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THE SECULAR CITIZEN

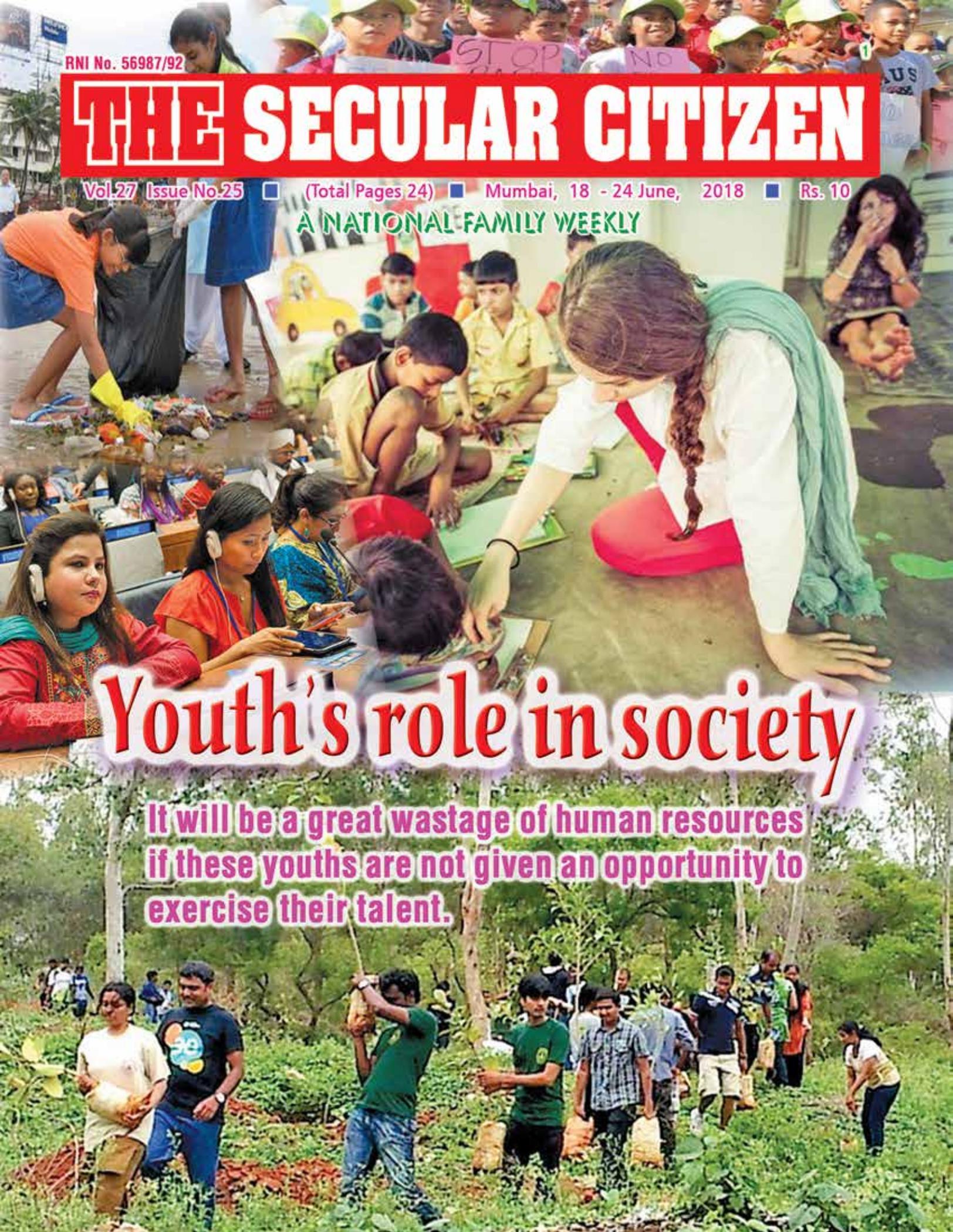
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Rs. 10

A NATIONAL FAMILY WEEKLY



Youth's role in society

It will be a great wastage of human resources if these youths are not given an opportunity to exercise their talent.

Indian first female referee



Uvena Fernandes becomes the first ever Indian female referee to officiate in a FIFA U-20 Women's World Cup.

She will take part as assistant referee in 2018 FIFA U-20 World Cup in France this August.

She is from Palolem Cancona. She was a student at Pope John Quepem where she became Goas top athlete at under 14 she shifted to football after joining Carmels. She was Goas top footballer then referee. Surely a proud moment for all goans. Viva!

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Orlem Parish Opts for Shroud Burials

Orlem parish, Malad, witnessed its first shroud burial on June 8, 2018. The body of the deceased was brought to the church in a normal wooden coffin. (The coffin is reusable and is available with the local undertaker). The last rites were performed in the church and the body was then brought to the church cemetery in the coffin. After the graveside prayers and final goodbyes by family members, the body draped in minimal loose cotton clothing, was then covered in a white cotton sheet (shroud), lifted out of the coffin and placed on the lowering machine. Thereafter it was lowered mechanically into the grave to the accompaniment of funeral music and showering of petals. It was a very dignified burial---a fitting tribute to the departed soul. Such burials will be the norm for all future burials, for both temporary and permanent grave owners, as all are equal in death.

The change was necessitated as Or-

lem parish has a very small cemetery consisting of less than 400 temporary graves to cater to the needs of



its large population. Hence, the parish clergy team headed by Fr Gilbert D'lima decided to switch to shroud burials as such burials facilitate decomposition. Henceforth the church will not permit traditional wooden coffin burial, which incidentally is of European origin in its current form. Jesus Christ himself was covered in a shroud and laid in the tomb. Those who wish to opt for wooden coffin burials will have to use the nearby Charkop Christian municipal cemetery.

Shroud burials are less expensive than conventional coffin burials. But more than the cost benefits it affirms our commitment to Pope Francis' exhortation of 'Care for the Creation'. It is our duty to leave the earth just as we found it.

—Prof. Robert Castellino
Orlem Malad



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'Thought for the week'

The Guru does not bring about self-realisation. He simply removes the obstacles to it. The self is always realised.

Contents

- pg. 3 - Modules to teach constitutional values released
- pg. 5 - Voice of the People
- pg. 7 - Living the joy of the Gospel in India today
- pg. 8 - You the citizens decide
- pg. 11 - Appreciate your partner
- pg. 12 - Laughter is the best medicine
- pg. 13 - Aging with grace, midst abuse
- pg. 14 - Youth's role in society
- pg. 16 - We Catholics and politics
- pg. 17 - Inspiration!
- pg. 19 - Matrimonials

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(Article on pg.14)

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Modules to teach constitutional values released

By Jose Kavi

New Delhi: The Office for Education and Culture under the Catholic Bishops' Conference of India on June 11 released a 9-page module to teach the Preamble of the Indian Constitution in Church-managed schools.

"The CBCI Office for Education and Culture in fact has been directing the educational institutions to teach Constitutional Values to students all the while to foster true patriotism, National Integration and love for the Country," says Salesian Father Jose Manipadam, national secretary of the office, who has circulated the module among bishops and heads of the Church educational institutions in the country.

The move is part of the Church's efforts to help teach young generations the constitutional values.

The module is circulated two days after an archbishop in Kerala stressed the need for Christian schools to teach the Constitution. "Everyone should actively work for ensuring the secular values promised by the Constitution," said Archbishop Maria Calist Soosa Pakiam of Trivandrum, president of the Catholic Bishops' Council.

The prelate termed as "highly dangerous" attempts by some vested interests to invoke hatred and fear among various groups as a shortcut to power. "Learned community and political leaders should come together against such practices," Archbishop Pakiam added.

Father Manipadam says he felt encouraged to take the initiative after a number of bishops requested his office for help in inculcating the values of the Constitution in young people.

The Salesian's circular is accompanied by the "lesson plans teaching the Indian Constitution" and a "My India Pledge."

The priest suggests that the pledge be recited during assemblies in colleges and colleges to inculcate true patriotism.

(Contd.. on p. 4)

(Contd.. from p. 3)

The module on the Preamble was prepared by Father Sunny Jacob, secretary of the Jesuit Educational Association of South Asia, in 2016 to be taught in their schools in the first half of that academic year (July-November). It guides a detailed study of the 85-word Preamble in four stages.

In the first stage, the students are encouraged to memorize the preamble, use it in assembly for a month, recite in primary classes and prepare speeches with marks in the secondary classes.

The second stage stresses the significance of the preamble and suggests as activities group discussions, quiz contests, essay writing and poster competition.

The enacting words, "We the people of India," is the focus of the third stage. It wants students to stage skits and small dramas on celebrating unity in diversity through various examples. It wants to drill in the importance of "We feeling" or "We Indians" to check divisiveness. In this stage, senior students are encouraged to give talks to juniors on the inclusivity.

In the fourth stage, the students familiarize with key words in the preamble: sovereign, socialist, secular, democratic and republic. The Constitution promises justice, liberty, equality and fraternity to all the citizens without discrimination. The module wants senior students to review how far has the country achieved these ideals and find out the roadblocks.

Courtesy: mattersindia

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Convention Against Bullet Train In Palghar

On June 3, a large Convention against the proposed Mumbai-Ahmedabad Bullet Train was held. Bullet train is a pet elitist project of the BJP's Modi Government but that will lead to disastrous land acquisition in both Maharashtra and Gujarat. The Convention was held at Palghar by the Bhoomi Adhikar Andolan (BAA). The joint organisers were as follows: the AIKS, Kashtakari Sanghatana, Shoshit Jan Andolan, NAPM, Gujarat Khedut Samaj and others. All political parties that were prepared to publicly oppose the Bullet Train project were invited.

The well-attended convention was addressed by Dr Ashok Dhawale and Arun Mehta (Central Committee members, CPI-M), Nawab Malik (former state minister, NCP), Neelam Gorhe (MLC, Shiv Sena), Kedar Kale (Congress), Avinash Jadhav (MNS), Ramakant Patil (Shoshit Jan Andolan), Brian Lobo (Kashtakari Sanghatana), Ulka Mahajan (Sarvahara Jan Andolan) and Krishnakant Chauhan (Paryavaran Suraksha Samiti, Gujarat).

All the speakers vowed that their parties and organisations would oppose the Bullet Train project and the Mumbai-Vadodara Expressway project tooth and nail and would ask their MPs and MLAs to oppose them in both Parliament and Assembly. A resolution was passed unanimously by a show of hands that not a single inch of land would be given by peasants for these pro-corporate and anti-farmer projects of the Modi regime.

The convention was also attended by NCP MLC Anand Thakur, SS MLC Ravindra Phatak, SS MLA Amit Ghoda, just-concluded Palghar Parliamentary by-election candidates Srinivas Vanga (SS)

and Kiran Gahala (CPI-M), AIKS state president Kisan Gujar, AIKS state vice presidents Barkya Mangat and Ratan Budhar, DYFI state president Sunil Dhanwa, CITU state secretary Vinod Nikole, AIDWA state joint secretary Prachi Hatiwlekar, CPI(M) leaders from Gujarat Hasmmukh Warli, Mansukhbhai and others.

It may be recalled that a month ago on May 3, the CPI(M) and AIKS had held a huge 35,000-strong Nirdhaar Rally at Dahanu in Palghar district that vowed to oppose the Bullet Train and Expressway projects. It was addressed by CPI(M) Polit Bureau member Nilotpal Basu, ex-MP, six members of the CPI(M) Central Committee - Dr Ashok Dhawale (AIKS President), Narasayya Adam, ex-MLA (CPI-M State Secretary), Mahendra Singh (CITU State Vice President), Sudha Sundararaman (AIDWA Vice President), J P Gavit, MLA (former AIKS State President), Mariam Dhawale (AIDWA General Secretary), Peasants and Workers Party (PWP) General Secretary Jayant Patil, MLC, and others.

—Sanjay Thakur

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Prop. B. D'Souza



APPOINTMENTS PRIESTLY & BISHOPRIC

Going by the names of priests in the 'transfer lists' published annually in the archdiocesan weekly, The Examiner, it is clear that the future of the Church in Bombay is once again in the hands of the 'religious'.

From the hands of the diocesan [Mauritius], on to a Carmelite [Alcantara], then OFM-Capuchin [Hartman] to those of the Jesuits [Roberts] on to a diocesan [Gracias], the Church in Bombay has come a long way in terms of shepherding its flock.

With the Bombay diocesan seminary turning out secular priests from its 'City on a Hill' (as it was then described at its inauguration in 1960), the reins of administration in the diocese have persistently stayed in the hands of our very own diocesan clergy. Today with the steady growth in the numbers of religious priests appointed to our parishes in addition to those of secular priests from outside the diocese, its time the Church Universal turned its attention to selecting Bombay's auxiliary bishops from among the numerous religious congregations present in the diocese **so as to further and better consolidate the richness of its ecclesiastical ministrations**, with every other appointee being in turn from some religious congregation or other.

—Ladislaus Louis D'Souza

Pastoral letter of Goa Archbishop

This is with respect to the news item 'Constitution in danger, human rights trampled : Goa Archbishop' (Secular Citizen, June 4). It is hoped that the recent pastoral letter of Archbishop Filipe Neri Ferrao is not blown out of proportion by the media and TV channels to make a mountain of a molehill of an innocuous matter, as was in the case of the pastoral letter of Archbishop Anil Couto of Delhi. The timing of the letter is of little consequence, (as explained by the Archbishop's secretary), since it is a routine Archdiocesan practice, in the month of June and has no bearing on the upcoming 2019 general elections. Moreover, as shepherds of the Catholic church, Archbishops have a moral responsibility and obligation to express concern and reach out to their flock, especially in times when the country is witnessing unprecedented disregard for secular values enshrined in our Constitution and minorities feel unsafe due to the deterioration of law and order with impunity. Is there any harm therefore if the Catholic community is asked to pray for peace and the welfare of the country in such trying times? Unfortunately, these letters are viewed with suspicion by some right wing elements as a joint conspiracy of churches in India with the Vatican to destabilise the incumbent BJP govt at the centre. A very sad state of affairs, to say the least.

—A. F. Nazareth,
Alto Porvorim

India – a democracy in danger !

Controversy after controversy has dogged the catholic church in recent times. Anything that we Christians say, is being taken out of context.

Hardly had the controversy over the letter of the Archbishop of Delhi, Anil Couto, died down, another letter from the Archbishop of Goa, Filipe Neri Ferrao has caused a furore among the fascist forces. He has advised Catholics to play an "active role" in politics and warned saying that "the Indian Constitution is in danger" and that "a kind of monoculturalism" has gripped the country. These letters have rattled those who seek to turn our country into a "Hindu Rashtra".

And now the Kerala Catholic Bishops' Council (KCBC) president and Trivandrum Archbishop Soosa Pakiam, has expressed concern over rising intolerance and violence in society.

Archbishop Anil Couto has rightly said that "turbulent political atmosphere" in the country is posing a threat to the democratic principles enshrined in our constitution and the secular fabric of our nation."

So what wrong have these bishops spoken? Is it not the Truth? It is quite apparent that the democracy in the country is in danger. **Archbishop Soosa Pakiam, president of the KCBC, rightly says, "threats to the constitution should be considered as a threat to the existence of the country."** What then, is going to be the future of our country – only God knows !

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

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

“Give a Book for Elisa”

In his most recent “Mercy Friday” deed, Pope Francis visited a school named after a little girl who passed away; but who left her mark - the Comprehensive Institute of Elisa Scala, which created the “Elisa Library”!

Elisa Scala is the name of this little girl who died in 2015 at the tender age of eleven years from a fulminant leukemia! After her painful death, Elisa’s parents Georgia and Maria launched the above project in the school, aimed at sharing Elisa’s passion for books.

Donations came in the thousands! Some 20,000 books in different languages from all over Italy, Europe and even Australia now line the shelves of the Elisa Library. Pope Francis donated Elisa’s parents several books to adorn the library. I hope a similar project is started in Mumbai.

Pope Francis’ visit to the school is a continuation of his ‘Mercy Friday’ custom, which he began in 2016, during the Jubilee of Mercy! He has pursued this noble tradition as a means of practicing the “Spiritual and Corporal Works of Mercy”! He has thus met and cared for refugees, children, women freed from sex-trafficking, and the terminally ill, among others – For he sees the lost and least, the suffering and persecuted – Christ! (cf. Matthew 25:31-40).

—Dr. Hazel Colaso,
Memphis, TN. USA.

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7by7: Pranab Mukherjee to RSS! Vs Congress’ Replies!

Former President of India, Shri Pranab Mukherjee on Thursday 07 June 2018, delivered a valedictory address at the RSS headquarters at Nagpur. It was aimed towards its ‘ShikshaVarg’ – an annual training camp for RSS swayamsevaks. Pranab Mukherjee’s 7 pertinent ‘Themes’, and the 7 relevant ‘Replies’ by the Congress party, are worth remembering for their ‘Secular’ characteristics!

Pranab Mukherjee’s 7 Pertinent ‘Themes’:

1. Any attempt at defining our nationhood in terms of dogmas, identities or religions, with hatred and intolerance, will only lead to dilution of our national heritage based on diversity.
2. Political untouchability is not a solution to ideological differences. A dialogue is necessary not only to balance the competing interests, but also to reconcile them.
3. Our national identity has emerged after a long drawn process of confluence and assimilation. The multiple cultures and faiths make us special and tolerant.
4. Secularism is a matter of faith for us. We must free our public discourse from all kinds of fear and violence.
5. It is Perennial Universalism of 1.3 billion Indians who speak more than 122 languages and 1,600 dialects, practice 7 major religions, and belong to 3 major ethnic groups, yet live peacefully under one democratic system, one flag, one identity of being ‘Bharatiya’!
6. People are at the center of all activities of the State, and nothing should be done to divide them. The aim of the State should be to galvanize them to fight a concerted war against poverty, disease and deprivation. Only then we can create a nation where true nationalism flows automatically.
7. Gandhiji explained that Indian nationalism was not exclusive, nor aggressive, nor destructive. It was this very nationalism that Pandit Nehru so vividly expressed in the book, ‘Discovery of India’ – “I am

convinced that nationalism can only come out of the ideological fusion of Hindu, Muslim, Sikh, Christian and other groups.

The Congress party’s 7 Pertinent Replies:

The Congress communications in charge, Randeep Surjewala, gave 7 Pertinent Replies, worth considering for every patriotic Indian:

1. Will the RSS and BJP change their character, orientation and thought process, after accepting the sagacious advice of former President Pranab Mukherjee, who showed the ‘mirror of truth to them’ – that India’s beauty lies in its tolerance for differences, ideas, religions and languages.
2. Shri Mukherjee, a Congress veteran, reminded the Modi government of following ‘Rajdharma’, founded upon diversity, non-violence, multiculturalism and assimilation of ideas...
3. That the happiness of people is the happiness of the ruler, and their welfare is his welfare; indicating thereby, that the unchecked exercise of authority and the attack on institutions in the garb of a self-professed nationalism, is indeed a definition of pseudo-nationalism.
4. Is the RSS ready to admit its mistakes, and ready to adopt India’s pluralism, secularism and diversity?
5. Will RSS give up its prejudice towards women and the marginalized? Will it give up its inherent character of subjugation and violence?
6. His speech is a lesson in true Indian philosophy, and that pluralism is central to Indian nationalism. He has tried to remove the cobwebs of parochialism from the minds of the RSS.
7. These are some basic truths. The RSS opposed the freedom struggle, calling it pseudo-nationalism. It never believed in India’s diversity. Besides, Nathuram Godse was closely associated with the RSS.

—Dr. Trevor Colaso,
Memphis, TN. USA.

Living the Joy of the Gospel in India Today

The Catholic Bishops Conference of India (CBCI) held their 30th General Body Meeting in February 2012 at Bangalore on the theme 'The Church's Role for a Better India'. At the end of the meeting, in keeping with the teachings of the Catholic Church and under the guidance of the Holy Spirit, the Bishops addressed a very meaningful message "to all people of goodwill". The statement included the following, "We sensed in our hearts our country's yearning for a Better India. Our country has been noted for its deep spirituality, its saints and sages, its rich diversity of cultures and religions. People yearn for the ideal enshrined in the Preamble of the Constitution of India of a Sovereign, Socialist, Secular, Democratic Republic which will secure for its citizens **Justice**, social, economic and political; **Liberty** of thought, expression, belief, faith and worship; **Equality** of status and of opportunity; **Fraternity** assuring the dignity of the individual and the unity and integrity of the Nation."

*"But this yearning has remained largely unfulfilled. Economic development has brought about increasing inequities, an ever-widening gap between the rich and the poor with consequent tensions spilling over into violence. We see around us a betrayal of the poor and marginalized, the tribals, dalits and other backward classes, women and other groups who live in dehumanising and oppressive poverty. We witness rampant exploitation of children. There is disappointment with those in public life for whom ethical concerns matter little"... "But the Church does not wish to rest on her laurels. **She recommits herself to being a prophetic Church, taking a decisive stand in favour of the poor and marginalized**" "We envision an India with more attributes of the Kingdom of God such as justice and equity with its consequent fruits of love, peace and joy."*

A couple of years later (in February 2014 ; just before the General Elections that here) when they met in Palai Kerala on the theme, '**Renewed Church for a Renewed Society – Responding to the Call of Vatican II**', they said, "When we

look at our country, we see corruption plaguing every sphere of society. In such a scenario, Church institutions must be an example of transparency and probity. Another phenomenon is that of internal migration which, while opening opportunities to people, has torn the cultural and religious moorings that sustained them. Globalization too has brought in its wake problems like prolonged working hours which have disrupted family life. We witness the trend to fundamentalism which seeks to dilute the secular character of our nation. Against this trend, we stand by the values upheld by the Indian Constitution and appeal to governments to respect these values".

"The experience of God will lead us to involvement in and solidarity with the marginalized and the exploited, those suffering from disabilities, those living in the peripheries of economic, cultural and social spheres. We will speak out against all forms of injustice meted out to them and we will defend their rights. We listened to the call of Pope Francis urging us to "work to eliminate the structural causes of poverty and to promote the integral development of the poor." (Evangelii Gaudium, no. 188). We want the Church to be truly a Church of the Poor. We reaffirm our solidarity with the Dalits in India who continue to be oppressed. The CBCI reiterates its resolve to struggle for equal rights of Dalit Christians on par with their counterparts in other religions. We will continue the fight against the 1950 Presidential Order, which unjustly discriminates against



BY FR. CEDRIC PRAKASH SJ

Dalit Christians and we demand that the Government remove this 64 year injustice. Justice delayed is justice denied. We also commit ourselves to rooting out all forms of discrimination within the Church and ensuring equal opportunities in leadership roles for Dalit Christians".

Very strong and direct statements on both occasions; highly critical of the Government of the day; highlighting the ills that plagued society and above all, challenging the Government to ensure that the rights and freedoms enshrined in the Constitution of India must be guaranteed to every citizen of the country. Strangely enough, no rabid TV anchor yelled and screamed at that time "the nation wants to know!" or of an "international conspiracy". There was no media, which took umbrage at what the Bishops were saying, there were no fascists and fundamentalists who went to town saying that it was "Vatican interference". There were no self-appointed Christian 'voices' who demanded "evidence" or substantiation to the Bishops statements or insisting that "the Bishops should not dabble in politics". There was no one who selectively read only certain sentences or words and went to town about these; there was no one who lied and 'fekuified' stating, "all is well in India!" All of these charges would seem straight out of a joke book were they not spewed with falsehoods and divisiveness.

So how come when Archbishop Thomas Macwan of Gandhinagar, writes an internal letter prior to the Gujarat Assembly elections of December 2017 expressing legitimate concerns and asking for prayers; or Archbishop Anil Couto of Delhi, asking Catholics to pray and fast prior to the General Elections of 2019; or Archbishop Felipe Neri Ferrao of Goa, writes a Pas-

(Contd.. on p. 10)

WHETHER OUR OWN PARISH COMMUNITIES, CAN HELP OUR BRIGHT STUDENTS FROM THE ECONOMICAL WEAKER SECTIONS TO OBTAIN HIGHER EDUCATION AND SKILLS, AS BEING DONE IN ONE OF OUR POORER PARISHES IN MUMBAI?

by Eric D'Sa

Last week I wrote an article asking the question, whether the economic mobility can be achieved in our country by breaking the Parent trap. This article is about how a poor suburban parish, St. Anthony's Church, Mankurd, is going about helping the poor students from not only their own parish, but also from other parishes in the city of Greater Mumbai, to get over the parent trap. This is being done by helping such poor students to obtain quality higher education of their choice and the necessary skills that are required to secure fairly good and well paying jobs. This on the long run will help them and their immediate families get past the poverty line. This in a way will help our communities as a whole to become knowledgeable and raise their standard of living, without depending upon doles from the governments.

To a certain extent this started with my own experience of being a son of a very successful person, who was from a large lower middle class family of Mangalore. As his parents were unable to support his higher college education, my father availed for himself an education loan, from a catholic ed-

ucational credit society in the 1920s. With its help he obtained a degree in electrical engineering from Govt. Engineering college in Bengaluru. Later being a first class student, he received a government scholarship to pursue a post graduate degree in UK, which he obtained with a first class first. He then returned to India and joined the electricity department, Govt. of Mysore. He started working on construction of very large hydroelectric projects and made a mark as one of the best hydroelectric engineers in the country.

YOU THE CITIZENS DECIDE:

However, when he got married in the 1930s, he had still not repaid part of his educational loan and my mother who was from a relatively richer family, repaid it from her dowry. She would from time to time jokingly remind him about it. So, once he became the first Chief Electrical Engineer of the newly formed Karnataka State, he built a new two storied bungalow in one of the poshest areas of Bengaluru in my mother's name, as a repayment for her money used to fully repay his educational loan. Even after my father died, my mother lived very comfortably in that house for decades, until she died. One could say the best investment she made of her money. In view of my fathers position, my siblings and I, had no financial restraints to pursue any school and college education of our choice.

With the above background, I happened once to be present at a Dimensions monthly meeting, during which I heard a Jain Jagruti Society representative talk about how their community were helping their bright poor students to obtain

higher education, by providing interest free educational loans. They were then educating around 4500 college students in India and around 150 college students in USA. They had collected approximately Rs. 8.0 crores as donations from their community to finance the above. Subsequently I had two separate meetings with him, to familiarise myself how they ran their registered charitable education society. He was surprised that we Christians in Mumbai who had such good schools and colleges, did not have a similar charitable higher educational loan fund to help educate our poor students.

Just about the same time, in a poor parish of St. Anthony's Church Mankurd to which I belong, a bright student from a poor family wanted financial support to pursue an engineering degree. His family did not have the required money or tangible assets to raise the amount as a loan from a bank. It was apparent that though he could raise the money for the first year, as donations from the church and some of the Parishioners, there was very little hope that he and his family could manage to do so in the subsequent years. This is when a few of us in the parish, who by then knew there was definitely nothing similar to the Jain society educational fund among the Christians in the Archdiocese of Bombay, decided to try and set up for the first time, a registered charitable higher educational loan society promoted by Catholics. Considering the average weekly Saturday/ Sunday collection in the church is around Rs. 5000/-, we were aware as the promoters we were taking a big leap of faith.

Six years down the line, we are happy that we have a registered charitable society named Catholic

(Contd.. on p. 9)



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(Contd.. from p. 8)

Higher Education & Mentoring Society, (CHEMS). The parish priests of the church have been very supportive and active participants. We have around 125 Life Members and have raised approximately Rs. 38 lakhs so far. Our target is to achieve 50 lakhs by the end of this financial year. We have already helped around 28 poor students to pursue higher education with financial support in way of no interest loans, career guidance and mentoring. Already five of them have graduated, found suitable well paying jobs that are sufficient to start repaying their educational loans by small monthly instalments. Many of them have simultaneously started studying more, to be better qualified and have improved additional skills. We have no doubt, that many of these students later in life, will become CHEMS life members and big donors.

We firmly believe that we Christians who are a minority of just around 3% of the population of India, have to ensure all our youth, including those from the very poor families do well in their studies, acquire the best higher education and skills. This will more than anything else enable them to live a safe and comfortable life in this country. We as a community have the capacity to do so. A poor parish has shown how it can be done in case of the very poor bright students. You will find the required information about CHEMS from its web site: www.chems.ngo. You can contact the office bearers if you want to become a member and or donor to support this noble cause. We are also open to bright students from weaker sections of our community in the city of Mumbai, contacting us if they require financial support to pursue college education. They can obtain the required information from the CHEMS website.

The Secular Citizen

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Journalist Simon Parmar No More

— *Ignatius Dabhi*

Mr. Simon Francis Parmar passes away on June 2, 2018 at the age of 87. He was closely associated with the Indian Catholic Press Association. I was lucky enough to have two important journalists to introduced to the I C P A - Mr. John Dayal, when I had been the Vice-President of the ICPA during our New Delhi meeting in 1980 and Mr. Simon Francis Parmar, the then editor of Jesuit - owned monthlt magazine, 'Doot' (messenger). I feel happy that these, two good, seasoned journalists had been associated with the press movement of the Church in India.

Mr. Simon - a real, good Bombay-boy of happier times was educated in St. Stanislaus School, Bandra. He was brilliant and humble. These two great qualities remained with him all through his life. A soft-spoken, unaustancious, witty and simple Simon was associated with St. Xavier's Loyola Hall, Ahmedabad for more than 35 years. He taught English in upper classes. An elite class that passed through Loyola Hall, remember Mr. Simon very well. He was popular as a 'good English teacher'.

Simon was given the editorship of Jesuit-run 'Doot' - and thus, he was the first ever layman - editor of the monthly magazine. 'Doot' was set up by the German missionary Jesuits before the World War 1st, in 1911. Simon handled the magazine for eleven long years. It was tough and trying. Every month, he had to travel to Anand, 70 kilometres away from Ahmedabad, for page-making. This he did well. His editorials were practical, pointed and to the point. Readers of 'doot' appreciated the hard work done by him.

As a member of the I C P A, he unfailingly attended every annual



Simon Francis Parmar

meeting and actively participated in meetings and resolution making. I found a great, personal support in his company during we attended all ICPA meets all over India, Nepal, Germany and Australia. Simon was a good advisor. He always though before he spoke. During our last ICPA agra meeting, he was lost on the Agra railway platform at 11 p.m. He was missing for two long hours and could not remember the waiting room at the platform. I had a very trying time.....

Simon Parmar leaves behind hundreds of his well-wishers and friends. The funeral Mass, con-celebrated by eleven priests, was largely attended by his old-time associates, students and friends. Four days before his passing away, he telephoned me, and said : " I want to meet you.... sit with you.... talk to you....." ICPA has lost a dedicated journalist. Good Lord wanted to crown his loving friend. Simon and adiyos amigo!

(Contd.. from p. 7)

toral Letter focusing on poverty – all hell breaks loose? The writings of the three Archbishops combined do not match anywhere near the above-mentioned CBCI Statements or for that matter any of the other CBCI Statements over the years.

On 20 May 2018 (Pentecost Sunday), Archbishop Ferrao sent out a Pastoral Letter *“to the Priests, Religious, Lay Faithful and People of Goodwill”*. A Pastoral letter is normally written by a bishop to his people to inform, to inspire, to challenge and to encourage them in their lives as Christians. It is a well-established culture in the Catholic Church. It is optional and the contents of these letters are essentially directives but in keeping with the overall teaching and mandate of the Catholic Church.

The Theme of Archbishop Ferrao's letter is *“He Has Anointed Me to Bring Good News to the Poor” (Lk. 4: 18)*. It is a well-structured letter; besides an Introduction and Conclusion, it has four main sections (i) God's Preferential Love for the Poor (ii) The Preferential Love of Jesus for the Poor (iii) The Preferential Option of the Church for the Poor (iv) The Social Mission of the Church. The letter is deep in Christian scripture and theology. Its mission statement is clear: that the Church (all Christians) must do much more for the poor. The letter is also rather contextual; it refers to the situation of poverty in India; the trampling of human rights and the danger to the Constitution. It also refers to some dimensions of 'poverty', which affect Goa today.

Archbishop Ferrao needs to be applauded. A careful, objective reading of the letter clearly shows that he is faithful to the teachings of the Church, he is concerned with the plight of the poor and like a true Pastor, and he is convinced that much more needs to be done. *“My beloved brothers and sisters, as we have reflected above, in order to bear a vibrant witness to our Christian faith, we need to relentlessly and wholeheartedly work for the poor, since service to the poor is not acci-*

dental, but essential to our faith”.

The letter of Archbishop Ferrao is based on the Gospel of St Luke (4:18-19), the extract which is commonly referred to as the 'Messianic Proclamation', which in some ways highlights both the vision and mission of Jesus on earth. He challenges his followers to internalise these basics too. The Parable of the Last Judgement (Mt: 25:31-46), clearly shows the intrinsic relationship with the proclamation, *“Then they also will answer, ‘Lord, when was it that we saw you hungry or thirsty or a stranger or naked or sick or in prison, and did not take care of you?’ Then he will answer them, ‘Truly I tell you, just as you did not do it to one of the least of these, you did not do it to me.’ And these will go away into eternal punishment, but the righteous into eternal life”*.

Throughout his public ministry, Jesus 'took sides' with the poor and the excluded; the vulnerable and the oppressed. He has strong words for powerful vested interests who 'lay heavy burdens' on the common folk. There is no doubt or debate on these incontrovertible facts! The 'Magnificat', which Mary sings when she goes to visit her kinswoman Elizabeth, is about God hearing the cries of the poor and lowly. John the Baptist when he prepares people for the coming of the Messiah insists that spirituality is intrinsically linked with social justice. He is beheaded, because like a true prophet he has the courage to speak truth to power. He does not attempt to be a 'diplomat'. The Acts of the Apostles, the Letter of St James are some significant scriptures in the New Testament, which focus on the responsibilities of a Christian. In practice, Christianity has never wavered from its core belief and tenets that one's faith is manifested primarily in reaching out to others. The dictums of Jesus are clear *“love your neighbor as yourself”*; *“go sell all that you have, give the money to the poor then come follow me”*; *“not all who say ‘Lord’ , ‘Lord’ shall enter the kingdom of heaven”*; and much more.

In 1959, when St. Pope John XXIII announced the Second Vatican Council, he emphasised that he wanted it to be a Pastoral Council, not necessarily creating new definitions in doctrine but an *‘aggiornamento’* which was essentially an updating of what the Church is all about, in order to communicate more effectively the values of the kingdom with the men and women of the modern world. The key question which was therefore raised at the Vatican Council was *‘what does it mean to be the Church of God in the modern world?’* The path-breaking Pastoral Constitution on the Church in the modern world *‘Gaudium et Spes’* is a fitting response to what Pope John XXIII wanted as a sum and substance of a historic intervention. In his Encyclical *‘Pacem in Terris’* he speaks of the **inviolability of human rights** and the four non-negotiables of **Truth, Justice, Charity and Liberty** which are fundamental for sustainable peace. Church Teaching and the Popes have all been very consistent in emphasizing the involvement of the Church (hierarchy, clergy and laity) in every dimension of human activity to help ensure that the 'kingdom of God' here on earth. Pope Benedict XVI in his Encyclical *‘Caritas in Veritate’* puts it rather strongly, *“Love — **caritas** — is an extraordinary force which leads people to opt for courageous and generous engagement in the field of justice and peace”*.

In November 2013, in his first Apostolic Exhortation *‘Evangelii Gaudium’* (the Joy of the Gospel) Pope Francis says, *“an evangelizing community gets involved by word and deed in people's daily lives; it bridges distances, it is willing to abase itself if necessary, and it embraces human life, touching the suffering flesh of Christ in others. Evangelizers thus take on the **“smell of the sheep”** and the sheep are willing to hear their voice. An evangelizing community is also supportive, standing by people at every step of the way, no matter how difficult or lengthy this may prove to be.”*

He further goes on to emphasize some of the challenges of today's world.

(Contd.. on p. 18)

Appreciation is a tonic and when you praise someone for their efforts and deeds, it can make them feel truly loved and special. It is very important that as a wife, you appreciate your husband from time to time for all that he does for you. Here are some tips that will help you to appreciate him



Showing appreciation is important, even if it's in an easy, small way. It can make a world of difference in your happiness level when you and your partner both start showing your appreciation for each other, both when you do something to prompt appreciation and also for no reason at all. Check out some easy ways to give your partner that little appreciation boost because you can never have too many tools in your box when it comes to happy, healthy relationships.

Think positively:

Try your best to stop thinking only about the things your husband did that annoyed you. There is research that suggests that, when you simply recognise what you are thankful for, you will be more likely to demonstrate it and that demonstrating your thankfulness creates a cycle where you and your partner are more likely to be generous.

Listen to him:

Just as you want him to listen to you, he also wants you to listen to him. When your man says something or offers his advice, he's doing it with good intentions. When you show him that you pay attention to the details or follow through on his suggestions, he feels like you truly care about his thoughts and opinions. Remember, he wants what's best for you, too.

Reciprocate generosity:

When he's always footing the bill or taking your car in when it needs servicing, make sure you reciprocate his kindness in the ways that you can. It doesn't always need to be of equal value but you should be showing that you appreciate his efforts with thoughtful actions of your own, at the very least.

Give compliments:

Find something that you really enjoy in your partner. It can be something physical, something about his personality or some other talent he may have.

Tell him how nice you find that quality. For instance, if you find his eyes to be very handsome, tell him that. Tell him what it is that you like about them.

Support his goals:

If he tells you he wants to start a new business venture or pursue a side dream of playing amateur hockey, support him when it's reasonable. If you constantly shoot down every idea he has to better himself, he'll start to resent it - and you, eventually.

The need to value him:

Being in a relationship can have many rewards but can also be challenging. Unfortunately, it can be easy to take your partner for granted especially if you have been together for many months or years. Failing to show appreciation can lead to many problems and may even end the relationship. You can improve your relationship by taking steps to show your partner you appreciate him.

Laughter is the best medicine

A good smile can be really contagious to those who see it. If we all smiled at little bit more, maybe there would be a little more happiness in the world.

Scientifically a smile is a facial expression formed by flexing the muscles near both ends of the mouth and by flexing muscles throughout the mouth. Some smiles include contraction of the muscles at the corner of the eyes. In simpler terms smiling is something that makes you and everyone around you happy.

Smiling changes our mood for the good:

Time you are feeling down, try putting on smile. There's good chance for the better. Smiling can trick the body into helping you change your mood.

Smiling relieves stress and glows you all up:

Stress can really show up in our faces. Smiling helps to prevent us from looking tired, worn down and overwhelmed. When you are stressed, take time to put on a smile. The stress should be reduced and you'll be better able to take action.

Smiling boosts your immune system:

Smiling helps the immune system to work better. When you smile, immune function improves possibly because you are more relaxed. Prevent the flu and colds by smiling.

Smiling lightens up the room:

When someone is smiling they lighten up the room, change the moods of others and make things happier. A smiling person brings happiness with them. Smile lots and you will draw people to you.



Smiling is a natural drug prescribed:

Studies have shown that smiling releases endorphins, natural pain killers and serotonin. Together these three make us feel good. Smiling is a natural drug.

Smiling makes you look younger:

Face, making a person appear younger. The muscles we use to smile lift the face for a face lift, just try smiling your way through the day - you'll look younger and feel better.

Smiling makes you seem successful:

Smiling people appear more confident and more likely to be promoted and more likely to be approached. Put on a smile at meetings and appointments and people will react to you differently which is likely to take you different places.

Smiling makes us attractive:

We are drawn to people who smile. There is an attraction factor. We want to know a smiling person and figure out what is so good. Frowns, scowls and grimaces all push people away - but a smile draws them in (avoid these smile aging habits to keep your smile looking great).

Smiling lowers your BP:

Pressure when you smile, there is a measurable reduction in your blood pressure (BP). Give it a try if you have a blood pressure monitor at home. Sit for a few minutes, take a reading. Then smile for a minute and take another reading while still smiling. Do you notice a difference?

Smiling helps you stay positive try this test:

Smile. Now try to think of something negative without losing the smile. It's hard. When we smile our body is sending the rest of us a message that 'life is good!' Stay away from depression, stress and worry by smiling. Smiling people appear more confident, happier, more settled in their lives and more likely to be approached in social settings and are very lively people to say the least.

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Aging with grace, midst abuse

- Ivan Saldanha-Shet. M'lore.

Aging and abuse are two sides of the same coin - along with trials of illness, short of money, insecure, troubled and confused life of the aged is unbearable. Younger people really can not fathom what an aged person actually faces. A simple every day matter for the young is very trying and uncertain for the aged. Today's family norms makes it rare to see aged parent/s live with the children or younger family members; it is often genuinely not possible to house the elders. Elders are forced to live away, the old charity based 'home for the aged' is transformed into a star

'Senior Citizen Facility' that charges a hefty fee plus huge donation, with add-ons for every little service. All sorts 'carrots' are dangled, to attract the new generation with 'foreign money'. One can these days

come across a wide range of such old age homes whose inmates are neglected, lonely but surrounded in external luxury for a price that varies. Each group has its own kind of facility, just as they run Schools, hospitals social welfare institutions and the like. It is time therefore that civil society and governments put in place a regulating and monitoring mechanism lest the helpless and aged suffer worse in these old age institutions than in the family. It is worth taking a look in view of 'Elder's abuse day' June 16.

Organisation lacking :

When schools, hospitals and other institutions are monitored by Govt. (central/state) why are old age institutions (on payment as well as charitable) and the like not regulated and



monitored as such at present? It is heartening to see the present Govt setting up schemes and organising bodies for each and everything like women's well being, childrens' security, education, health, well-fare of the girl child, and empowerment through



dedicated regular Ministries/Departments with many regulations. Why not Govt ministries/departments specifically for welfare of the aged? In fact there is no statutory body to ensure just and fair treatment of elders who have contributed much to this land for long. Women and child welfare department does no justice to the aged. The aged constitute a good percentage of the vote bank, it is seen at the time of elections and polling days, how the candidates and agents



coddle the aged and their care givers to take them to the polling booths, even by threats and force. Surely there is an undercurrent here and unseen corrupt practices exist. It is high time that Government, Judiciary and NGOs take proper steps to ensure fair play and justice for the aged whose population is set to increase sharply. But, these are cries only in the wilderness.

A recent case :

Everyday the aged sick cry over their woes; on June 1, I met an acquaintance who lived in a religious managed (actually in this context the word 'management' is entirely misplaced - it should be 'ministered' because, they are dedicated to 'minister' help, support, assist - though they do no such thing; but, only oversee, harass, rule over and so on in the most arrogant terms) old age home on payment for at least a decade. so.

I was awestruck, when he said, "I am leaving the home. I was not happy for long as you know of the goings on in the home". Being aware of the plight of old people in homes generally, I felt that if this gentle man who is not so dependent due to old age handicaps and he has sufficient funds and support and well off. But, his difference with the management of the said home is not purely for his discomfort. In the course of knowing him I understood that he was not only a retired senior official, very disciplined and a stickler for regulations - but, his difficulties stemmed from defending very

(Contd.. on p. 15)

Youth's role in society



The vision of our society lies in the hands of our youths. They are filled with tremendous and towering ambitions. It will be a great wastage of human resources if these youths are not given an opportunity to exercise their talent. This beautiful land needs these youths in order for our soil to become a brighter one.

The primary role of young people is to get a good education on order to become better citizens of tomorrow. They need to learn skills to do the job that their society needs. They also need to know how to read, write, think, understand, analyse and discuss the issues their society faces. The entire success of the nation depends on the youth.

Youth is the spring of life:

It is the age of discovery and dreams. They have the power to transform the nation into a better place. They also have the ability to lead their fellow citizens into the right direction. Youths are fighters. They fight for an identity in society, equality, the homeless, bullying, unemployment, exploitation, poverty and other problems which the world faces today. All of

them hope for a world full of opportunities, so great minds can conquer them and become better individuals. They need good morals and values to handle conflicts in a positive way.

We have aspiring doctors, entrepreneurs, scientists and who knows; maybe the next president.

The role of the youth is the most important in today's time. They have underplayed themselves in the field of the politics. Youth are strong forces in social movements.

They are problem solvers:

Our society needs them to resolve most of our problems. Just need to be given a chance to prove them. Youths have the power to unite individuals.

Youth seems to have the ability to face any challenges and problems:

They have a positive influence on their fellow young people. They are able to teach them the positive things in life.

Youth are problem solvers, have a positive influence on other young people and the nation and are extremely ambitious.

They have the ability to create an identity for themselves and move the nation forward. So the youth can make their beautiful land flourish and society grow in right direction.

Youth are the back bone to the nation:

They can change the future of the society with their well being and courageous behaviour. Unfortunately today we find the youth who are more interested in other places which are not useful to them as well as society. They choose to spend their days playing video games and spend their nights partying and living it up. More and more young men of this age group are sitting at home in front of their televisions playing games all day instead of bettering themselves or going to work. They have no vision and if they do have dreams they do not have the drive to make any attempt at achieving them. This attitude of the youth needs to be changed in interest of the country.

Ways youth can make an impact

- Join or create a youth organisation that are great places to expand your knowledge and become an active member of your society.
- If there are important issues that are going unaddressed, become the person who addresses them.
- Impart social awareness to get people to follow their lead instead of following herd mentality.

(Contd.. from p. 13)

rightly, co-residents of the home, who were mostly very old and sick and not able to raise their voice even if they faced the worst. That is no wonder because it is surely the case in most or even in all homes, run by most so called dedicated and avowed people. And the younger the 'management' the worse the situation and the plight of the residents who not only make handsome payments but also cough up favours, gifts galore through the visiting kith and kin....which is all unknown out side and transparency is totally absent and a causality.

I was shocked to hear from this retired officer that he was absolutely depressed and mentally faced torture, when young sisters refused to extend service even in providing him due food and information, hysterically shouted, "you are a nobody here, you are only a resident, we the nuns and management, we have the powers for all matters". The fact that he was a long paying resident (technically a customer), but his rights were trampled. He stressed that many young girls were employed and it was virtually a form of trafficking, misappropriation of money and goods is serious. . No action or even correction was taken even after he brought this incident and many others to the highest internal authorities.....instead he was told that he should leave the in-

stitution if he can not tolerate. Unfortunately he had no motivation to lodge legitimate complaints.

Regulation needed urgently :

The modern old age home, irrespective of which entity is running it, is a 'star' facility with high charges that are hiked regularly; it is today a commercial money spinning service with no sentiments or religious beliefs and nothing noble. With younger managers in authority matters are rapidly worse. Many face the reality long in fear and few are able to express the distress and indignity. The people who operate these 'star homes', whether they are trained or untrained are pure and simple care givers for money and are just as human where taste of money is involved.

The pious who talk tall are not truthful, just or transparent. The institutions are not just run to succor the aged.... but simply to provide the operators with a better living and a good means to make money by any means, mostly wrong and behind false fronts.

These institutions' first priority is only the good, the well being, the profit of the operators ie: the management and their dependents; the good of the old age inmates if any is accidental. Basically it is the voiceless, undignified aged inmate that is left to fend for himself and the care givers care very little, a gross untruth and mirage. When the close relatives visit briefly the picture is distorted and few can see reality. It is not enough to introspect on this subject only on certain days but needs a consistent continuous action and impact from civil society. The Govt. must take serious and immediate steps to provide a full fledged ministry/department to take matters concerning elders on par with all others in the present modern context. Empower the aged too.

Dicastery on Laity, Family, and Life on "Sports"

"Sports touch the lives of many people, and while they can be a vehicle for character growth, they can also pose moral dangers, as in the case of abuse and corruption" – warned the above Vatican document, released on 01 June 2018.

"The Church feels co-responsible for 'sport', and for safeguarding it from the drifts that threaten it every day; particularly dishonesty, manipulations, and commercial abuse. Among these problems, is the physical, emotional and sexual abuse of minors. Any abuse by coaches, trainers or others, is an affront to God and the young person 'created in the image and likeness of God'!" (Genesis 1:26-27).

"The Church has zero tolerance to any kind of abuse. Those involved in sports must also be careful not to debase the body or treat it as a machine; but rather to ensure the overall wellbeing of the person, who is comprised of body and soul! According to St Thomas Aquinas, games promote a balance between work and recreation, which is necessary for living a virtuous life."

"Sports can cultivate joy, harmony, courage, equality, solidarity and sacrifice! Sacrifice in daily life can help Christians grow in holiness, as he or she can bear greater fruit for our world. This will give guidance to a 'Sports Pastoral Ministry', consisting of parents, families, coaches, managers, priests, consecrated and religious; in service of a Christian vision of sport – 'to run in perseverance the race marked out for us'!" (cf. Hebrews 12:1).

—Dr. Trevor Colaso,
Memphis, TN. USA.



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We Catholics And Politics

What is the role of Catholics in Indian politics? Do we have any role to play in today's dirty politics? Most of us are mere spectators in social and political events. The former Chief Minister, Chiman Patel, once commented : *"Because you are in a tiny minority, and not united among yourself, you have no political importance....."* He was associated with St. Xavier's College, he knew ins and outs of the Church in India and various Christian denominations. It hurts us but the reality cannot be denied.

Even during the freedom struggle, Christian contribution to the cause was very small. Rajiv Gandhi, during his last visit to the Velankanni Shrine, told journalists : *"We need committed and selfless workers and Catholics can play that role well....."* If you understand political intricacies of cast-ridden India, you will realize that there are three things required in Indian politics : men power, money power and muscle power. B J P wins because it has all these three qualities in plenty! We, on the other side, no where in politics, because we are neither monied, nor big in number and of course, what muscle power do we have? Politically conscious Catholics know mighty well what can be done and when.. Unfortunately we have none of those M M Ms !!

Many of my Catholic journalist friends have told me : *"Our role is very precarious - we know what is right but we can not do it, we know what is wrong, but we can not stop it...."* Many of my veteran journalist pals say : *"We know very well a lot of inner secrets and tricky political moves, but because of no back-*

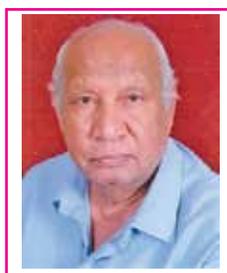
ing and no support, we remain mute spectators." Having been very close to many Gujarat C Ms and Centre's political giants, I have often felt lonely and deserted..... No men power, no money power and no muscle power. During Indian Catholic press meeting in Calcutta, I had a rare opportunity to meet great Mother Teresa in her Ashram. I distinctly remember what she told me : *"You Catholic journalists have a big role to play in Indian politics... Catholics in India has a big role to play... Exemplify people through your correct, non-corrupt political assessment that you matter and matter a lot....."*



creditation Card... Although the going was tough and challenging, I survived and excelled in many matters.....

Although insignificant in number,

let us us be upright and honest in life. Very soon people feel our presence. The evil, howsoever big in number, can not resist against the good. Often the situation frustrates and disturbs us. Often we feel that we are at rope's end... Does not our faith teach us that the truth triumphs ultimately... The Delhi Archbishop's appeal for prayers sent a chilling threat to the rulers...! Isn't that a concrete proof that God can have a last laugh??!! We will survive. We will win. The evil can not resist the good.



by Ignatius Dabhi Sr. Journalist

We are tiny in number but liven is always tiny and effective. People watch us and soon find out that we are not purchasable commodity. Our balanced stand can speak a lot. We have no money power but more than money, we have integrity and value based attitude. We have no muscle power but more than muscle power, we have honest and conscience that correctly guides and leads us. Today's Indian politics has lost all value-based pro-poor, service-oriented approach. Gujarat with a tremendous cast-minded attitude, had some honest police and executive officers. They are still remembered. I had been the one and only one Catholic journalist with Ac-

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

—Philomena Pais, Mulund

Inspiration!

Don't fear the fear, let it drive you

"Even death is not to be feared by one who has lived wisely."

- Lord Buddha

FEAR IS PROBABLY the most crippling emotion. Fear is an anchor; it drops down, heavy and determined and does not stop until it has stopped you. One needs to understand that to be fearless is not a state of being where fear stops arising in you; it's a state of being where you are no longer afraid of fear. A lot of people are so terrified of the feeling of fear that they live constantly in fear of their mind.

Have you noticed that your fear is always about what's going to happen next? That means your fear is always about that which does not exist. If your fear is about the non-existent, your fear is hundred percent imaginary. It takes some amount of self-awareness to realise that it's never possible for the mind to be free of fear, in that fear will always arise in the human mind no matter how enlightened you are. You become free when you stop fearing the feeling of fear created by fear based thoughts in the mind. Liberated living is not the 'absence of fear' but the absence of fear of fear. Now that we know what we're dealing with, let's move on to methods for actually dealing with fear

To be fearless is to allow fear freely: Fear by itself is not a problem, the problem is the 'resistance' that we have to the fear so much so that we constantly try to escape 'life' in a bid to somehow escape fear. Freedom is attained when you are no longer in



'resistance' to something even when it arises in your experience. When you stop resisting fear, you would transcend fear altogether - that does not mean that your mind will stop producing fear, it just means you will no longer be afraid of the feeling of fear.

Focus on the first step and not on end result:

One reason that we hesitate when we have something we are afraid to do is because we are thinking only of the end result and likely feel incapable of getting to that point from where we are now. Forget about the end result or at least take your laser focus off of it long enough to determine what the first step might be. The more you focus on all of the actions you have to take to get to the end result, the less likely you are to actually take any steps. So just focus on the first step and start there.

Remember that each small steps counts:

Each action step doesn't have to be big. Your brain, ego or that limiting, fearful part within will try to convince you that your steps are too small. They couldn't possibly count, it says, so better to just not try. It's lying to you. Every accomplishment, like bak-

ing a cake, publishing a book, climbing a mountain or learning to become a millionaire is made up of small steps made over and over and over again.

Take honest action to feel the thrill:

There is this magically wonderful high that occurs after you've taken action that you were afraid to take. Have you ever experienced it the thrill in talking to other people who have done things that terrified them? Use that high to your advantage. Make it an incentive that leads you, especially in those moments when you are doubtful, that you can handle the fear of taking another step.

Know that action builds confidence:

Action has many unintended opportunities for growth beyond the specific area we decide to work on. It's in the action that we test our hypothesis about life and about ourselves. It's in the action that we grow confident about ourselves and our abilities. It's in the action that we find out what mistakes are experientially and how much stronger we are by learning from them as we go.

Remember this: *You can plan your tomorrow but you cannot live in your tomorrow. But right now people are living in tomorrow and that is why there is fear. The only thing you can do about this is, come down to reality. If you just respond to what is there right now and not imagine something that does not exist, there is no room for fear. Once the hallucination is gone, where is fear? You will not imagine something that does not exist, you will respond to what exists right now.*

TEN WAYS YOU FIGHT YOUR FEARS

- 1) Take some time out to think
- 2) Breathe through panic
- 3) Face your fears bravely, don't run
- 4) Be prepared for the worst
- 5) Consider all your options
- 6) Don't try to be perfect
- 7) Visualise a happy place
- 8) Talk about it with others
- 9) Go back to the root of your fear
- 10) Reward yourself on small wins

(Contd.. from p. 10)

He categorically calls every disciple of Jesus to say “no” to an economy of exclusion; “no” to the new idolatry of money; “no” to a financial system, which rules rather than serves; “no” to the inequality, which spawns violence. At the same time, he calls for greater inclusion of the poor in society, the need for religious freedom and above all, the need and importance to take a stand on anything that is wrong and unjust in society.

Pope Francis bluntly states, “I prefer a Church which is bruised, hurting and dirty because it has been out on the streets, rather than a Church which is unhealthy from being confined and from clinging to its own security. I do not want a Church concerned with being at the centre and then ends by being caught up in a web of obsessions and procedures.” ... “The Gospel tells us constantly to run the risk of a face-to-face encounter with others, with their physical presence which challenges us, with their pain and their pleas, with their joy which infects us in our close and continuous interaction.... The Son of God, by becoming flesh, summoned us to the revolution of tenderness.”

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Pope Francis speaks about our prophetic role, “Peace in society cannot be understood as pacification or the mere absence of violence resulting from the domination of one part of society over others. Nor does true peace act as a pretext for justifying a social structure, which silences or appeases the poor, so that the more affluent can placidly support their lifestyle, which others have to make do as they can. Demands involving the distribution of wealth, concern for the poor and human rights cannot be suppressed under the guise of creating a consensus on paper or a transient peace for a contented minority. The dignity of the human person and the common good rank higher than the comfort of those who refuse to renounce their privileges. **When these values are threatened, a prophetic voice must be raised.**”

In his Encyclical Letter ‘Laudato Si’ (May 2015) Pope Francis goes a step further, “In the present condition of global society, where injustices abound and growing numbers of people are deprived of basic human rights and considered expendable, the principle of the common good immediately becomes, logically and inevitably, a summons to solidarity and a preferential option for the poorest of our brothers and sisters. This option entails recognizing the implications of the universal destination of the world’s goods, but, as I mentioned in the Apostolic Exhortation *Evangelii Gaudium* it demands before all else an appreciation of the immense dignity of the poor in the light of our deepest convictions as believers. We need only look around us to see that, today, this option is in fact an ethical imperative essential for effectively attaining the common good.”

Church teaching is not merely un-

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equivocal it makes it imperative for a true disciple of Jesus to do all one can to help alleviate the poverty, sufferings and injustices that today has become the lot of millions. Archbishop Ferrao’s letter and those of Archbishops Couto and Macwan are factual. They refer to no political party or to any other group. There is however, enough in the public domain today to show what is happening in the country: of attempts to change certain sections of the Constitution, of how human rights are being trampled upon and how the poor are becoming poorer every day. The only plausible reasons for the ‘hullabaloo’ is that these pseudo-nationalists are either too afraid or too ashamed of the reality. Of course, they would also like to defocus from the reality and in a typical Goebbelsian manner they would ‘tell a lie a thousand times’, till people believe it is the truth; they are adept at this, given the amount of lies foisted on the nation these past four years.

The Church (hierarchy and laity) in India must not fight shy of the person and message of Christ and for all that he embodied. The life of Jesus was of the Crib and the Cross-and the fact that “Son of Man has no place to lay his head”. In keeping with their 2012 and 2014 and other Statements, the Bishops of India are duty –bound to accompany the millions of Indians in their yearning for a better India. They need to come aloud and clearly in support of the poor and marginalized, the excluded and the vulnerable; to speak out against every form of human rights violation and above all, to defend the sanctity of the Indian Constitution. The Joy of the Gospels needs to be lived in India today!

*(Fr. Cedric Prakash SJ is a human rights activist; contact cedricprakash@gmail.com)

Matrimonials

Mumbai: Roman Catholic Goan boy born Feb1983 Ht 5.8 Wt75 Kg Edn:BE +PGDBM working as Manager Operations in Mumbai.Contact email:daisydee22@yahoo.com with complete details and photographs



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 OR 9833563182**

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**

6040. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in July 1983), Ht. 6', Fair Complexion, Edn. B.Com + IATA working as a Manager for Emirates in Dubai Seeks a humble, godfearing, educated Mangalorean girl. Ht. above 5' 5", age below 28 years. Contact email : philomenanoronha60@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

6213. MUMBAI: Mangalorean Roman Catholic Bachelor, (Born in June 1981), Ht. 5' 7", Wheatish Complexion, Edn. PGDRM, working as a Manager. Contact email : larsen316@gmail.com

6358. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in May 1974), Ht. 5' 4", Wt. 65 kgs, Fair Complexion, Edn. B.Com., working as a Admin. Controller in **DUBAI**. Contact email : dsouzarobin25@gmail.com

6393. MUMBAI: Goan Roman Catholic Bachelor, (Born in March 1977), Ht. 5' 6", good looking XII Pass, presently working as Share Broker having own bungalow accommodation at Bandra Mumbai also getting good regular monthly rent seeks a goodlooking RC Spinster. Contact email : pintolazarus2012@gmail.com

6045. MUMBAI : Mangalorean

Roman Catholic Bachelor, (Born in January 1980), Ht. 6' 2", Fair Complexion, Handsome, Edn. B.Com., & HTL Management, Working on Cruise Line as Supervisor, Seeks an educated, simple, Mangalorean girl above 5' 5" Contact Email : marprop111@gmail.com

6198. MUMBAI : Mangalorean Roman Catholic (Born in October 1969), Ht. 5' 10", Edn. B.Com., good personality, hailing from God fearing, cultured family, issueless, divorcee by mutual consent, working for Cruise Liner in U.S.A., as Security Supervisor, well settled in Mumbai, Seeks suitable match. Contact email : dsouzamalcolmneil@gmail.com. Phone/SMS 09480157258.

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

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 cruise 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 OR 7208759704

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

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

6434. MUMBAI : East Indian Roman Catholic Bachelor, (Born in November 1978), Ht. 5' 5", Wt. 50 kgs, Fair Complexion, Edn. MD, MS., Doctor by profession. Contact email : rayanvincent@rediffmail.com

6573. VALSAD : Goan / Mangalorean Roman Catholic Bachelor, (Born in February 1986), Ht. 5' 5", Wt. 68 kgs, Fair Complexion, Edn. B.E. Mechanical, working as a project engineer in Saudi Arabia seeks a well qualified girl from a good family background. Contact email : ian.roshan.dsouza@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 Roman Catholic 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

6889. USA : Goan Roman Catholic Bachelor, (Born in July 1987), Ht. 5' 5", Wt. 60 kgs, Wheatish Complexion, Edn. B.E. (EXTC), Masters in Engineering, working as a Process Engineer. Contact email: ophelia657@gmail.com

6895. HONAVAR : Roman Catholic Bachelor, (Born in August 1981), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. 5th Std., having own property business. Contact email : rosiehorta77@gmail.com Mob: 7977361995

6893. MANGALORE : Mangalorean Roman Catholic Widower, (Born in January 1967), Ht. 5' 5", Wt. 70 kgs, Wheatish Complexion, Edn. Graduate, working in Automotive Sector. Contact email : dan_3627@yahoo.ce

6778 USA : Mangalorean Roman Catholic Bachelor, (Born in December 1989), Ht. 5' 6", Wt. 65 kgs, Very fair Complexion, Edn. B.E. Electronics / Telecom Engineering, M.S. in USA, working as an Engineer. Contact email : jenniferdmello@gmail.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

6777 MUMBAI : Wanted Bride (Spinster, widow or Divorcee) Mangalorean or Keralite christian for a Bachelor Mangalorean R.C., Ht. 5' 9", Age 49 years (Born in April 1968), Own Business, own house in Mumbai & Mangalore. Girl should be min. HSC, Ht. above 5' 5". Contact email : patberin@yahoo.com OR Mob: 09322156322

6832. MUMBAI : Goan Roman Catholic Bachelor, (Born in August 1970), Ht. 5' 7", Wt. 59 kgs, Wheatish Complexion, Edn. B.Com., working as a Captain in Hotel. Contact email : ignatius.matel@gmail.com

6830. BAHRAIN : Goan Roman Catholic Bachelor, (Born in February 1988), Ht. 5' 11", Wt. 97 kgs, Wheatish Complexion, Edn. MBA, Marketing Professional in Public Sector. Contact email : rolsonvaz@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

6773 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in April 1989), Ht. 5' 10", Wt. 76 kgs, Wheatish Complexion, Edn. B.Sc. (I.T.), working as a Information Security Analyst, Contact email : conyderic.andrade@gmail.com

6771 CANADA : Bombay born, broughtup and educated Kerlaite Roman Catholic Bachelor, (Born in October 1987), Ht. 180 cms, Wt. 75

kgs, Fair Complexion, Handsome, Edn. B. Tech Computer Engineering, working as a Software Engineer. Permanent Resident Canada. Seeks a well educated girl from Canada, U.S. Or Mumbai. Good looking, ready to settle in Canada. Keralite / Mangalorean / South Indian. Contact email : anthony99ignatius@gmail.com.

6768 MANGALORE : Mangalorean 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 : shamlcoutinho@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

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MATRIMONIALS

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

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

6129. MUMBAI : Tamilian Roman Catholic 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

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

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

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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

6502. MUMBAI : Mangalorean R.C. Spinster, Date of Birth 14-5-1983, Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. M.Sc. Nursing, working as a ICU Head in Abudhabi - UAE. Military Hospital, Shortly visiting Mumbai. Seeks a well educated having a good job. Contact immediately email : janydz_1484@yahoo.com OR Tel.: 0971 557463484 / 9930076741.

6528. DUBAI : Mangalorean Roman

Catholic Spinster, (Born in April 1985) Ht. 5' 7", Beautiful and Fair Complexion, Edn. Masters in Health, Care (MHA), Employed as a Manager in MNC Dubai, is looking for a suitable alliance between the ages of 32 to 36 with a height 5' 10" and above. Kindly respond directly to the party by email : aara8185@gmail.com with your photograph.

6642. MUMBAI : Goan/Mangalorean Roman Catholic Divorcee, (Born in September 1979), Ht. 5' 3", Wt. 60 kgs, Wheatish Complexion, Edn. B.Com., working as a Customer Service, Seeks a suitable match. Contact email : rowmonteiro@yahoo.com OR 9820792115

6665. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1986), Ht. 4' 9", Wheatish Complexion, Edn. 12th (HSC), Hair Dresser by profession. Seeks Mangalorean / Goan / East Indian Bacheor. Contact email: alcheckmate@gmail.com OR 9867292764

6532. BANGALORE : Mangalorean Roman Catholic Spinster, Only Child, (Born in December 1976), Ht. 5' 2", Wt. 58 kgs, Fair Complexion, Edn. M.A. Communication, working as an Assistant. Contact email : ashajob@hotmail.com

6341. MUMBAI : Protestant Christian spinster, (Born in April 1985), Ht. 5' 1", Wt. 58 kgs, Wheatish Complexion, Edn. B.A., B.Ed., Teacher by profession Seeks a groom from well settled, educated and good family background. Contact email : a

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6894. MANGALORE : Mangalorean Roman Catholic spinster, (Born in February 1989), Ht. 5' 3", Wt. 50 kgs, Fair Complexion, Edn. M.Sc., Medical Pharmacy, working as a Research Scientist. Contact email : menezesmangalore@gmail.com

6883. MANGALORE : Mangalorean Roman Catholic Divorcee, (Born in December 1983), Ht. 5' 4", Wt. 68 kgs, Wheatish Complexion, Edn. B.Com., MBA, working. Contact email : fionawimpy@gmail.com

6882. MANGALORE : Mangalorean Roman Catholic Spinster, (Born in April 1988), Ht. 5' 3", Wt. 60 kgs, Wheatish Complexion, Edn. M.V. Sc. Assistant Professor by profession. Contact email : clarencemiranda5811@yahoo.co.in

6881. MUMBAI : Goan Roman Catholic Spinster, (Born in September 1990), Ht. 5' 5", Wt. 64 kgs, Fair Complexion, Edn. MDS in Endodontics, working, Seek alliance from well settled RC Bachelor upto 30 yrs. Kindly reply with full details & Photograph to email : anacletaheredia80@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 divine-word121@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 Roman Catholic Spinster, (Born in October 1985), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, beautiful, Edn. B.Com., working as an Asst. HR Officer. Contact email : genesalis@yahoo.com OR 9324515797

6305. MUMBAI : Goan Roman Catholic Spinster, (Born in October 1985), Ht. 5' 6", Wt. 80 kgs, Fair Complexion, Good looking and smart, Edn. B.E. (Electronics), working as a Manager in IT Company. **Contact email : carmina_fernandes@hotmail.com OR 9867725912**

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 : rosemaryharda@yahoo.com OR 9224780162

6033. ABU-DHABI : Goan Roman Catholic 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 OR 9730454857**

6032. DUBAI : Goan Roman Catholic Spinster, (Born in April 1976), Ht. 5' 2", Wt. 41 kgs, Wheatish Complexion, Edn. B.A., working as a Secretary. Contact email : track_1976@yahoo.com

6004.: AHMEDABAD : Goan R.C. Spinster, (Born in September 1984), Wheatish, slim, good looking, aged 31 years, Ht. 5' 4", Wt. 49 kgs, Edn. B.A., PGDMFI, Pursuing MBA, working as a Senior Officer in Bank. Seeks a educated, well settled bachelor from decent and respectable family. Contact email : steffi8138@gmail.com / jerrypeter02@yahoo.com OR 079-22162694

6462. MUMBAI : East Indian Roman Catholic spinster, (Born in February 1989), Ht. 5' 2", Wt. 49 kgs, Fair Complexion, Edn. BMS., MMS (Mum. Uni.) working as a Data Analyst. Seeks well educated and working and settled abroad, preferably dubai. Girl willing to relocate any city in the world. Contact email : melwyn_dsilva@hotmail.com

6300. GOA : Goan Roman Catholic Spinster, (Born in August 1982), Ht. 5', Wt. 55 kgs, Fair Complexion, good looking, Edn. SSC., self employed. **Contact email : 4.saviola@gmail.com**

6166. 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

6880. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1988), Ht. 5' 4", Wt. 66 kgs, Wheatish Complexion, Edn. B.A. Contact email : ben864@yahoo.co.in

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Thanksgiving



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favours
granted.

—Paskal Saldanha,
Andheri

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“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”.

— Sherley, Mangalore

THANKSGIVING



May the Sacred Heart of Jesus be adored, loved, glorified & praised throughout the world now and forever. Sacred Heart of Jesus, have mercy on us. Sacred Heart of Jesus, Thy kingdom come. St. Jude worker of miracles pray for us. St. Jude helper of the hopeless pray for us. Amen.



(Say this prayer nine times a day for nine days. By the eighth day your prayer will be answered. It has never known to fail. Promise to publish this or distribute this as soon as your favour has been granted.)

—Edna V. Sequeira, Bangaluru

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

—Dorothy Fernandes, Vasai

Thanksgiving



Thanks to
Divine Mercy
for hearing my prayer.

—Gerald

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