wt. 62 kgs, Fair, good-looking, 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](mailto: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](mailto: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 Accountant. Contact email : [jocelyn\\_rod15@yahoo.in](mailto:jocelyn_rod15@yahoo.in)

**5619. DUBAI :** Mangalorean R.C. Spinster, (Born in November 1981), Ht. 5' 5", Wt. 60 kgs, Fair Complexion, Working in Govt. Hospital in Dubai as Specialist Doctor (M.D.) Seeks a well qualified bachelor from Decent family. Kindly send the profile and recent photograph to Email : [alliance12313@yahoo.in](mailto:alliance12313@yahoo.in)

**5997. MUMBAI :** Mangalorean RC Spinster, (Born in October 1974), Ht. 5' 3", Wt. 70 kgs, Fair Complexion, Edn. B.D.S. Dentist by profession. Email : [drcleona@yahoo.com](mailto:drcleona@yahoo.com)

**6129. MUMBAI :** Tamilian RC Spinster, (Born in December 1983), Ht. 4' 11", Wt. 58 kgs, Wheatish Complexion, Edn. B.Com., working for Bank, Contact email [daisy.dec1@gmail.com](mailto:daisy.dec1@gmail.com)

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# MATRIMONIALS

**6192. MUMBAI :** Goan Roman Catholic Spinster, (Born in August 1986), Ht. 5' 6", Wt. 65 kgs, Wheatish Complexion, Edn. B. Pharma & MBA in Clinical Research, working as an Asst. Manager. Seeks a Engineer or well settled and educated. Contact email : cosmetony52@yahoo.com

**6226. MUMBAI :** Goan Roman Catholic Spinster, (Born in June 1989), Ht. 5' 2", Wt. 45 kgs, Wheatish Complexion, Edn. B.Com., working as a Supervisor in Bank. Contact email : rodrigues-mary898@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

**6698. MUMBAI :** Goan Roman Catholic Spinster, (Born in July 1985), Ht. 4' 8", Wt. 41 kgs., Fair Complexion, Edn. M.A. History, working as an Executive. Contact email : sharmayne7@gmail.com

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

**6769. MUMBAI :** East Indian Roman Catholic 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

**6765. MUMBAI :** Goan Roman Catholic spinster, (Born in March 1986), Ht. 5' 4", Wt. 42 kgs, Wheatish Complexion, Edn. C.A., working as a Chartered Accountant. Contact email : marilyn.dcosta22@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

**6760. KUWAIT :** Mangalorean Roman Catholic spinster, (Born in November 1987), Ht. 5' 4", Wt. 70 kgs,

Fair Complexion, Edn. B.Com., MBA Finance, working as a Administration in IT firm. Contact email : astridmathias@gmail.com

**6246. MUMBAI :** East Indian Roman Catholic Spinster, (Born in October 1986), Ht. 5' 8", Wt. 64 kgs, Fair Complexion, Edn. B.Com., working, Contact email : mariashgo24@gmail.com

**6330. MUMBAI :** Goan Roman Catholic Spinster, (Born in March 1985), Ht. 5' 1", Wt. 56 kgs, Wheatish Complexion, Edn. B.Com., MBA (Finance) working as an Asst. Manager in Bank. Seeks a suitable match. Contact Email : oldgoa2012@gmail.com

**6345. MUMBAI :** Goan / Mangalorean Roman Catholic Spinster, (Born in October 1988), Ht. 5' 1", Wt. 64 kgs, Wheatish Complexion, Edn. B.Com., working bank. Seeks a well qualified boy. Contact email : idsouza14@gmail.com

**6482. K.S.A. :** Roman Catholic Spinster, (Born in July 1983), Ht. 160 cms, Wt. Normal, Wheatish Complexion, Edn. B.Sc. in Chem/ PGDMLT, Pathology Lab Technician (Instructor) in **KSA** since 10 years, well settled, seeks a suitable match. Contact email : mathew\_680@yahoo.com

**6185. MUMBAI :** Goan (Bardez) Roman Catholic Spinster, (Born in January 1982) Ht. 5' 4", Fair Complexion., Edn. B.A., Dip. in Financial Management, Banking Exams, Working as Senior Manager for a reputed Private Sector Bank Seeks educated and well settled Roman Catholic Goan (Bardez) Bachelor between 36-40 years. Ht. 5' 7" and above. Contact email : andy.franky@hotmail.com

**6497. POONA :** Tamilian RC Spinster, (Born in January 1982), Ht. 5' 2", Wt. 58 kgs, Wheatish Complexion, Edn. M.Com., working as a Sr. Manager. Contact email : harryanthony.7@gmail.com

**6337. M.P. :** Protestant Christian Divorcee, (Born in July 1980), Ht. 5' 3", Wt. 52 kgs, Wheatish Complexion, Edn. B.E. (Computer Science), MBA (HR), working as a Senior Manager ,

MNC Mumbai. Seeks a match residing in Mumbai, having a decent qualification and well settled. Contact email : estherjoseph@rediffmail.com

**6377. USA :** Parents of RC spinster (Born in June 1984) / 5'4", Slim, Fair, MBA working for a reputed company in USA, invites alliance from RC bachelors, qualified professionals well settled from good Catholic family background upto 37 years. working in US only. Kindly reply with profile and a recent photograph to divineword121@gmail.com

**6263. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in January 1990), Ht. 5' 2", Fair Complexion, Edn. B.Com., Dip. in Mktg., working as a Sales Coordinator. Contact email : mflavy@yahoo.com

**6325. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in July 1986), Ht. 163 cms, Wt. 62kgs, Fair Complexion, Edn. M.D. (Ophthalmology) Doctor by profession. Seeks a Mangalorean bachelor from Mumbai or Mangalore below 32 years, preferably Medical profession. Contact email : rufa0107@gmail.com

**6392. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in May 1989), Ht. 5' 3", Wt. 54 kgs, Fair Complexion, Edn. MBA in Pharma Management, working as a Senior Process Associate at TCS. Seeks a well educated and well settled bachelor. Contact email : zenalobo89@yahoo.co.in

**6448. MUMBAI :** Mangalorean RC Spinster, (Born in October 1985), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, beautiful, Edn. B.Com., working as an Asst. HR Officer. Contact email : genesalis@yahoo.com OR 9324515797

**6414. MUMBAI :** Roman Catholic Spinster, (Born in July 1989), Ht. 5' 1", Wt. 48 kgs, Wheatish Complexion, Edn. B.Com., (Banking & Insurance) working as a Consultant. She is vegetarian. Contact email : rosemaybharda@yahoo.com OR 9224780162

# Pope's Lent Reflections 2018

Pope Francis at Mass for Ash Wednesday 14 February 2018, followed by the Stations of the Cross, invited everyone to live the 40 days of Lent in 12 befitting ways as follows:

1. Return without fear to those outstretched arms of your Father, Who is rich in mercy, Who awaits you. Return without fear, for this is the favorable time to come home. Return home to the loving and merciful embrace of Abba-Father!
2. Lent is the time for allowing one's heart to be touched ... but persisting on the path of evil only gives rise to disappointment and sadness. However, true life is quite distinct, and our heart indeed knows this – God does not tire of holding out his hand.
3. Never give in to distrust, apathy and resignation! Lent is the ideal time to uproot these and other temptations from our hearts.
4. Refrain from showing off, or from an attitude which gives rise to unproductive thoughts and self-pity. These can lead us to forget our call to encounter others

and share in their burdens.

5. I urge you to end the desire to control everything, know everything, destroy everything. These attitudes stem from a lack of gratitude for our life and for what we've already been given.
6. Lent is a good time to cultivate the "creative power of silence"; in order to leave behind the unrest and commotion that fill the soul with bitter feelings which never get us anywhere.
7. Pause from this compulsion to a fast-paced life that scatters, divides and ultimately destroys time with family, children, grandparents and friends. But value time as a gift, a time with God!
8. I criticize haughty looks and fleeting and pejorative comments, which originate from a lack of tenderness, compassion and reverence for others, particularly those who are susceptible to pride and immersed in sin and error.
9. Instead look upon and meditate on those actions which promote faith, hope and charity; especially in those families who, despite hardship, still strive to make their homes "a school of love"!

10. See the faces of children and youth yearning for a future; see the faces of the elderly reflecting "God's wisdom at work"; and see the faces of sick people and their caretakers, whose vulnerability reminds us of the value and dignity of life!

11. Look to the remorseful faces of so many who try to repair their errors and mistakes; and who in spite from their misfortune and suffering, fight to transform their situations and move forward.
12. Contemplate the real face of Christ Crucified out of love for everyone without exception. Yes, for everyone. To see Jesus' face is an invitation filled with hope for this Lenten season – "For He is the power and the wisdom of God" (1 Cor 1:24).

And if I may add the sentiments of St. Paul: "I want their hearts to be encouraged and united in love, so that they may have all the riches of assured understanding, and have the knowledge of God's mystery, that is CHRIST, in Whom is hidden all the treasures of wisdom and knowledge" (Colossians 2:2-3).

—Dr Trevor Colaso, *Bandra (W), Mumbai.*

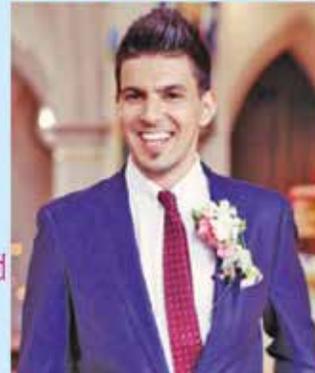
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**At Pangla Parish – Udupi Diocese**

Milagres House, Shankerpura Main Road, Kurkal Village,  
Shankapura Post, Udupi Tq & Dist. Pin - 574 115  
Email: mangaloreanmilagres@gmail.com ■ Website: www.milagressociety.com  
Phone +91820-2559729

An initiative of  
**“The Manglorean Milagres Society”**,  
Bandra, Mumbai - 400 050

**Inaugurated by Hon. Shri. Vinay Kumar Sorake,**  
**MLA of Kaup Constituency**  
**on 13.01.2018.**

**In the presence of,**  
**His Lordship Rt. Rev. Gerald Isaac Lobo, Bishop of Udupi Diocese,**

**Hon'ble. Shri. Pramod Madwaraj,**  
**Minister for Fisheries, Youth empowerment & Sports Karnataka State,**

**Shri. Terence Lewis, Celebrity Judge**

**Admissions Are Open On**  
**First Come First Served Basis**

*For Admissions and Enquires, Please Contact:*

**Mr. Charles P. Pereira - 9833795127**

**Mr. Stany D'Souza - 9870466339**

**Sr. Catherine - (On Site) 820-2559729**