

RNI No. 56987/92

1

THE SECULAR CITIZEN

Vol.27 Issue No.11



(Total Pages 24)



Mumbai, March .12-18, 2018



Rs. 10

A NATIONAL FAMILY WEEKLY



Teens:
We are the future!



We Are One Nation



*Black or white, rich or poor,
None of these detaches us from a common
thread we acquire.
Children of God we all are,
Made in his image and likeness so far.*

*Divided by language, religion and territory,
We all long for that one word from the dic-
tionary- Unity
But in its entirety.*

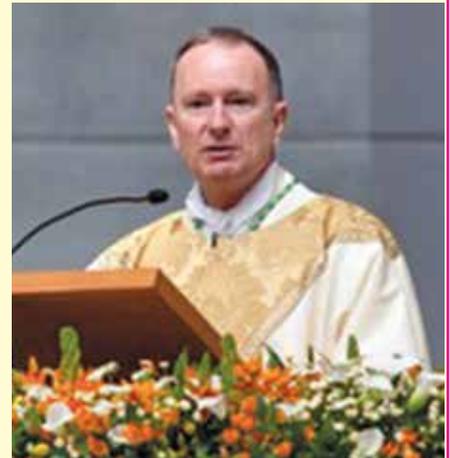
*If humans could speak the language of
humanity,
Rather than the language of nations,
The world could be a better place to live in.
And we could proudly say, "We are one na-
tion".*

*So let's set out on this remarkable mission,
Where we all shall partake in a spectacular
transition-
From 'All Nations Are One' notion
To 'We All Are One Nation'.*



-Preema D'Souza

Pope Francis on homilies



Pope Francis' recent advice to priests to be brief and well-prepared during their homilies which should no last more than 10 minutes, comes a day not to soon in view of the spate of complaints from the faithful from all quarters that Sunday sermons are largely hollow with little food for thought or uplifting of the spirit, to help people grow in faith, in today's secular world. What is dished out at sermons is often a repeat of the day's readings and gospel which the people have already heard .Sermons are usually long, dry and monotonous, beginning with anecdotes that seldom have any bearing on the day's readings. In short, the seeds of the 'Word' fail to be implanted in the hearts of the people. Sunday homily being an important part of pastoral ministry and an integral part of the Eucharistic celebration, it is necessary that the preacher comes well prepared so that the faithful go home animated , transformed and enriched with gospel values instead of feelings of disgust and emptiness.

—A. F. Nazareth
Alto porvorim

Pope declares new feast day devoted to the Virgin Mary

Vatican City — Pope Francis has made the devotion to the Virgin Mary a new fixed celebration in the Roman Catholic calendar.

The Vatican published a decree Saturday in which Francis declared that the Mary "Mother of the Church" feast would be celebrated on the Monday following Pentecost. This year, it falls on May 21.

The decree said Francis wanted the devotion to "encourage the growth of the maternal sense of the Church

in the pastors, religious and faithful, as well as a growth of genuine Marian piety."

History's first Latin American pope is particularly devoted to Marian piety and frequently refers to the church as "mother."

In 2016, Francis set another feast day for another key woman in Christ's life, declaring July 22 as the feast of St. Mary Magdalene.

*(Source: wbal.com)
MattersIndia*

99, Perin Nariman Street, Fort, Mumbai - 400 001.

Mobile: +91 9820485389, 9820473103

Tel: +9122 - 2269 35 78 / 2265 49 24

E-mail : secular@sezariworld.com / secular@vsnl.com

Website: www.sezariworld.com

Editor: LAWRENCE COELHO

'Thought for the week'

Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tip toe if you must but take the step.

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THE SECULAR CITIZEN

Subscriptions Rate:

One year (anywhere in India) Rs. 500

Three years (anywhere in India) Rs. 1200

Five years (anywhere in India) Rs. 2000

One year (outside India) Rs. 3500

E-paper Edition

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Two years Rs. 1000 or US \$ 25

Cover : Realise the power of words:

(Article on pg.17)

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What Grief Teaches Us - Tragedies Happen

By Don Aguiar

In life, tragedies happen that are very hard to explain. They can destroy families; and life for some is never the same. Tragedies make you question the mercy of the Creator.

It shakes your faith. How can the Creator be the most merciful if such tragedies are allowed to take place? Prophet Jesus was crucified, Prophet Muhammad was an orphan. How can Prophets go through this when they are so close to the Creator?

These are complex questions that philosophers have grappled with throughout history. If one looks 200 years ahead, everything in our life will perish because 100% of the current population will be dead by then.

When you look that far ahead, it makes you realise that everything in life is temporary. Everything we have been given in life —family, wealth, health, respect — are all given to us in trust for a given time. Once that time is up, it is taken away from us, and that includes our own life. We read in the Holy Bible that Jesus Christ had a similar experience on earth just like anyone of us.

One thing that cannot be taken from us is our memories. Khalil Gibran said, "To live in the hearts of others is not to die."

When you lose someone, which will happen sooner or later, the memories are yours to keep. The only consolation is that what you lost was really never yours — it was just given to you in trust for a certain period of your life. Just as Mary experienced this with Jesus, we too experience the same.

It's very hard to digest when you have lost someone, but ultimately, that is the only truth. All we really have is this moment to cherish and savor, everything else is uncertain. After the death of Jesus uncertainty came upon his disciples until the Holy Spirit came upon them and gave them courage to proclaim His will.

(Contd.. on p. 4)

Who is ever ready for grief/tragedy?

It comes unannounced, and with brute force.

On Friday in July, 2017 my wife's sister Pamela and her husband, William, were on their way to the local movie theater. As they began to make a left turn into the cinema parking lot their car was struck by an SUV that drove through the red light.

Pamela and William died at the scene.

They are survived by their three wonderful children Ryan, Edward and Savio. The shock and grief of this tragedy cannot be overstated.

My wife and I were broken.

My wife and I have spent the last couple weeks with family, grieving. This time away—from work, outside affairs, social media—coupled with deep reflection, has provided me with not only a new perspective but also a renewed sense of being.

I want to invite you into this journey of reflection and renewal. Over the next few weeks I want to share some of the lessons tragedy is teaching me.

I'm sure many of you have encountered similar moments of loss and grief. I'm of the mind-set that our experiences shape our worlds, yes, but the lessons learned can also help and encourage others. And that is my hope in sharing some of my thoughts during this time.

This week, I'm reminded of the preciousness of life and how we all experience that preciousness through our relationships on this earth. Have you ever thought about the moments that make up our relationships?

Moments of - laughter, tears, play, work, tension, relief, brokenness, blessedness and much more. If you line up all those moments up they make up our relationships with one another.

In the depths of our grief, something new is being born in us. Grief is the dark mother delivering from her womb of sorrow an unfolding version of ourselves. This new version experiences dimensions of emotion that the old version could not. The new version has collapsed and stretched and suffered and learned in ways that leave us changed forever.

My wife and I are in one of those defining moments—a moment of heaviness, yes, but also preciousness.

I feel very contrite in my spirit. The term "broken hearted" feels very real. The Old Testament poet, King David, used the word "downcast." It's an apt description.

And what about the weight my wife carries now? She must now endure this trauma. And, as we are one flesh, I feel that same deep loss. In the preciousness of this moment, I'm learning that it's the little things in times of grief that matter most.

She needs me to be there—just holding her hand. It's the simplest yet most profound gesture I can make for her at this moment.

Our presence matters most to those we love the most. We have to "be there." And that's a hard lesson in our world which has filled up with distractions.

We experience a strange richness and beauty when we experience life together. And be it joy or grief, the times together remain precious—they make us who we are.

Grief teaches us about the difference between being strong and being stoic. It takes a lot of energy to be stoic, to hold back emotion and soldier on through life as the losses pile up in a dark, locked closet of our being. While stoicism may look like strength from the outside, it often comes from a place of fear and shame. Stoics may resist exposing their vulnerability and fully experiencing their pain, and so they bury it where it can't be seen and judged by others.

Don't judge tragedies. Observe it. Make room for doubt, but don't let it stick like a leech. Tragedies are wonderful. It fortifies you, builds self-belief, and makes you a better-rounded human being. All you have to do, is know where to look. Imbibe the intangible, the invisible, and tangible results will follow

"Come, Let's Have Coffee!"

During this penitential season of Lent (and indeed on every occasion if I may say), Pope Francis has pointed to the Sacrament of Reconciliation as a means to true conversion! He said this on 27 February 2018 at Mass in the Vatican's Casa Santa Marta. He was referring to the 1st Reading from the Book of Isaiah:

"Wash yourselves clean ... Cease doing evil; learn to do good ... though your sins be like scarlet, may they become as white as snow. Though they may be crimson red, may they become as white as wool" (Isa 1:18).

"Faithful, please approach Confession with trust and confidence. This is how the good Lord calls us: 'Come, let's have coffee! Come now, let us reason together; let's talk for a while. God doesn't frighten or threaten us.'"

"Let us thank the Lord for His goodness. He does not condemn us. He gave His life for us, and this is His kindness. God is always seeking a repentant heart. Don't be intimidated. The very act of going to Confession is like God inviting us to coffee!"

The Pope encouraged priests, who act in Persona Christi in the Confessional, to reflect on God the Father's Divine Mercy! Be welcoming and approachable, so as to open the sinner's heart; and make them feel at peace, by offering them the consoling 'peace of Christ'!" (cf. John 14:27).

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



Dimensions Founder Chairman Writes...

Dear Editor

As a long standing Subscriber, It's been a matter of amazing pride to receive The Secular Citizen unfailingly at the door step, week after week for the last 20 years. Hats off to Mr. Lawrence and Mrs. Susanne Coelho, the couple, made for each other. It's the determination and consistency, which has enabled them to maintain the continuity lasting more than 25 years and getting stronger week after week in content and writers.

The secular citizen over the years has become a household name in Christian community. Many good writers are contributing quality articles and their addition to writing tribe is increasing. The Editorial from Mr. Don Augier and the center page contribution from Mr. Marshall Sequeira is always been my favorite beside other articles from renowned writers which I go through.

It is pertinent to mention that my association with Mr. Lawrence Coelho, started way back in 1998 during the time of *Johnny Lever show* at Central Mechanical workshop, organized in aid of building English medium school where I studied and later *Life Time achievement award in 2004 to Mr. Anthony Parakkal* for achieving the honour of a mention the Limca book of records and the Guinness book of world records for writing maximum letters to the editor – both were organized in association with The Secular citizen, which were a grand success.

Being the founder editor of Dimensionally Yours, and remaining editor for 8 long years I am quite aware, running a newsletter is not every ones cup of tea, it is expensive unless needed ads are there to cover the cost and make some profit to sustain. From subscription one cannot run the newsletter. In this column I would urge and appeal to all the readers to introduce one new reader to The Secular Citizen, it is just Rs.500/- annual for 52 issues and Rs.2000/- for 5 years. Also *support The Secular Citizen by way of ads*. The patronage and support will go a long way in building a strong network for us Christians. It's the matter of support in the efforts to excel. Never say – why me? Just go ahead and say why not and act on it. Looking forward for the positive response from each and every reader.

Wishing you all the best in your endeavor to give the best to the readers.

Freddy Mendonca
Founder Chairman - Dimensions

Should civilians be accorded state funerals?

Cine star Sridevi who passed away in Dubai was accorded a state funeral. She was draped in the national tricolour and given a gun salute. With no disrespect to the popular star, one needs to look into the propriety of according state funerals to civilians, before this becomes a precedent, with other film stars (there are several), sports-person, artistes even local politicians demanding similar honour. I believe that other than the forces and top constitutional functionaries, state funerals should be permitted to others in exceptional cases only. A film star entertains millions but brings little glory to the nation. A good sports-person would have a better claim to a state honours as while entertaining millions he/she also brings glory to the nation----which is not the case with actors. Sports-persons do the nation proud when they receive gold medals at international events, with the national flag being raised to the accompaniment of the nation anthem. Nevertheless, I strongly believe that this honour should be reserved only for our brave soldiers, with a few exceptions.

—Prof Robert Castellino
Orlem.

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Fr M.D. Thomas Wins ICPA - Swami Devanand (Hindi) Award

Fr MD Thomas, Founder-Director of the Institute of Harmony and Peace Studies, New Delhi, has been chosen for the Swami Devanand Chakkungal Award 2018 of the Indian Catholic Press Association for his outstanding contribution to Christian journalism and Hindi literature.

Fr. Thomas' book "Mulya Bible Ke" is an outstanding poetic rendition of the values of the Bible, a historic innovation on the Bible, possibly the first of its kind. This unique work is a major contribution to Hindi and Christian literatures, to poetry and music at the same time.

'Kabeer Aur Eesaayee Chintan' (Kabeer and Christian Thought) is his first book and he was awarded 'Saahityik Kriti Sanmaan--2003-2004' by the Hindi Academy, Delhi, for the same. He is noted as the first person from a non-Hindi and Christian origin to have been conferred such a

recognition. In addition to the books and music albums, Fr Thomas has to his credit over 250 articles (nearly 100 in Hindi alone) over 15 Awards and Certificates of Honour.

Swami Devanand Chakkungal Award for the Best Hindi Christian journalist/author or periodical, was established in 2001 by the ICPA with the support of the Indore Province of the Divine Word Missionaries, in memory of Fr Devanand Chakkungal, SVD, a well-known Hindi writer, and great lover and promoter of Hindi Christian literature.

Fr Thomas will receive the Award on 9th March at the 23rd National Convention of Christian Journalists to be held at Seva Sadan, the SVD Provincial House, Indore.

*Jose Vincent.K.J
Secretary, ICPA*

China's One-Child Policy?

Decades of government-enforced population control, have left China with significant gender and age imbalances; resulting in far-reaching societal effects. This legacy includes a rise in sex-trafficking and elderly suicides, according to Chinese pro-life advocate, Reggie Littlejohn, president of the *Women's Rights Without Frontiers!* This is a dire warning for India too.

"There are an estimated 37 million more males living in China than females, leading to women and girls becoming forced brides and even prostitutes – a result of sex-selection abortions of female fetuses, and neglect of girls in infancy."

"The suicide rate for over-65 age group in China is four to five times higher than in the general population. Elderly widows have nobody to support them, and are leading lives of

grinding poverty and hopelessness. They are exceedingly grateful for the help we are giving them through a monthly stipend for a year."

"Please don't abort or abandon your baby girl. She is a precious daughter, as good as a boy. Avail of the monetary assistance to empower her to develop as a responsible and caring mother."

Her (Littlejohn's) work in China was influenced by St. Mother Theresa of Kolkata. "I worked with her Missionaries of Charity for six weeks, especially in looking after abandoned babies. This was a huge inspiration for me, and I hope to save baby girls in India as well. Remember, 'girls are wisdom personified. They are more precious than jewels' (cf. Proverbs 31:10)."

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

Teaching Chair of the CROSS!

"So I'll cherish the old rugged Cross", goes a popular responsorial chorus! St. Augustine thoughtfully observed: "The 'tree' upon which were fixed the members of Him (Jesus) dying, was indeed the 'Chair of the Master's Teaching!'"

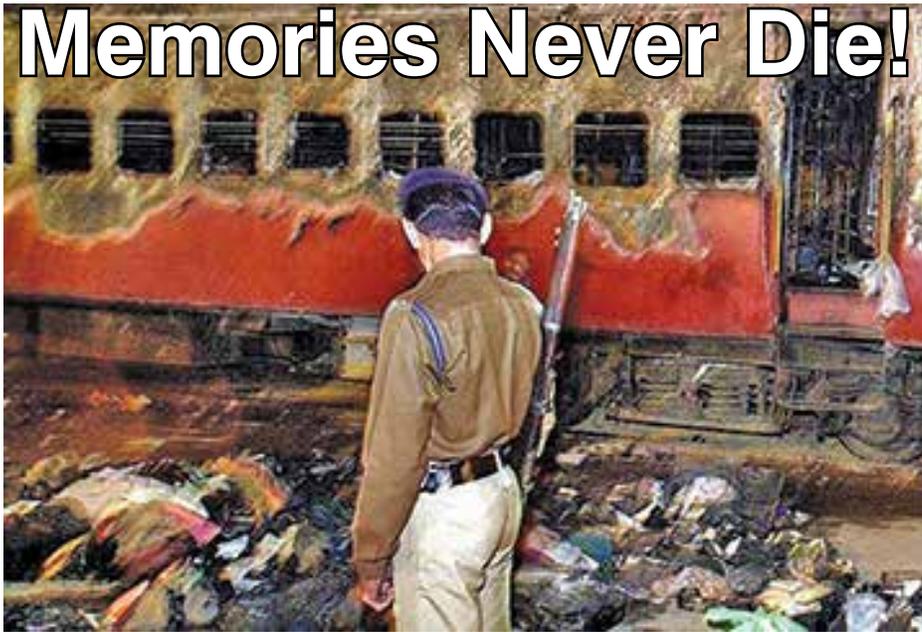
St Thomas Aquinas admirably provides us with one of those lessons that St. Augustine gleaned from the 'Teaching Chair of the Cross': "Not without purpose did He (Christ) chose this class of death, that he might be a Teacher of that "breath and height and length and depth", of which the Apostle St. Paul speaks. (cf. Ephesians 3:18).

As for the "breath", St. Augustine reveals that the crossbeam of the Cross represents 'good works'; since Christ's hands were spread out to embrace them. The "length" from the crossbeam to the ground symbolizes the virtue of 'bearing suffering patiently'. The Cross's "height" from the crossbeam to the top head of the Crucified Christ, embodies the 'supreme desire and hope of believers'. The "depth", hidden in the ground, fixed like the root from which the entire 'tree' grows, promises Jesus' gratuitous graces and gifts (words from the Cross), as forgiveness, paradise, and Mary! (Luke 23:34,34; John 19:26-27).

So, allow me (the author of this letter) to add: "May I never boast of anything except the 'Cross of Jesus Christ'; by which the world has been crucified to me, and I to the world" (Galatians 6:14).

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

Memories Never Die!



BY FR. CEDRIC PRAKASH
SJ

tinue to do so. There are thousands of them everywhere; some have fled Gujarat never to return to a place, which was their 'home'. Large numbers continue to be displaced from their original villages and towns, living in rather sub-human conditions in so-called resettlement places like the 'Bombay Hotel' area, which is next to Ahmedabad's major garbage dumpsite. It is just unimaginable how people can live in places like these—literally in the midst of filth and squalor, without even the basic amenities of life. Thankfully, some victim-survivors have shown amazing strength and resilience to take on the powerful perpetrators of this carnage. It has not been easy but they have heroically withstood all hostilities and obstacles, gone to the courts umpteen of times seeking justice, which is legitimately theirs. There is Zakhia Jafri, the wife of the former Member of Parliament Eshhan Jafri, who was brutally murdered on that fateful 28 February 2002; there are Rupa and Dara Mody who still wonder whether their only son Azhar who also disappeared that very day, will one day return. There are many more, who still courageously and patiently wait for the light of day.

(Contd.. on p. 9)

It is sixteen years now since the Gujarat Carnage of 2002. The years have flown by; Gujarat, India and the world has experienced a generation change in many different ways. "Let us move on" is the repeated quote of many who were not affected. "Such things happen everywhere!" is the slogan of those who would like to sweep the reality under the carpet. "Oh, they were just aberrations, worse things have happened at other times!" say some. For those who try to legitimize what took place, the oft refrains include, "Didn't they deserve it?" "Why did they have to burn the train in Godhra?" "They are all anti-nationals! They support Pakistan!" etc. and ad nauseam!

The truth is facts never lie and memories never die! By all counts, the Gujarat Carnage was one of the bloodiest chapters in post-independent India. There was the brutality: barbarity at its worst as children, women and men were burnt alive; chopped into pieces. The murderous mobs spared no one: from the unborn child in the womb of a mother to the very old and sick. Unlike other 'riots' this carnage went on and on. There was arson and loot. An estimated two thousand people were killed, thousands others injured and many times that number who were affected and had to flee from places which they once called their home.

Above all, this one took place with the complete connivance and even involvement of the State Government. There are enough of eyewitness accounts, reports and studies to evidence this. The police who are meant to protect the lives and property of all citizens have gone on record saying, "we have no orders to protect you". It was, without an iota of doubt, the Government and their henchmen versus a minority community!

After sixteen years, there has certainly been some justice done. There have been several convictions for the atrocities committed, thanks to the indefatigable efforts of many committed persons. Teesta Setalvad and the 'Citizens for Justice and Peace' have been resolute in this struggle for justice; but there are others too who are determined to leave no stone unturned until the cause of justice has been completely met. Thanks to the efforts of all, the 'Gujarat Carnage' is still on the radar of the country and world today. However, the unfortunate reality is that some of the lynchpins—those largely responsible for orchestrating the violence, are today in the seats of power. They have managed to cloak themselves with a certain degree of immunity.

Today one can never forget the victim-survivors who have gone through unbelievable pain and trauma, and con-

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The Secular Citizen,
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WHETHER WE INDANS IN PRINCIPAL ARE LOOSING THE ART OF LISTENING?

by Eric D'Sa

When I was a teenager growing up in Bangalore, I was very reluctant to attend the religious retreats conducted by the college Jesuits. Once my mother called me aside and advised me that I should attend one, as it will take me away at least for a short while from the daily clutter of instructions from parents and teachers. It will also give me some respite of noises dealings with my siblings and friends. Though I may have to pray a lot more during these days she advised, the solitude would help me to think about my self without disturbance, know my likes and dislikes, what I would like to do in the immediate future and later in life. I took her advise and attended a three day retreat and learnt the benefits of being quite on my own and spend time on some serious self assessment and reflexion.

Later during my sailing days around the world as a 3rd Engineer, after finishing the night watch between 12 pm to 4 am, especially on long voyages like the one between Japan and Chile; when the sea was calm and the early morning sky was clear as the day broke, I was able to sit alone on the deck of the ship with a pint of cold

beer and enjoy the bliss of solitude and deep silence, except for the slight rhythmic sound of the ships engine. Subsequently when I took up a shore job it was apparent that most of the very successful managers were able to make fluent and lucid speeches. I realised though I was a well qualified and experienced Marine Engineer, I needed to learn to stand up in public forums and make speeches without much hesitation. So I took a course in public speaking and I remember on the first day not being able to stand up and talk for just two minutes. This,

YOU THE CITIZENS DECIDE:

I was able to partly overcome in due course of time.

A few years later I was having a chat with a very successful businessman who also happened to be a very good public speaker. I asked him if his success was due to his excellent gift public speaking ability. Just the opposite he told me. I have with some difficulty learnt over the yeas, to hear people with full attention. He went on to say because of our poor schooling system, we learn very quickly to switch off and have our own thoughts. Since then during one to one conversations with people, I have tried to see the other person eye to eye and try to pay full attention to what the person was trying to convey.

Our country is characterised by the sheer diversity of its sights, smells and above everything else sounds. As a nation, we love to talk a lot and our public spaces, including those on the television are very noisy. This is as it should be because we are part of the largest democracy in the world and an open debate is the essence of

a thriving democracy. In recent times, we have been arguing at the top of our voices about the restrictions on precisely that - our right to speck without fear about anything that we consider to be important to us. The prime time TV, print media, social media and even our town and village squares are full of noisy speeches and talks, with our opinions about the latest financial scams, the budgets, cricket team selections, love life our cinema stars and other things. This is rightly so, since we are thriving democracy with lots of wrongs that need correction and it is the fundamental right provided by our constitution, to express freely how the wrongs can be put right.

Even our ever popular TV news shows with constant breaking news, seem to resemble a real public space any where in India - crowded and noisy, where people speak loud and perhaps hear each other, but rarely listen. The din of voices raised in arguments threatens to throw out everything else. The loud mouthed voices edge out those feeble voices which cannot assert themselves or make themselves heard. As the nation debates different subjects, a large number of insignificant lives are spent in tragic ways and nobody pays any attention. The list of such lives is long and may be for that very reason we have started to consider these lives as inconsequential to our well being and hence we have learnt to pay lip service, sympathise and forget.

We simply do not get the space to think long and deep about anything important as this is the age of information overload, where the method of imparting news appears like big deafening blast. Each day news stories bombard you with information, effectively wiping out all that you have heard and seen a day earlier. Debates

(Contd.. on p. 9)



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(Contd.. from p. 8)

on TV become louder and more vociferous, while public memory becomes shorter and shorter. The lack of memory disables our ability to keep sustained interest in any story. Many events that hit us with a bang taper off without even whimper and we hardly notice it. As such the lack of silence is paradoxically a silencing force, because it ensures no one is heard above the din. The ability of debates to smother any feedback is such that it effectively becomes a means to prevent meaningful discussion.

Democratic debates are thus ironically becoming the most effective ways to throttle a sustained discussion on topics of importance especially those that are inconvenient to the power centres. As such it works more effectively than official news censor, all the more dangerous as it maintains the facade of participatory democratic discussion. This is to an extent an illusion, given the fact the so called open spaces of prime time TV can carefully pick and choose the participants they want and manipulate the discussions to lead it to the conclusion they wish to arrive at. The print media is not far behind in such manufactured news. They can and do choose to publish or not publish what they want to print. Consequently these debates on electronic and print media as they chase the new breaking news merely rake up a lot of noise without constructive feed back and sustained follow up.

This is the reason it is crucial, as my mother old me decades ago, to have periods of relative silence which allow us to absorb what we have heard and if we feel it is important, act on it. As Simon and Garfunkel sang in their famous song " The Sound of Silence", we are turning into people " talking without speaking/ hearing without listening". You the Citizens will have to decide whether each of us are being invited to to speak, to ensure none of us is actually heard. Are we loosing the art of listening?

(Contd.. from p. 7)

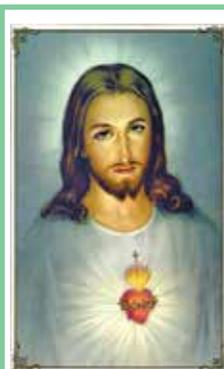
The powerful, the vested interests, those who are perpetrators of these heinous acts have been doing everything possible to stop the wheels of justice from arriving at the complete truth. They have bought up/coopted some members of the minority community to propagate fabricated stories; they have used former staffers and associates to 'go to town' with total untruths. Human rights defenders, social activists, committed journalists, academics, upright officials and others have had false cases foisted on them; the police and other Government bodies have been misused and manipulated to harass and intimidate those who have accompanied the victim-survivors. A good part of the mainstream media, in a blatantly Goebbelsian manner, has hounded those in pursuit of truth and justice. It is unbelievable, how sections of the Judiciary without weighing all the merits of a case, can deliver judgements, which are very convoluted. This and much more: the journey after 2002 has not merely been traumatic for those who have actually suffered but also a real ordeal for those who have felt duty-bound to relentlessly pursue truth and justice, in order to preserve all that is sacred in India.

Today in Gujarat and in other parts of India, several of the victim-survivors, human rights defenders and citizens

from all walks of life assembled in rallies, public meetings and in prayer groups, remembering those bloody days of 2002! Many still await the day of justice; several still are and feel ostracized. In between the sharing of pain and struggle, there were also slogans like "We are all one!" "Hindu-Muslim unity" "Down with communalism". Embers of hope!

Yes there is a hope that someday "truth will triumph", the words emblazoned on our national emblem. There is certainly the need for the healing of memories, for genuine reconciliation, for sustainable peace. These values however are not enveloped in a vacuum; they take place when there is a realization by the perpetrators of what they have done, when there is not merely an acceptance of the wrong but a sincere remorse and the courage to ask for forgiveness. In the eventuality of that happening, then reconciliation will take place, memories will be healed. As Haruki Murakami, the Japanese writer says so poignantly in 'Kafka on the Shore', "but still, no matter how much time passes, no matter what takes place in the interim, there are some things we can never assign to oblivion, memories we can never rub away. They remain with us forever, like a touchstone". Yes, memories never die!

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



Prayer & Thanksgiving Prayer to the Sacred Heart

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

Sacred Heart of Jesus, I trust in you.

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

Sacred Heart of Jesus, Your kingdom come.

Sacred Heart of Jesus, I have asked you for many favors, but I earnestly implore this one. Take it, place it in your open Heart. When

the Eternal Father looks upon it, he will see it covered with your Precious Blood. It will be no longer my prayer, but yours, Jesus. Sacred Heart of Jesus. I place all my trust in You, Let me not be disappointed. Amen.

—A Devotee

Teens:

We are the future!

The world belongs to today's youth' is an oft-repeated phrase. Read on to know what it means

What is the true wealth of a country? Money, gold or industry can be depleted. The youth, on the other hand, are a constant force multiplier and we can rebuild the nation from scratch if the need ever arises

True wealth of nation:

The value of a country is assessed not by the riches or assets it possesses but by its people. A nation may be wealthy but what's more important than the actual wealth is the collective intellect and intelligence of the people who contribute towards earning that wealth. This means wealthy nations can go to ruin if their newer generations are unable to keep pace with their forefathers and drive innovation and growth and developing nations can boost their welfare with insightful planning and an enthusiastic youth.

The youth of a nation determine how it shapes up a few years into the future; they are the future of the country and their action and inaction both contribute to the state of the nation. In developing and promising countries like India, the youth of the nation can contribute to its growth by:

Exercising your franchise:

India is proud of the fact that she is the world's largest democracy but if the country has to be governed properly, it has to be done by people who are responsible and who don't abuse their positions of power for their own betterment instead of helping to better the nation. When the youth of a nation realise the value of good governance, they ensure that they vote for the people who they believe can



make a difference to the nation's prosperity and future. By exercising their peers to do so too, they also prevent their votes from being misused by political parties who wish to win by hook or by crook.

Bringing in a positive change:

India is plagued by various social ills like corruption at all levels of government. Politicians and bureaucrats wind so much red tape around simple processes that they complicate them and make it impossible for progress to take place. The youth of the country can battle these problems - they can fight corruption, bribes and every other social ill that keeps a nation down and prevents it from progressing.

Why aren't we a superpower yet?

- Bad habits amongst the youth
- Less-than-optimum education system
- Focus on personal gain rather than a sense of service
- Sheer Laziness

Using your education for the country:

Countries develop and become better when education reaches a maximum part of the population and when this education is used for the greater good of the nation. India is leaping ahead of most other nations in terms of infrastructure and opportunities but the basic mind set of the people is yet to change. They still don't know how to adhere to basic societal norms like following traffic rules or keeping to a queue and waiting their turn. They must strive to get people to follow their lead instead of following herd mentality and joining the majority. If the youth of a country are educated and willing to go the extra mile for positive change, miracles can happen.

Essentially, all it takes for us to transform the nation today is hard work and motivation; a deadly combination that is sadly lacking in most of us. If only the majority would decide, slowly over time if not one day, that it's time for India to be a global superpower and start working towards that goal, nothing can stop it from happening.



Enrich your marriage quality

We all want to have a happy marriage but sometimes, we just don't know how to make it happen. Boosting your marriage quality seems like a daunting task but it's really not. Here are ways to help your marriage be awesome.

Marriage is the ultimate bond between two partners. You made a vow to love one another for better or for worse but sometimes things become strained. Perhaps you had a bad fight, you feel yourselves drifting apart or you may have simply reached a point where you realise you need to improve the relationship. With a little effort, some understanding and a bit of patience, you and your spouse can improve your marriage and remember why you pledged your love to one another:

Apologise and forgive over and over

There's no getting around it -

you and your spouse will fight. You'll both do things you regret and you'll probably hurt each other a few times in your lives. But when this happens, you have to apologise, forgive and move on. Learn from your mistakes and use them to make your marriage stronger

Make an effort to improve yourself

If you don't love yourself, you won't be able to fully love your spouse. Decide what you want to change in yourself and do it! This might take a little time but when you take care of yourself and feel good about where you're at in life, you can focus your efforts on loving and caring for your sweetheart.

Ask each other questions

Make sure you're invested in your spouse and what they're doing. Be interested in their day and when they talk, make an effort to truly listen. Ask each other questions about your days, the good things that are happening and the hard things you need help with. Knowing what your spouse truly needs will improve your marriage greatly.

Always say thank you to him

Think about the last time your partner did something to help you out or made you feel special and then say 'thank you' for it. You get so comfortable with your partner, it's easy

to expect them to meet your needs. Too often couples forget to express a simple thanks, whether one of you helps out with chores or surprises the other with a gift.

Write about the great things

Whenever your sweetheart does something nice for you, write it down. Try to write at least one or two things every day, and you'll realize how much they really do for you and your family. After you've done this for a few days, share with your spouse how appreciative you are for them and all the wonderful things he does for you.

Things to keep in mind

- Never lie to your partner.
- Take a romantic vacation together or just plan a fun and exciting day even if it just means going to an amusement park.
- Address your partner's needs. If your spouse is telling you what he or she wants from the relationship, you need to put in the effort to make it happen.
- Don't think of arguments as something that need to be 'won'.

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Jesuit General Rev Arturo Sosa visits Mangaluru

-Ivan Saldanha-Shet. M'lore

The Superior General of Society of Jesus, Fr Arturo Sosa, visited St. Aloysius College during his first ever visit to Mangaluru, March 1, 2018 a historical event. St. Aloysius college is world famous and was established by mainly German Jesuits in 1880, 138 years ago, Fr. Muller's Hospital too was set up by a Jesuit about the same time. Thousands of Aloysian students are in acclaimed positions all over the world today. It now consists of 23 institutions in the city with the widest imaginable range of education and health care.

Superior General Fr Arturo Sosa was felicitated on the College campus in the most warm way and he addressed the huge gathering that was present and said, "The present need is to focus on three types of reconciliation namely reconciliation of humans, reconciliation of nature and reconciliation to God. We need to make relationships stronger and real by excluding violence and hatred. Biological sensitivity and sustainable development are important orientations", he added. Fr Sosa also touched upon several other topics such as education, sense of collaboration and practicality of life.

Earlier V Rev Fr Sosa was greeted according to the Indian tradition with a



garland, tender coconut and cultural procession. Later the students of St Aloysius Institutions rendered an array of coastal folk art and dance form. Fr Sosa's delegation included Fr Lisbert D'Souza, Fr Vernon D'Cunha, and Fr. Victor Assoud all regional assistants and in the council of the general based in Rome. Fr. Sosa was joined by Stanislaus D'Souza, Provincial of the Karnataka Jesuits, the Rector of Aloysius institutions Fr Dionysius Vas SJ, Principal of the college Fr Dr. Praveen Martis SJ for a formal function. Staff, Students and Alumni of Aloysius Institutions were a huge turn out on the occasion.

Salient points on the Superior General of the Society of Jesus:

The Superior General of the Society of Jesus is the official title of the leader of the Society of Jesus—the Roman

Catholic religious order, also known as the Jesuits. He is generally addressed as Father General. The position sometimes carries the nickname of the Black Pope, after black priest's attire, as con-

trasted to the white garb of the Pope. The thirty-first and current Superior General is the Reverend Father Arturo Sosa, elected by the 36th General Congregation on October 14, 2016. The Superior General is invested with extraordinary power over the members of the Society, higher than the power given to a bishop over the clergy and lay people of a diocese.

Election process : Superiors General are elected by the General Congregation of the Society, summoned upon the resignation, retirement or death of an incumbent. Superiors General are elected for life and almost all have served life terms, the exceptions being Father Pedro Arrupe (resigned for reasons of failing health) and both his successors, Father Peter Hans Kolvenbach and Father Adolfo Nicolás. On October 2, 2016, General Congregation 36 convened in Rome, convoked by Superior General Nicolás, and it elected Father Arturo Sosa as the thirty-first Superior General.

Father Sosa was born in Caracas, Venezuela on 12 November 1948. Until his election, Father Sosa has been Delegate for Interprovincial Houses of the Society in Rome, as well as serving on the General Council as a Counsellor. He obtained a licentiate in philosophy from l'Università Cattolica Andrés Bello in 1972. He later obtained a doctorate in Political Science from l'Università

(Contd.. on p. 13)



Church of South India devotes itself to Earth

Pathanmthitta: The Church of South India (CSI) has embarked on an eco-friendly mission under which church complexes and buildings will be developed by strictly adhering to a green protocol.

Minimal use of natural resources, use of LED lighting and solar energy, and encouraging people to adopt energy conservation methods are part of the Green Protocol for Green Discipleship (GPGD) policy formulated by the Church's Department of Ecological Concerns. The other focal points are harvesting rainwater, making churches free of plastic, planting of saplings on the church premises during functions, promotion of organic farming, and encouraging people to use public transport to reduce atmospheric pollution.



CSI Moderator Bishop Thomas K. Oommen told *The Hindu* that the CSI was the only Church in India that had mentioned ecology as a mission in its constitution. The Department of Ecological Concerns led by Mathew Koshy Punnackad, former principal of Bishop Moore College in Mavelikara, had already started circulating the 12-point GPGD guideline document among its 16,000 parishes, attached to 24 dioceses, with a total of 43 lakh members.

Bishop Oommen said the document envisaged development of green congregations. All parishes were supposed to abide by the green protocol, he said.

"God has designed the universe as inter-dependent and as a living organism. Therefore, redemption of the earth is possible only by preserving and retrieving, in some cases, her dynamic and harmonious balance," he said.

He said Dr. Koshy was already organising training programmes for the clergy across south India. The CSI Synod executive to be held in April would

discuss the GPGD document and it would be executed after an executive meeting in August-September. All the 96 arts and science colleges, 2,000 schools, hospitals, and various other institutions of the church would follow the GPGD guidelines, he said.

*(The Hindu)
mattersindia*

(Contd.. from p. 12)

Centrale del Venezuela, in 1990. He speaks Spanish, Italian, English, and understands French. Father Sosa joined the General Curia community and took on the role of Delegate for Interprovincial Roman Houses of the Society of Jesus in Rome, which include: the Pontifical Gregorian University, the Pontifical Biblical Institute, the Pontifical Oriental Institute, the Vatican Observatory, *Civiltà Cattolica*, as well as international Jesuit colleges in Rome.

Father Arturo Sosa has dedicated his life to research and teaching. He has held different positions in academia. He has been a professor and member of the Council of the Andrés Bello Catholic Foundation and Rector of the Catholic University of Tachira. He has pursued research and teaching in the field of political science, in various centers and institutions, as the Chair of Contemporary Political Theory and the Department of Social Change in Venezuela at the Faculty of Social Sciences.

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A fine line between leadership and management

Knowing the difference between leadership and management helps you understand your



role in your organisation. By knowing that, you can sharpen your abilities so that you can reach your fullest potential.

There's a happy medium between leadership and management. In some cases, you do need someone to perform as strictly one or the other. The best authority figures know when to apply leadership and management to greater and lesser degrees.

Use leadership skills: The degree to which you're able to use leadership skills depends on your workplace and your company's way of operating. If your members are clear about the team's vision and goals, they're more likely to be inspired by a leader.

For an authority figure to lean more toward leadership, they need to be able to trust that workers are already fully aware of and compliant with company policies. If you constantly have to babysit your team members to perform basic tasks, it's going to be difficult to encourage free thinking.

Reorganise your team: When a team is made up of dedicated individuals who understand their roles, you have more leeway. They'll be able to handle innovation and creativity while keeping up with their responsibilities. When a leader can enter into a dialogue with workers about company policies, they can come up with new ideas together.

Being a manager: When you're new on the job, you need somebody to tell you how things should be done. Managers are an absolute necessity when your team members are new. They can help workers figure out how to do their jobs in the most efficient way possible.

Managers are also excellent at figuring out how much employees are capable of doing. They know that giving them too many responsibilities can have a negative impact on their performance and morale. They safeguard employee productivity by understanding how each person works and responds to stress. Organisations always need managers to help employees with uncertainties that they may have about their work. The manager is someone who can show you where to find a procedure in the handbook.

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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

—Pius, Udupi

Thanksgiving



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

—A Devotee

Prayer to St. Expedite for solving a financial crisis



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

(State Your Petition) _____
My financial need is urgent. Be my

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

Amen. (Promise Publication)

—A Devotee

Never Misuse The Name Of God

Beyond the cliché that God spoke to his prophets only in the Old Testament, lies a little known fact: He speaks to us even today. It comes as a surprise to most people to accept the seriousness of this statement.

This is the Third Sunday in Lent, preparing each one of us to listen to the voice of God. "You shall not take the name of the Lord your God in vain; for the Lord will not hold him guiltless who takes his name in vain." (ex.20:7).

The Lord speaks to us through his chosen prophets: In Psalm 19 (a reading for this week) our attention is drawn to the cardinal values of God's gracious Words: "The law of the Lord is perfect, reviving the soul....the ordinances of the Lord are true and righteous altogether. The fear of the Lord is clean, enduring forever...."

At one point we find humility in the Psalmist, "Let the words of my mouth and the meditation of my heart be acceptable in thy sight, O Lord, my rock and my redeemer." (PS.19:14).

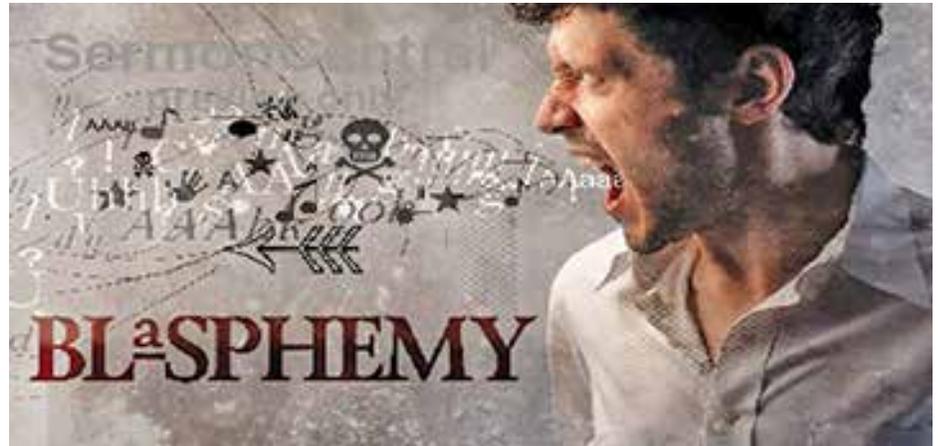


BY MELVYN BROWN

Mainstream Biblical scholars believe with equivocal statements that the voice of the Lord was always present and will always guide the Church and the faithful for all time to come. His voice is heard in the minds of those he keeps for his ministry. His voice lives in the hearts of modern-day prophets and seers; men and women in the backyards of our neighborhoods, or even here before us and we do not wish to believe it or see it.

Church analysts know that God speaks to us in mysterious ways.

Jews demanded signs and Greeks sought wisdom, said St. Paul in his first letter to the Corinthians. The voice of God was heard by Saul on the road to Damascus. It changed his



life – and made him the instrument of the Lord, to propagate the Christian faith.

In our lifetime the Word of the Lord was heard in the works and prayers of Padre Pio, Cardinal John Neumann, Fr. Maximillion Kolbe and Saint Mother Teresa among others.

Listen, the Lord is speaking to us. Abba spoke to Moses about how He was "showing steadfast love to thousands of those who love me and keep my commandments." (Ex.20:6).

Find the time to be in prayer alone, and at peace. You will hear His voice.

Jesus went to Jerusalem because of the Jewish Passover. He saw merchants, money changers and people buying doves to make sacrifice in the vicinity of the Temple. This was wrong and sinful. So, Jesus drove them out of the temple grounds. He told them with a stern voice: "Take these things away; you shall not make my Father's house a house of trade." (Jn.2:16).

To take responsibility in a world of tumultuous happenings is no small task. It needs trust in the Lord, and a heart open to His voice. Therefore, as the Holy Spirit says, "Today, when you hear His voice do not harden your

hearts.." (Heb.3:7).

The quest begins with your faith, your belief in Jesus' words, and the unflinching truth of His promises. Believe and all things are possible. This Sunday takes us closer to Christ's Passion. His words along the way are the gleam of divine light to help us cross this vale of trials. His voice is precious when we listen.

"Behold, I stand at the door and knock; if anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me." (Rev.3:20). In faith, the formation of conscience succeeds if the believer recognizes that his happiness in life is to accept and trust God when He speaks.

Let us prepare for a true encounter with the suffering Christ, and the real encounter with the Risen Lord.

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Pontius Pilate's Stairs

by Peter Castellino

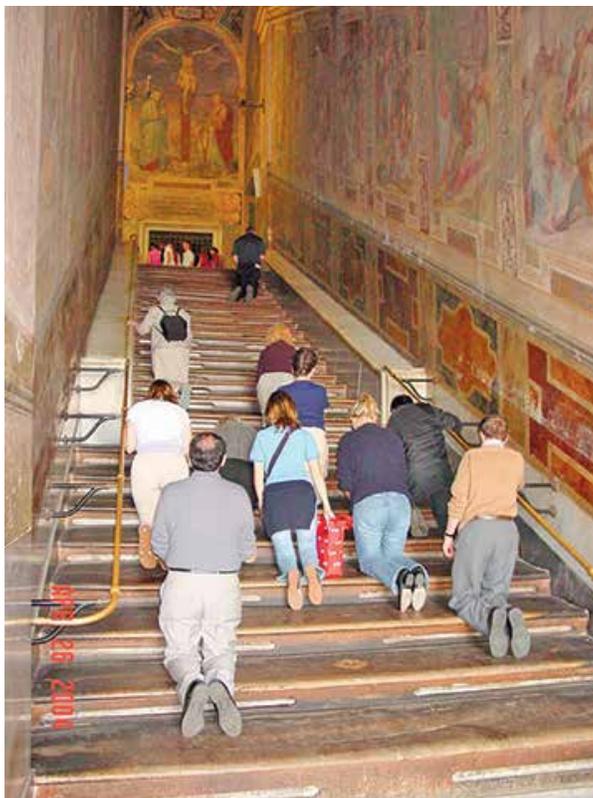
Pontius Pilate's steps have twenty-eight white marble steps at Rome, near the Lateran and tradition says that the staircase led to the praetorium of Pilate sanctified by Our Lord's footsteps during his Passion.

Historians say the monument was brought from Jerusalem to Rome in 326 by St Helena, mother of Constantine the Great and in the Middle Ages was called Scala Pilate- stairs of Pilate and from old plans it led to a corridor of the Lateran Palace near St Sylvester's Chapel covered with a special roof and stairs at the sides for common use.

In 1589 Sixtus V destroyed the old papal palace and built a new one and ordered the Holy Stairs/ Holy Staircase called Scala Sanita which was the original private chapel of the papacy before it moved to Avignon and later to the Vatican and the chapel's founder is unknown to be transferred to their present site before the Sancta Sanitorium - Holy of Holies and the latter is St Lawrence's Chapel- a private chapel the only remaining part of the former Lateran Palace named because many precious relics of 13 saints are preserved there.

The chapel is mentioned in the Liber Pontificales during Pope Stephen III tenure in 772 and formed part of the Lateran Palace headquarters of the public offices of the papal court in the Middle Ages.

Gregory IV 884 had a private apartment built near the chapel for his



prayers and it later became part of the Palace and Holy Steps complex commissioned by Sixtus V in 1588.

The chapel contains a cypress wood placed under the altar by Pope Leo III - IN 816

The reliquary represents the Ark of the Covenant in Solomon's Temple.

Over the course of time other relics were added like the claessonne enamelled cross commissioned by Paschal I in 824.

The holy treasures since Leo X 1513-21 are invisible and are the object of learned dissertations by Grisaes and Lauer and in its new site the Santa Sanita is flanked by four other stairs two on each side for common use since they can only be ascended on the knees and Roman pilgrims show plenty of devotion especially on Fridays.

In 1853 Pius IX entrusted the Passcovas Fathers with the upkeep of the sanctuary and ascended the Holy

Stairs in 19 September 1870 and on the eve of Piedmontere into Rome granted Pius VII on September 1817 granted those who ascended the stairs in the prescribed manner an indulgence of nine years for every step.

Finally Pius X on 26 February 1908 granted a plenary indulgence when the stairs were devoutly ascended after confession and communion.

Imitation of the Scala Santa are erected in various places like Loudes and in some nuns' convents and indulgences are granted to them by a special concession.

The ornate floor is of Cosmati was built in 1278 and the artwork of the Santa Sanctorum is Pancoir -the basis of the art at Assisi

The chapel also has an icon of Christ - Pontocrator called Uronna begun by Luke and finished by God through the hand of an angel the enthroned Savior had a special status in the city's topography and was housed in the chapel of Loles and had a divine origin according to the Descriptio Lateranenes ecclesiae written in 1100 the portrait of Christ.

The Lateran icon was an appearance of Christ's passion and a divinely sanctioned image where manufacture expressed its source-acheropistia corrupted from the Greek term acheiropocaton meaning not made by hand.

This celebrated image of Christ used to be carried through Rome in procession.

Thus we see the importance of Pontius Pilate's stairs in Rome.

A Very Happy and a Very Holy Easter to one and all.

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Inspiration!

Give more and expect less: Giving more and expecting less is one of the golden rules of every relationship. When you give more and expect less, you are being the

Make your relationship last a lifetime

Starting a relationship is always fun and exciting but making a relationship last is hard work. When it comes to the question of how to make relationships last, most people would answer with 'love', 'trust' or maybe 'understanding'. While all of these components are necessary for a healthy, long - lasting relationship, it's actually a lot more complex than that. Today, we are going to talk about some simple rituals, simple ways of living that people need to adapt in order to keep a healthy and balanced relationship and to also make it last long

People these days think relationships are all about the social side of things, of how 'cool' other people think the two of them are together and how the rest of the world perceives them. It's not like that, relationships are solely about two people regardless of what society thinks or makes of them because it's their own lives at the end of the day. Love that lasts is the result of partners embedding themselves in each other's brains in a positive way.

Memory circuits and pleasure get all wound up together so that the other person becomes integral to the very structure of your brain and you become part of the structure of your better half. We are now going to highlight some research backed facts for all those who are seeking a serious future with their partners and are willing to do anything and everything to make it work. Let's begin

Don't limit the number of chances you give each other: People make mistakes,

it is only human to make mistakes and it is also human to forgive those mistakes. Don't ever be the person to take away the chances from your partner, they will make mistakes just like you and they to deserve chances to make things right and to work harder for the relationship and for your collective future.

Forget the rest of the world: If you let the world make your decisions, you won't have a life of your own to live, you'll solely be a puppet of society and the norms it follows. Do not listen to the world and what it has to say about you and your partner. Be content with your partner, be as happy and as sad as you want to be with your partner without the fear of being judged by others. It's your life, start owning it.

Lift each other up: You need to be each other's strength and you need to focus on the positives. Lift each other up, with your words, with your actions, in any way you possibly can. Do not let your partner feel down because of someone and just remind them of how amazing they are and tell them they can achieve anything in the world.

View the relationship as a team: Once in the relationship, people who think of themselves as one team rather than two individuals last longer. Spending your own time thinking about your relationship will keep things going. It can be spending time thinking about partner, it can be reminiscing, it can be thinking about the things you're going to do.

Have realistic expectations: Expectations should be kept very real, unrealistic expectations can lead to a lot of problems and fights. You and your partner are both human, you both know what the other person is capable of and you know where you two stand in life. Do not give each other the burden of expecting more from them, more than they can give.

best person you can be with your partner. We're not saying you're not going to get anything in return by being so selfless but that's the beauty of being selfless. You will find the happiness by giving and by being selfless. It's a very satisfying feeling.

Talk openly about personal problems: It is okay to think that you can solve your own problems every once in a while without your partner knowing about them but it's a good thing to tell them anyway. Let your partners be a part of your problems, no matter how personal they are. Even if sharing those problems feel a bit weird, just do it. It's for the good of your relationship.

Help each other grow: When you're in love with someone, you need to focus on their positives and to make sure those positive features get stronger with time. You need to help each other grow and make each other as emotionally strong as you can. This is how relationships go beyond all limitations of time.

Share a good sense of humour: Two people can go a long way if they know how to make each other laugh. When you have a good sense of humour, you're one of the blessed ones. You're one of the people who are hard to come by and can make anyone laugh no matter what they're going through. And if you can find someone who matches your sense of humour, you have a keeper. Make each other laugh, in even the worst of times.

Loyalty over everything: It goes without saying that loyalty is everything. It is above everything else when it comes to relationships. Emotional and physical loyalty. Be loyal with each other, with your words and actions. Do not even mentally cheat on them.

The Town Mouse And The Country Mouse

— Mrs. Winnifred Rego
Bijai - Mangaluru

A Country mouse and a Town mouse were friends. Each mouse was very proud of his place of stay. One day the country mouse invited the town mouse to his place. The country mouse took the town mouse to where wheat was grown. Both the mice were happy to call the remaining wheat, stocks and roots sunk in the land.

The town mouse ate a stomach full, but still wanted to show that he ate rich food. He made scared the country mouse, saying ah! You eat this with food picking from the ground! You are like the poor ants, but I am surrounded by every luxury. If you come with me, I will give you apple, strawberry and other savories spread out on the table to eat.

With the town mouse's, lavish explanation of food, the country mouse felt jealous of the town mouse. He also expressed his readiness to be with the town mouse. The town mouse knew well what the exaggeration of food had done. Food was prepared for the house people and kept on the table. The town mouse showed that everything was for him. The country mouse and the town mouse entered



the dining hall. They could not sit on the chairs and eat. Both went up on the table and started to eat. The town mouse knew the danger they were in, and he was alert. Someone from the house now opened the door and the town mouse jumped away and hid in the box nearby and the country mouse followed.

A little later the town mouse came out along with his friend and started to eat, but then someone came to eat and both of them ran into the small hole that was there. Poor friends; The hole was so small that it was too

difficult for both to adjust. Now the country mouse learnt his lesson. He now told the town mouse "Although you have prepared for me so dainty a feast, I wish to leave you alone to enjoy the food, because it is surrounded by too many dangers." I prefer my bare wheat lands and roots from the hedgerows, I can truly and happily live there without any fear". So he said bye bye to the town mouse and went away.

The moral of the story, "Be satisfied with what you have and thank the Lord forever."

Thanksgiving



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

Thanks to Divine Mercy, Our Lady of Vailankani, Our Lady of Perpectual Succor and St. Anthony for the favours

—Mrs Rosita F. D'Mello, Delhi



6503 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in September 1984), Ht. 5' 9", Wt. 75 kgs, Fair Complexion, Edn. MBA., Working as a Branch Manager. Contact email : yopepjo2005@gmail.com

6494 MUMBAI : Goan Roman Catholic Bachelor, (Born in May 1960), Ht. 6', Wt. 65 kgs, Wheatish Complexion, Edn. SSC., working as a Security Guard. Contact Mob : 8451069841

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., Contact email : mumbaiopen@gmail.com

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

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

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.

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

6722 MUMBAI : East Indian RC Bachelor, (Born in September 1989), Ht. 5' 11", Wt. 64 kgs, Fair Complexion, Edn.M.Com., C.A., working in Audit firm. Contact email : eltn89@yahoo.co.in

6718 MUMBAI : Goan RC Bachelor,

(Born in April 1980), Ht. 5' 7", Wt. 85 kgs, Wheatish Complexion, Edn. B.Com., working as a Marketing Executive. Contact email : mumbaischool@yahoo.co.in

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

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

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

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

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

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

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

6734 MUMBAI : Mangalorean RC Bachelor, (Born in April 1981), Ht. 6' 2", Wt. 85 kgs, Wheatish Complexion, Edn. Diploma in Hotel Management, well settled. Contact email : tauro.roshan@gmail.com

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

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

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, Contact email : roshanihma@gmail.com

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

6454. MUMBAI : Goan Roman Catholic Bachelor, (Born in July 1976), Ht. 5' 7", Wt. 60 kgs, Fair Complexion, Edn. B.Com.,and currently working with a Software Development company as a General Manager, H.R. Contact email : savio_fd7@rediffmail.com

6449. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in November 1985), Ht. 5' 8", Wt. 72 kgs, Wheatish Complexion, Edn. B.E. (Elect. & Telecom), working as a Networking Engineer in KUWAIT. Contact email : alwayswelcome107@gmail.com



6841. MUMBAI : Anglo Indian / Keralite Roman Catholic Bachelor, (Born in May 1991), Ht. 170 cms, Wt. 78 kgs, Fair Complexion, Edn. M.Com., working as a Sales Executive. Contact email : mrsannieroy@yahoo.co.in

6840. MUMBAI : Goan Roman Catholic Bachelor, (Born in September 1980), Ht. 5' 3", Wt. 62 kgs, Wheatish Complexion, Edn. B.Sc., I.T., working as a I.T. Administrator. Contact email : johnnylopes@gmail.com

6829. AUSTRALIA : Mangalorean Roman Catholic Divorcee, (Born in March 1978), Ht. 5' 11", Wt. 80 kgs, Wheatish Complexion, Edn. B.Com., working as a Customer Support. Contact email : arthur.fernandes@live.com

6828. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1983), Ht. 5' 7", Wt. 81 kgs, Wheatish Complexion, Edn. Diploma in Electrical / Tele., working as a Site Engineer in Airport. Contact email : anthonylobo1983@yahoo.com

6823. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in September 1990), Ht. 5' 7", Wt. 76 kgs, Wheatish Complexion, Edn. Mechanical Engineer, serving as 4th Engineer in Anglo Eastern Ship Management. Contact email : varun.w220@gmail.com

6800 MUMBAI : Goan Roman Catholic Bachelor, (Born in February 1985), Ht. 6', Wt. 90 kgs, Wheatish Complexion, Edn. S.Y. B.Com., working as a Customer Service. Contact email : mariacardoz@indokem.co.in OR Mob: 9819563066

6799 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in November 1989), Ht. 5' 11", Wt. 95 kgs, Fair Complexion, Edn. B.Sc., Nautical, working as a 2nd Officer in Merchant Navy. Contact email : dsouzaal.89@gmail.com

6798 MUMBAI : Mangalorean Roman

Catholic Bachelor, (Born in November 1987), Ht. 5' 8", Wt. 74 kgs, Fair Complexion, Edn. BE, working as a 2nd Engineer in Foreign Ship. Well settled, handsome, simple and humble. Contact email : mariawalewis198@gmail.com

6797 MUMBAI : Goan Roman Catholic Bachelor, (Born in December 1987), Ht. 5' 7", Wt. 72 kgs, Wheatish Complexion, Edn. B.Com., working for Five Star Hotel in Mumbai. Contact email : johnserrao14@yahoo.com

6796 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in August 1985), Ht. 5' 5", Wt. 68 kgs, Wheatish Complexion, Edn. BE- IT & PGDM - Operations, working as a IT Audit. Contact email : shawndsai185@gmail.com

6794 MANGALORE : Mangalorean Roman Catholic Divorcee, (Born in May 1976), Ht. 5' 6", Wt. 74 kgs, Wheatish Complexion, Edn. M.Sc., MS Counselling & psychotherapist, Working as a Associate Professor in Psychology & Counselling at Managalore. Contact email : naveensrasquinha@gmail.com

6793 MUMBAI : Goan Roman Catholic Bachelor, (Born in November 1987), Ht. 5' 10", Wt. 85 kgs, Wheatish Complexion, Edn. MBA., PG in taxation law, well employed. Contact email : linet.noronha06@gmail.com

6789 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in December 1989), Ht. 5' 11", Wt. 81 kgs, Wheatish Complexion, Edn. MBA in Human Resources, working as a Deputy Manager in Bank. Contact email : rego909@gmail.com

6788 MUMBAI : East Indian Roman Catholic Bachelor, (Born in May 1987), Ht. 5' 3", Wt. 75 kgs, Wheatish Complexion,

Edn. Diploma in Industrial Electronics, BAMAC., Having own business. Contact email : info@icmtraining.in

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 : schinderfernandes1986@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 : saviotorres56@gmail.com

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

6662 MUMBAI : Goan R.C. Bachelor (Born in September 1972) Ht. 5' 7", Wt. 75 kgs, Wheatish Complexion, Edn. Edn. HSC., Selfemployed, Contact email: antferns72@gmail.com

6660 NASHIK : Goan R.C. Bachelor (Born in November 1984) Ht. 5' 11", Wt. 70 kgs, Wheatish Complexion, Edn.

Graduation in perfusion technology, working as a Clinical perfusionist. Contact email : dan2mills@gmail.com

6659 MUMBAI : Widower seeks educated lady partner spinster/widow preferably without any encumbrance healthy in age group of 60-65 yrs. Contact email : envision 277@yahoo.com OR 9819839842.

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Brides



MATRIMONIALS

6843. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1990), Ht. 5' 4", Wt. 59 kgs, Fair Complexion, Edn. M.Com., Accounts and Finance, working as a Sales Mis., Contact email : ncleret@yahoo.in

6842. USA : Mangalorean Roman Catholic Spinster, (Born in October 1989), Ht. 5' 3", Wt. 57 kgs, Wheatish Complexion, Edn. M.Pharma, Masters in Pharmaceutical Sciences - USA, working as a Formulation Scientist in Laboratories in USA. Contact email : jgonsalves@wockhardt.com

6839. MUMBAI : Mangalorean Roman Catholic Issueless Divorcee, goodlooking, (Born in May 1980), Ht. 5' 4", Wt. 70 kgs, Fair Complexion, Edn. M.Com., MBA., working as a HR in TCS., Contact email : serraorovena@gmail.com

6827. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in July 1992), Ht. 5' 7", Wt. 68 kgs, Wheatish Complexion, Edn. B.Com., working as a Accountant. Contact email : pintononie@gmail.com

6826. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in March 1992), Ht. 5' 2", Wt. 46 kgs, Wheatish Complexion, Edn. MBA PGDM, working as a Portfolio Manager in Foreign Bank. Contact email : alicerpraphael@gmail.com

6825. MUMBAI : East Indian Roman Catholic Spinster, (Born in December 1986), Ht. 5' 5", Fair Complexion, Edn. Graduate + Masters working as a HR. Contact email : shobhna_dsa@ymail.com

6824. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1988), Ht. 5' 7", Fair Complexion, Edn. BMS, working as a Merchandiser. Contact email : prislobo10@gmail.com

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royalchristianfamily@gmail.com

6821. UAE : Mangalorean Roman Catholic Spinster, (Born in May 1992), Ht. 5' 5", Wt. 70 kgs, Wheatish Complexion, Edn. M.Sc., in Zoology from Mumabi, working as a Content Writer at Academic Publication. Contact email : clevan2006@rediffmail.com

6775 AUSTRALIA: Australian citizens of Indian Christian origin residing in Sydney seek matrimonial alliance for their daughter: Age: 43yrs Ht.: 5'4", Wheatish complexion, Beautiful with black hair Understanding, trust worthy, physically active, having a pleasant & affable disposition with strong family values and social networking skills. Marital Status: Divorcee/Female living in New South Wales Australia (has no children) Annulment in progress. Well educated employed in the Australian Financial Sector in a responsible position.

Expressions of interest are solicited from eligible male suitors meeting the following criteria: Must be Christian settled either in Australia, UAE, Kuwait, Bahrain, North America, Canada Age: under 47yrs Marital Status: Bachelor or Divorce (with no children) Personality traits: Suitor must be healthy with a pleasing personality & strong family values. Height :minimum 5'8" Suitors with strong financial resources pursuing either a Professional/Corporate/ Business career will be highly favoured. Interested suitors are requested to send profiles to the following email: sme94427@bigpond.net.au

6728. MUMBAI : Maharastrian Protestant Spinster, (Born in June 1989), Ht. 5' 3", Wt. 53 kgs, Wheatish Complexion, Edn. 10th + Nursing Diploma, Nurse by profession. Contact Mob: 9892562906

6727. IMDORE : Mangalorean Roman

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

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

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

6691. MUMBAI : Goan Roman Catholic Widow, (Born in December 1965), Ht. 5', Wt. 59 kgs, Wheatish Complexion, Edn. B.Com., B.Ed., working as a Teacher in **BAHRAIN**. Contact email : noellachristine64@gmail.com

6690. MUMBAI : East Indian Roman Catholic Spinster, (Born in December 1986), Ht. 5' 2", Wt. 54 kgs, Fair Complexion, good looking, smart, intelligent, Edn. CS., LL.B., working as a Asst. Company Secretary. Seeks a suitable educated and well settled bachelor. Caste no bar. Contact email : joylinafaroz@gmail.com.

6689. MUMBAI : Goan Roman Catholic Spinster, (Born in May 1990), Ht. 5' 2", Wt. 60 kgs, Wheatish Complexion, Edn. B.Sc. B.Ed., M.A. M.Ed., Teacher by profession. Contact email : sspasware@gmail.com

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6688. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in November 1988), Ht. 5' 3", Wt. 65 kgs, Wheatish Complexion, Edn. C.A. Inter, working as a Business Development Executive in **DUBAI**. Contact email : sanyo_suares@yahoo.com **OR** Mob.: 9821728168

6687. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1989), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. M.A., B.Ed., Teacher by profession. Contact email : snlpinto@gmail.com

6686. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1979), Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., working as a Sr. Customer Service Associate. Contact email : springwater1948@gmail.com

6685. MUMBAI : Goan Roman Catholic Spinster, (Born in December 1968), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. S.Y. B.Com., having own business on **DUBAI**. Contact email : reachbernie@yahoo.com.

6683. BANGALORE : Mangalorean Roman Catholic Spinster, (Born in July 1989), Ht. 5' 2", Wt. 48 kgs, Wheatish Complexion, Edn. MBBS., Doctor by profession. Contact email : nads.nisha@gmail.com

6680. MUMBAI: Mangalorean Roman Catholic Spinster, (Born in January 1988), Ht. 5' 6", Wt. 80 kgs, Fair Complexion, Edn. BMM, MBA in HR, working as a HR. Contact email : walterabrahamdsouza@gmail.com.

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

6439. MUMBAI : Mangalorean/Goan Roman Catholic Spinster, (Born in May 1986), Ht. 5' 6", Wt. 56 kgs, Wheatish Complexion, Edn. B.E. Comp. MBA., working for MNC. Contact email : sybil8.lobogmail.com

6525. RAJASTHAN : Goan Roman Catholic Spinster, (Born in September 1988), Ht. 5' 7", Wheatish Complexion, Edn. B.Com., working for Railways as a

Confidential Assistant to Sr. DCM. Contact email : casrdcm@gmail.com

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

6504. KUWAIT : Mangalorean Roman Catholic Spinster (Born in June 1980), Ht. 5' 5", Wt. 58 kgs, Fair Complexion, Edn. B.Com., Computer, Finance, Banking Marketing Course & Airlines Course completed, employed as a Travel Coordinator in Kuwait. Contact Email : lucy777p@gmail.com Tel: 00965-60402765 / 9867308911

6433. PUNE : Roman Catholic Spinster, (Born in December 1987), Ht. 5', Wt. 50 kgs, Wheatish Complexion, Edn. T.T.C., B.A., perusing B.Ed., Teacher in Convent School. Contact email : prachir369@gmail.com

6302. MUMBAI : Karwari Roman Catholic Spinster, (Born in July 1974), looks young, Ht. 5' 2", Wt. 59 kgs, Fair Complexion, Edn. MBA, working as a Manager in Petroleum Company.

6309. U.K. : Holding a British Citizenship Maharashtrian Protestant Spinster, (Born in January 1979), fair and beautiful, Ht. 5' 4", Wt. 64 kgs, working for Bank in London. Seeks a well settled and educated bachelor from U.K. or Bombay.

6697. MUMBAI : Goan Roman Catholic Spinster, (Born in January 1979), 5' 2", Wheatish Complexion, Edn. Graduate / PGDHM, working as a Administor. Contact email : jmjcapricon@rediffmail.com

6721. MUMBAI : Mangalorean Roman Catholic 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 Roman Catholic Spinster, (Born in November 1989), 5' 5", Wt. 62 kgs, Wheatish Complexion, Edn. MBA working as a HR. Contact email : janessafernandes25@gmail.com

6719. MUMBAI : Mangalorean Roman Catholic, homely and loving Spinster, (Born in August 1969), 5' 5", Wt. 50

kgs, Wheatish Complexion, Edn. SSC., Contact Email : sachin.gaste10@gmail.com **OR** Tel.: 7498392432

6716. MUMBAI : Anglo Indian Roman Catholic 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

6715. MUMBAI : TAMILIAN Roman Catholic Spinster, (Born in August 1987), 5' 4", Wt. 76 kgs, Fair Complexion, Edn. B.Sc. MBA., working as a Team Leader. Contact email : cdgopal@gmail.com / nishachandra05@gmail.com

6714. MUMBAI : Goan Roman Catholic Divorcee, (Born in May 1978), 5' 5", Wt. 54 kgs, Fair Complexion, Edn. HSC., working as a Company Secretary. Contact email : loveleentoscano@yahoo.com

6712. MUMBAI : Goan Roman Catholic Spinster, (Born in February 1988), 5' 1", Wt. 55 kgs, Fair Complexion, Edn. B.Sc. Microbiology, working as a Quality of Map products. Contact email : anupereira@yahoo.com

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

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

6812. MUMBAI : East Indian Roman Catholic Spinster, (Born in November 1980), Ht. 5' 3", Wt. 48 kgs, Fair Complexion, Edn. M.Com., LLB., Advocate by profession. Contact email : marthajd25@gmail.com

6811. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1991), Ht. 5' 3", Wheatish Complexion, Edn. B.Com., working as a Freelance Content Creator. Contact email : dcostavalentina@gmail.com

Ways to resolve conflicts

Are you having the same fight over and over again? Here are common arguments that you've probably had with your partner in the past and the ways to solve them if they come up again



There aren't many couples who don't fight and even those who seem the sweetest and best matched for each other don't really manage to avoid disputes and conflicts because it's natural thing that comes up in any relationship. What distinguishes between successful and less successful couples is the way they fight and their ability to identify and relate to issues that arise repeatedly in arguments, without being intimidated and with the goal of finding a solution. Thus the key is being equipped with effective ways to deal with them and get out of the cycle of repeated sentences.

Chasing your partner with jealousy: First, we must accept the fact that we can't stop or prevent anyone from betraying or harming us if they choose to do so. Instead of 'chasing' your partner with disturbing jealous behaviour, empower yourself and rely on your virtues and morals instead of comparing yourself to an external that you see as a threat.

Arguments about bringing up kids: While disagreements about raising child are very natural, dealing with them must be done in advance. You don't have to agree on everything but you need to come together on essential issues rather than creating confusion.

Difference of conclusion about the 'right things': The secret to solving conflicts and the 'right' way to do things is by internalising the cost versus the benefit. So try to think about where you can't flexible and where you can't and explain to your partner why one thing is more important to you and what you are willing to compromise on. In the end, if you commented to your spouse and they did what you wanted, you may have won the battle for imposing your opinion but you lose the war on marital satisfaction.

Contrast of feeling on cash: A major part of dealing with an argument is to recognise the different wants of your spouse and to give them the confirmation that their desires are also heard and taken into consideration. Since money is a limited resource for most of us, the best way to deal with disputes about how to make use of large amounts of it is simply taking turns. Sit down with your partner and talk to them about what you would like to do with your savings.

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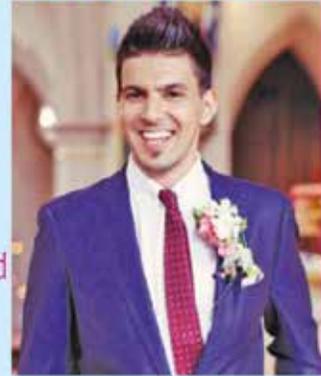
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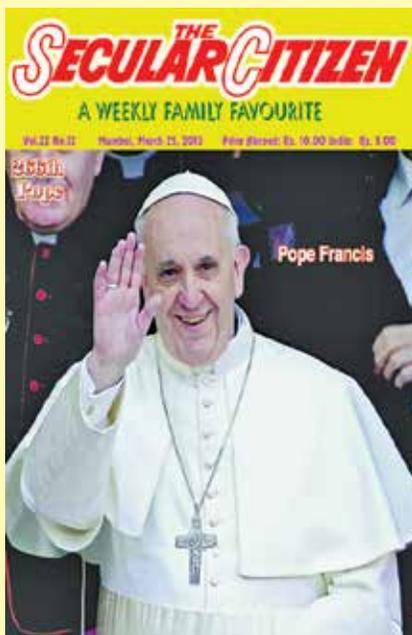
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