

THE SECULAR CITIZEN

Vol.28 Issue No.2 □ (Total Pages 24) □ Mumbai, 7 - 13 January, 2019 □ Rs. 10

A NATIONAL FAMILY WEEKLY

1

*Excuses That Block You
from Reaching Your Dream*

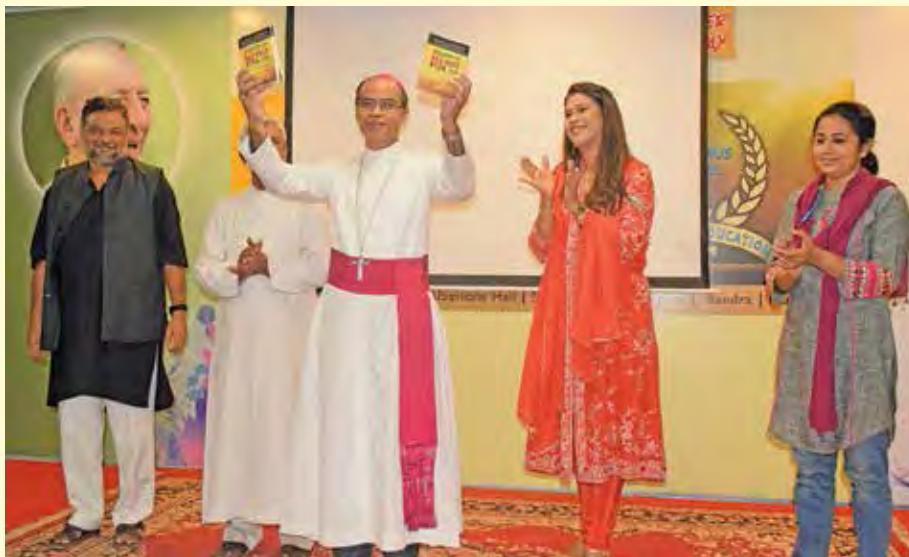


DISCOVER THE HERO WITHIN YOU: An Instant Best Seller

Discover the Hero Within You, the fourth book of Fr Alfonso Elengikal was formally released in Mumbai on 10 December 2018, by Most Rev. John Rodrigues, Auxiliary Bishop of the Archdiocese of Bombay. The Bishop released the book by giving the first copies of the book to Dr Snehal Pinto, Director, Ryan International Group of Schools, Mumbai, Dr Jagdish Gandhi, Founder-Manager, City Montessori Schools, Lucknow, and

after the release programme, at the venue nearly 3000 copies of the book were sold out, creating a new record of sorts – the single largest order *Better Yourself Books* have ever received so far for any book published by them.

Discover the Hero Within You is the fourth book by the author, the other three being *You can Make A Difference* (75,000 copies), *You Are Des-*



first recipient of *Fr J. Maurius National Award for Innovation in Education*, and Fr Varghese Gnalian, Provincial Superior of the Society of St Paul.

After receiving the copy of the book from Bishop Rodrigues, Dr Snehal Pinto, who wrote the Foreword to the book said, "in order to write the Foreword for the book, I read it time and again, and I was deeply impressed by the numerous inspiring stories Fr Alfonso narrates in the book; they have really challenged me, and have, to a great extent, transformed my life."

Thereafter Dr Snehal Pinto, on behalf of the Ryan International Group, placed an order for 20,000 copies of the new book to be given as farewell gifts to the outgoing students of their schools across the country, making the book an instant best seller. Soon

tined for the Skies (60,000 copies) and the *Let the Real You Stand Up!* (50,000 copies), all of which are also already best sellers. Together, the four books of Fr Alfonso Elengikal have by now sold over 2,00,000 copies within less than five years!

— Sunil D'Silva

THE SECULAR CITIZEN

News item, Articles, Stories, Opinion, interview, Poems, etc. can be sent by

WhatsApp: +91 9820485389

Email:

secular@sezariworld.com
news@sezariworld.com
secular@vsnl.com

by Post

The Secular Citizen

99, Perin Nariman Street, 1st Floor,
Fort, Mumbai 400001

Maitri = Loving Kindness = Divine Mercy!

The Dalai Lama addressed nearly 350 international academicians and students at his inaugural engagement at Mumbai University's Kalina campus on 12 Dec. 2018 – (See Times of India, page 03, 13 Dec. 2018).

The Dalai Lama spoke on 'Maitri' or 'Loving Kindness' or friendship; the lack of which the bold headline suggests - Fascism is a Result of Social Discrimination!

"When we discriminate on the basis of religion, caste and creed, it is then that we lose the age old wisdom of 'secularism', and use weapons to kill others. But the need of the hour is compassion and moral education."

The 'Loving Kindness' of God is often defined in St. Faustina's Diary – Divine Mercy in my Soul, as the equivalent of 'Divine Mercy'! She writes how she received Jesus' mercy, and offered it to others - the path of intimacy with Jesus her Divine Lover!

The Catechism of the Catholic Church, article 2447, lists the 7 Spiritual and the 7 Corporal Works of Mercy (cf. Matthew 25:31-46).

Let us praise the 'Divine Mercy'! "But when the goodness and 'loving kindness' of God our Savior appeared, He saved us not because of any works of righteousness that we had done, but according to His 'mercy', through the water of rebirth and renewal by the 'Holy Spirit'! This Spirit He poured out on us richly through 'Jesus Christ our Savior', so that, having been justified by His 'grace', we might become heirs according to the hope of eternal life!" (*Titus 3:4-7*).

—Dr. Trevor Colaso,
Bandra West, Mumbai.

THE SECULAR CITIZEN

A NATIONAL FAMILY WEEKLY

Vol.28 Issue No.2 January 7-13 , 2019 Rs.10/-

99, Perin Nariman Street, Fort, Mumbai - 400 001.
Mobile: +91 9820485389 / 9820473103
E-mail : secular@sezariworld.com / secular@vsnl.com
Website: www.sezariworld.com
Editor: LAWRENCE COELHO

Subscriptions Rate:

One year (anywhere in India) Rs. 500
Two years (anywhere in India) Rs.1000
Five years (anywhere in India) Rs. 2000
One year (outside India) Rs. 3500

E-paper Edition

sent anywhere in the world (by email)
One year
Rs. 600 or US \$ 15

Advertisement Tariff

Over all size 21.5 cms x 27cms	• Print area 18 cms x 25.5 cms
Full pg. back Colour (19 cms x 24 cms)	Rs. 15,000
Center spread colour(39 cms x 23.5 cms)	Rs. 15,000
Full pg. inside Cover colour(18 cms x 24 cms)	Rs. 10,000
Full pg. inner colour (18 cms x 24 cms)	Rs. 8,000
Half pg. Colour (18 cms x 12 cms)	Rs. 5,000
Full page B/W (18 cms x 24 cms)	Rs. 5,000
Half page B/W (18 cms x 12 cms)	Rs. 3,000

Small Size Ads B/W

12 x 12cms	Rs. 2400	•	6 x 24cms	Rs. 2400
18 x 6cms	Rs. 1800	•	6 x 12cms	Rs. 1200
6 x 6cms	Rs. 600			

Matrimonial Classifieds:

- Rs. 500 per insertion (for 35 words) (includes box no.)
- Rs. 3000 for 12 insertions. (1 year The Secular Citizen FREE)

Contents

pg. 3 - Bridging faith and action
pg. 5 - Voice of the People
pg. 6 - School Bands with colourful uniforms.. Where's the music?
pg. 7 - Health resolutions for 2019
pg. 8 - You the citizens decide
pg. 9 - The meaning of 2019 ...
pg. 10 - Public Welfare Manifesto
pg. 11 - Views on news
pg. 12 - The East Indian Tradition ...
pg. 13 - A community catalyst : The ever ready Freddy
pg. 14 - Love of life ...
pg. 16 - Walls of Jericho fell, ...
pg. 17 - Inspiration!
pg. 18 - Spouse's day: 26 January!
pg 19 - Matrimonials
Cover : Excuses that block you from reaching your dream:
(Article on pg. 17)

Bridging faith and action

By Fr. Cristina Robles Pine

Manila: It was one of those holy days in the heavenly realm. St. Peter took a day off while he was being relieved by his brother St. Andrew.

The Lord said to Andrew, "Andrew bar-Jonah, let's go to Earth and see how things are."

They came upon a group of fishermen in the South China Sea, also known as the West Philippine Sea, who were fighting for their rights against those who were trying to bully them as they were fishing within the zone of their maritime area.

"Andrew, who are those?"

"Lord they are those who follow your words about social justice, setting at liberty those who were oppressed."

"Oh, Andrew," said the Lord, "they shouldn't have taken my words too seriously."

They moved on a little farther and saw a group of environmental activists who are opposing the building up of three mega dams.

The Lord asked Andrew, "Who are those?"

"Lord, they are those who follow your words about preaching the Gospel to the whole of creation, protecting the environment since they are now left only with a decade to revert the worsening effects of global climate change."

The Lord shook his head, and said, "They shouldn't have taken my words too seriously."

They moved on and saw people who were trying to console the family of the victims of extrajudicial killings.

(Contd.. on p. 4)

(Contd.. from p. 3)

The Lord asked, "And who are those?"

Andrew answered, "They are those who follow your words by taking care of the widows and the orphans."

"They shouldn't have taken my words seriously, Andrew."

They finally came into a massive well-decorated church with people busy preparing for their fifth centenary, in a country where everything seems to deteriorate, from economy to values.

"Who are those?"

"Lord, they are those who are not taking your words seriously."

On the Feast of St. Andrew last month, the readings during our celebrations stressed the importance of the Word and the challenge to bear witness to it.

The Gospel, taken from Matthew, follows the Markan tradition. Jesus called apostles, and they left their nets.

There are some more accounts that tell of Andrew, supposedly the apostle who told Jesus of the boy with barley loaves, who commented on the massive walls supporting the temple, and who served as the bridge between the Jewish and Greek followers of Jesus.

But among all these, what seems to

Get your dressful of joy, with
Merrill Fleur
At *Merrill Fleur*,
we specialize in Bridal Gowns,
Bridesmaid and Flower Girl Dresses,
Communion dresses, Christening dresses
and Evening Wear.
But above all,
we specialize in bringing joy to each special occasion.
Get in touch with us and let the celebrations begin!
Mob. 9819277717
merrillfleurweddings@gmail.com
Facebook: Merrill Fleur Weddings

be not given too much attention to is the fact that Andrew was the protokletos, he is the one "first called."

He is the one who even led Peter his brother to Jesus. He served as the bridge between his brother and the Lord. We have already pointed out that he also served as the bridge between the Jewish and the Gentile believers.

People who are called can serve as bridge only after they have allowed the Word to go through them, enabling them to bear witness to the love of Jesus.

The Word of God first went through Andrew when he listened to the words of John the Baptist who himself bore witness to the love of the Lamb of God. When Jesus invited him to come and see where Jesus was staying, stayed, at least on that day.

It will be revealed much later in the Fourth Gospel that Jesus would want his disciples to remain in his love. Love is where Jesus is staying.

Jesus let his followers to experience his love before inviting them to remain in such love. Now, this highlights the fact that the bridge can only serve well when it is connected to Jesus himself and his love.

The greatest challenge for today's followers of Jesus is to bridge God's loved for us and the kind of faith we profess, which is deeply connected to the love that is much needed today in our society.

The Philippines is heading towards having had 500 years of being Christianity. There is so much to reflect on what's happening around us, on our sovereignty, on global climate change, on an ever-escalating violence.

There's so much to do as well.

We, who love the Word, are now challenged to serve as a bridge between the faith we profess and

the actions we do, which will truly bear witness to God's as we aspire for a better Philippine society.

Only then we can say that we are taking the Word of the Lord seriously.

Franciscan priest Cristino Robles Pine is dean of the Our Lady of Angels Seminary in Manila.

Source: UCANE

Please renew your subscription if expired.
Mention your subscription no. while sending the renewal amount

Wedding Invitation, Christening, First Holy Communion, Mortuary Cards & Religious Goods Contact:

David & Company
Rivendell House, 1st Floor, 650,
J. S. S. Road, 2nd Dhabitalao
Lane, Mumbai 400002
Tel.: 22019010 / 2205 7394
2206 0344 / 22079592

Email:davidprinters@gmail.com
www.davidcompany.com

Subscriptions for
THE SECULAR CITIZEN
Renewal as well as New, can be sent through Bank Fund Transfer to any one of the following banks:

Bank: HDFC Bank
Branch : CST - Mumbai VT
Account Name: The Secular Citizen
Current Account No. 03552000006744
ISFC code: HDFC0000355
or
Bank: Citizen Credit Co-op Bank Ltd.,
Branch : Colaba, Mumbai
Account Name: The Secular Citizen
Current Account No. 2090031000000489
ISFC code: CCBL0209003

Please inform us through email: secular@sezariworld.com or through phone: 9820485389 after transferring the same.



LGBTQ

This has reference to letter by A F Nazareth (Secular citizen12-18 November). The Catholic Church believes that marriage is a sacrament and between a man and a woman for lifetime. Homosexuals are human beings and the Church rejects discrimination or ill treatment. But homosexual sex acts are held to be sinful. No change has been effected by the Church. No Pope,no bishop can change any moral law. Nazareth seems to have wishful thinking ?

—K. C. Thomas
CBD Belapur- 400614

New hope for 2019

It was shocking to read a news itAs the curtain comes down on 2018 and we prepare to usher in the New Year , the question uppermost in the minds of all concerned citizens is, what will 2019 hold out for the common man. Will it be yet another year of scams, high inflation , rising prices , lynchings, collapse of law and order, communal violence , insecurity for minorities, crime, rape of women and children, false promises , etc, or will it be a bright and prosperous year for one and all. After a 5 year wait, a new springtime of hope now awaits the people of India after the defeat of the BJP govt in all the 5 state- Assembly polls which was billed as the semi finals to the grand slam of 2019. A 'mahaghatbandhan' of the Congress , regional and secular parties is on the anvil to keep out the BJP at all costs. The atmosphere is surcharged and palpable as the clock has now started to tick, and the countdown for the exit of the BJP govt at the centre has begun. We can now look forward

to a bright and shining India in early 2019 where there will be no communal disturbances and people will live peacefully as one large family of Bharat Mata under a secular, democratic govt that upholds and abides strictly by the principles enshrined in our sacred Constitution..

**—A. F. Nazareth,
Alto Porvorim, Goa.**

Vatican's 100 Nativities!

As we wind up the Christmas celebration after the Epiphany on 06 January 2019, it is worthwhile to meditate on Vatican's '100 Nativities'; which seeks to showcase the true meaning of Christmas! And which can be viewed along the Via Della Conciliazione through 13 January.

This annual '100 Nativities' exhibit was started in 1976 by Italian Manilo Menaglia. But this is the first year that this '100 Nativity' presentation is being held under the supervision of the Vatican.

We may recall that St. Francis of Assisi created the first Nativity scene in 1223 in a cave outside Rome. He utilized a live donkey and ox to surround a manger of hay; and an Altar with the Holy Eucharist as the presence of the newborn Christ Child!

The mystic St. Bridget of Sweden (1303-1373) received a vision of the glorious Nativity of which she wrote that the Virgin knelt prayerfully in sublime adoration! Baby Jesus radiated such an ineffable light and splendor, that the sun was not comparable to it!

Pope Francis on Wednesday 19 December 2018, at his weekly general audience reminisced: "To celebrate Christmas is to welcome the surprises

of Heaven on earth; to prefer the silent voice of God to the noisiness of consumerism! It will be Christmas if we surprise a poor person! Christmas is the payback of humility over arrogance, simplicity over abundance, poverty over wealth"! (cf. 2 Corinthians 8:9).

**—Dr. Hazel Colaso,
Bandra West, Mumbai**

The Star of Bethlehem vs the Star of Satan

A few days before Christmas I received a WhatsApp fwd containing two diagrams. The first diagram was a purported depiction of the Star of Bethlehem---- a pentagram with a single point projecting upwards. The second diagram depicted the Star of Satan--a pentagram with two points projecting upwards.

Several people in our area received this fwd via group chats, creating confusion in their minds, which I believe was the primary intention of the fwd. The two diagrams represented the forces of good and evil respectively. The fwd went on to state "So many people give excuses which Satan loves, about how hanging the star from two points is easier".

Apparently this was the handiwork of an idle mind, which as we know is the devil's workshop. Stars are strung up from two points not because of any religious connotations but simply because it the most practical way of hanging a star.

Incidentally, stars don't have points, but exude bursts of energy. The Star of Bethlehem doesn't have 5 points. It is usually depicted as having four points with the lower point long and pointing downwards apparently to the manger in Bethlehem. On the other hand the official International logo of the Satanic Church is a 5-point star with two points projecting

(Contd.. on p. 6)

School Bands With Colourfull Uniforms...

Where's the Music?

by Prem Moras

Lakshmi Pooja is one of the favorite festival for everyone. On this auspicious day crackers are burnt across the shops. Every year one business setup wants to make more noise than the other. Noise is a kind of pollution. On this day small business setups enjoy noise and dust pollution.

Today it appears like the school managements have forgotten the difference between music and noise. The school bands in Mangaluru happen to render more noise than music when the bands play.

Today noise has taken over music across school bands of Mangaluru. The school bands have been there for students to nurture their musical talents, especially instrumental.

In comparison the situation 50 to 80 years back was not what it is today. Then it was more music, less noise. The bands brighten and enliven every festivity or celebration they are played at.

Every festivity and celebrations they brighten and enliven!

Fr. Prashanth Madtha Principal emeritus of St. Aloysius College, Mangaluru, in his book, "Eagle's Wings", writes, "In the year 1953, St. Aloysius College Band had 7 Coronets, 5 Clarinets, 6 Flutes, 2 Piccolos, a Horn, an Oboe, a Trumpet, 3 Euphoniums, a Circle bass, a Tubophone, a Xylophone, Cymbals, Triangles, big and small drums besides hundreds and one accessories that would make everyone case envious glances at our Band. The Band had treasury of 249 marches and Waltzes, 78 religious hymns written for full Band Orchestration.

Capuchin Friar, Fr. V. J. Menezes

says, when I was in the St. Aloysius college band in the year 1953 to 56 even the Recotor, Principal and other priests were playing different instruments. I still remember the La-Paloma



music piece. I learnt western music at the St. Aloysius College Band.

It was the year 1979, preparations for the centenary celebrations were in full swing. The management decides to hire a professional brass band to brighten the occasion. Adolf Lobo, Alumnus of St. Aloysius College and a banker at that time, gets an idea of restarting the college band. The Band which used to enliven his student life, had died away. He contacts his old band mates who are now doctors and Chartered Accountants. Their polite 'No' would not dishearten Mr. Lobo. He takes the charge in his hand and starts training new students with music notations. Now St. Aloysius College Band is fully prepared for the Centenary Celebrations and gets a second life.

The entry of Fr. A.S. Rodrigues as the director of the band changed the scenario. The band becomes an object of envy by its smart performance. He took charge of re-arranging the band with the instruments and manuscripts which had been dumped in a store room. He redesigned the band

room and made the sitting arrangement in a circle. The rhythm section, euphoniums, circle bass, tubophone, xylophone, trumpets, coronets, clarinets, piccolos were placed in a clockwise direction. The sitting arrangements for first voice and second voice players was made in such a way that false note could be identified easily.

The band played a brilliant, conspicuous part in the Diocesan Eucharistic procession from Milagres to Rosario Church. It became biggest hit of the season by securing first places in various band competitions. The winter and Christmas tunes played in the month December gave the pleasure of listening to music orchestra live in Mangaluru.

Today the commercialization of education has driven music to the back seat. School Managements have forgotten the difference between music and noise. There are enough music trainers.

Due to poor payments they have chosen other trades to earn their daily bread. There are many instruments hanging in music shops with no buyers. There are enough music pieces, lying around unused.

So where are lacking in this process?

An institution does not want to spend more the Rs. 10000 per year for Brass Band. Professional brass band players, who do not have much knowledge of theoretical music, train the students to create noise. A professional brass band trainers have converted the music notations to Roman and Kannada alphabets (such as Do, re, Mi, Do sharp is called De etc). Now everyone has started following this wrong way of learning music.

Recently I saw a band photograph in a school magazine. The students were wearing colorful uniforms, for the purpose of posing for the school Magazine. The way the students were holding the trumpets and clarinets... No doubt they were holding the instruments for the first time in their life. The school wants a band either for their annual Magazine or just to make some noise on school days or sports days.

Health Resolutions for 2019

RAISE YOUR HAND if you've ever set a crazy-ambitions New Year's resolution (run a marathon! write a book! Or travel around the world!) Only to lose sight of it around February or so, when you realise you might have bitten off a little more than you could chew

So yeah, time to change things up. The key isn't to not set how new year's resolutions at all it's to get the right ones. These new year's resolution ideas all curated by experts in their field are small enough to be doable but big enough to still give you that hell yeah feeling if satisfaction when you realise it's December last! And you're still going strong. Plus, we've attached them to those big, overwhelming goals that you might have made in years past so you can translate those into a game plan that you can crush, no problem.

Plan your workouts week by week :

This one's easy: Choose a number

(Contd.. from p. 5)

upwards. The points are irrelevant. What is central to the Satanic Star is the goat-head in the centre of the Star. Without the goat-head it is just another star. Hence Catholics should have no qualms of conscience about hanging the Christmas star from two points and to hell with Satan.

—Prof Robert Castellino
Orlem

WHAT SURVEY SAYS?

In a survey, most people said they want to join a gym, work out more or work out a certain number of times per week. Working out three to four times per week was the most popular response, chosen by 32.4 percent of those planning to make fitness a resolution. It was followed by going to the gym more often and joining a gym

of workouts per week you'd like to tackle. (Think three to four to start) Then, at the start of each week, plan



your fitness schedule. This is a much easier goal to accomplish on a daily basis, compared to a long-term goal of weight loss. But in the end, you just might see the scale budge thanks to your newfound regular consistent workout routine.

Walk 1,000 more steps a day :

If you haven't jumped on the fitness tracker bandwagon yet, it's time. Even if you live in an area where you drive to get from place to place, parked in the parking lot far away from the door and walk here. Walking won't just help keep your metabolism humming along it's also great for heart health,

brain health, joints and more.

Create a workout calendar :

Set up a workout calendar to write your activity, length and location for each day of your program. Every time you complete a work out, add a gold star or a sticker on that day to help track and visually see the progress that you are making.

Pack emergency snacks:

Set yourself up for snacking success and to avoid the hungry and subsequent overeating by saying healthy snacks in your compartment, purse and gym bag. Not only will you save calories but you'll also save lots of money compared to swinging through the drive-through or hitting the vending machine.

Tuck away the treats :

Clean off your counter-tops from any cereals, pastries, cookies or other snack foods that might be tempting. Put a fruit bowl out instead and fill it with oranges, apples, pears, kiwis or whatever fruit strikes your fancy. That way, if you happen to mindlessly eat, you'll reach for the nutritious fruit.

Take small, powerful changes:

Don't try to make huge, sweeping life changes all at once. If you're trying to get in the habit of working out more often but are out of shape and intimidated by the idea of exercise, start by doing the easiest, least daunting exercise you can do.

Slow down and reflect on the moment. Pause throughout your day and appreciate the beauty of the world around you, the sound of laughter, how the sun feels on your face, how your legs feel as you walk. Make time to enjoy each part of your day and then step back and enjoy the process you are a part of.

WHETHER AN EFFICIENT WATERWAYS SYSTEM ON WHICH LARGE PASSENGER FERRYS OPERATE IN MUMBAI HARBOUR BAY AREA AND CREEKS AND RIVER CONNECTED TO IT, WILL HELP THE MEGA CITY GROW LIKE TOKYO ON BOTH SIDES OF THE BAY, REDUCE DENSITY OF POPULATION ON THE MUMBAI ISLAND AND EASE THE TRAFFIC ON THE ROADS

by Eric D'Sa

During last summer, my wife and myself spent 3 months in Manhattan with our daughter and her family and moved around the mega city on public transport - buses, underground metro subways and water ways. It was a pleasure for us senior citizens in our 70s, to move about in an efficient public transport system which we hardly do in Mumbai. We did use Uber on a few occasions when we went for late evening plays and dinners. What made the system efficient is the limited number of private vehicles on the roads, as the city authorities have made owning a car very expensive for people, due to heavy parking fees for parking on all roads. Even public parking areas are restricted and high priced. There is also inter change ability at many crossings of bus routes, metro subways and waterways, which makes travel around the city very comfortable and easy.

On my return to Mumbai, I have looked at the transport systems we have and reason for not using the available waterways to move passengers. This is mainly because the government is leaving this to the private sector unlike in Manhattan. They will never be able to compete with the highly subsidised suburban railways and city bus services. In Manhattan the city charges \$2.75 to the commuter for a bus trip to anywhere in the city. The same rate is charged for a ticket on the ferry trip. The records indicate that city provides \$ 4.5 per ticket subsidy for a ride of a commuter to the ferry operator. The Mumbai city spends a lot of money on building and maintaining railways, metro ways and bus routes in a highly congested city. In case of waterways, simple jetty's are required to handle low draft catamaran ferries and nothing

is spent on the water ways. Even if the contracts are given to private sector to build standard catamaran ferries that can move at a time say 300 passengers at a fairly fast speed, and which are chartered by the City, the fares should be kept competitive with the bus routes and the losses if any covered by the government.

A few weeks ago some of the people living in the Deonar, Mankurd, Mandella and Trombay areas, became aware that

YOU THE CITIZENS DECIDE:

the new Metro line 2B which was being built from Daihisar, via Bandra, Kurla and Chembur was ending at Mankurd station. It was surprising that it was not extending via Mandella, Cheeta Camp to Trombay on the Thane creek area where already a small jetty exists for fishing boats. They realised extending the Metro 2B route to reach Trombay and then turn left and be extended till it reaches the suburban Harbour line, would bring in a lot of benefits to the local people.

The attached plan published by Mumbai Metro for the Metro line 2B, as planned by MMRDA Mumbai is attached. A team of four highly qualified and experienced Marine engineers have studied it in detail and are requesting the GOI to seriously considered the project suggested by them, which will facilitate good rail/metro/waterway connectivity to an neglected area of Mumbai city, - Mandella, Cheeta Camp and Trombay, where approximately 3 lakh people live. It will help a lot of the poor and middle class citizens living in this area, to commute into the city by metro, rail and water-

ways, like commuters do in cities like Tokyo, Hongkong and New York..

Besides as can be seen from another map attached, the proposal would connect the above Metro line to a Jetty, which has been partly built in the Mumbai Thane creek in the past. A little strengthening and extension of the jetty into slightly deeper waters will easily accommodate catamaran type large passenger boats carrying about 300 passengers each plying throughout the year. It will enable these large fast twin screw boats to take passengers from this location to Ferry wharf, Gateway of India and Mandwa, Rewas, Alibagh, in the south and back. This will reduce road congestion in south and eastern Mumbai city. As a matter of fact the waterways could easily connect this Metro line through the Panvel creek to a jetty near the new airport on the east and Thane on the north side. It could also connect to Dalvi near Pen on Mumbai - Goa highway via the Amba river.

The plan recommends that the above Metro line be extended from BARC main gate, straight up to Trombay close to the Thana creek, instead of terminating at Mankurd Railway station. It could after it reaches Trombay, before reaching the creek turn left and go towards the harbour line, going from Mankurd Railway Station towards New Mumbai. A new harbour line station will have to be built on this suburban line with shopping complexes, close to and before the Thana creek bridge. This will pay for itself. This will open up a lot of unused land for fresh development of housing for the poor who will be displaced due to building of these new metro lines around Mumbai. The people effected with toxic gases near Petroleum oil, Chemical and Fertiliser refineries at

(Contd.. on p. 9)

(Contd.. from p. 8)

Mahul, could also be shifted to this new location. In addition there is sufficient land to build a new township for middle class families.

It will also help the large Indian Navy establishment at Trombay. Naval boats will be able to go from the Trombay jetty straight into Naval Dockyard in the south Mumbai. It will be a big logistic advantage to the Indian Naval forces.

It will also help BARC employees living in the Eastern side of their large colony stretching up to Trombay, to easily commute to town.

GOI could develop the water front area of the Thana creek with an attractive park and develop next to it large plots, where high value housing complexes could be built. The extended Metro line and a broad road next to it, could be built parallel to the creek, leading to the new Metro line station connected to new the Harbour line railway station.

Behind the above development, there is plenty of open land where medium income and low income housing townships could be built. The swamp land could be filled up from soil extracted while building the Metro lines in the city. The distance between Mankurd station and Thana creek is very long and a station close to the creek will help the fast development of the area round it. You the citizens will have to decide whether such projects should be taken up by the government to ease the travel in the city and decongest it.

MERCY'S HUB

- Modern Wedding Cakes
- Serving Cake Slices
- Silver & Golden Jubilee
- Engagement Cakes
- Christening Cakes
- Holy Communion Cakes
- Theme Based Cakes
- Eggless, Gluten Free Cakes
- Lactose Free Cakes
- Sugar Free Cakes

CUSTOMIZE YOUR CAKES FOR ALL OCCASIONS

MERCY GEORGE We also deliver cakes on request
9664854133 **Mercy's Hub** mercyshub@gmail.com

Try Our Customized Cake Classes & Enjoy Baking at Home

The Meaning Of 2019 as per numerology

Every year has a corresponding single-digit number known as the Universal Year number. You can find any year's Universal Year number by "reducing" the digits of the year, or adding them together until you're left with one single number. 2019 promises amazing opportunities for greater happiness, fulfillment and well-being, along with some negative aspects. Have a look at predictions according to numerology.

Next year will be a three Universal Year, because $2+0+1+9 = 12$, and $1+2 = 3$. this Universal Year is usually defined by its heightened emotions. Three Universal Years can encourage us to express our feelings more openly, think more creatively, and seek our personal truth with greater fervor. But, Bender is quick to add, those effects can have their downsides.

Three Universal Years can, indeed, inspire us to be more honest and seek to solve old problems from new angles, but in the process of acting so openly, we could very easily end up overwhelmed by our own emotions. The challenge that comes along with this type of year, Bender writes, is to prepare not only to experience heightened feelings of insecurity, self-doubt and general negativity, but to work through those emotions, too. Don't shut yourself off from feeling difficult things, but don't get hung up on them, either. This can be a very productive year if you maintain a

sense of focus and clear lines of communication.

While events in 2018 encouraged us to use our creativity, intuition, and innovative ideas for the benefit of humanity as a whole, it also demanded a slower internal pace," she explains. You likely treaded very lightly, spent time reflecting on your inner self, and dealt with your share of stops and starts this year. By contrast, 2019 will be imbued with a bolder energy and a greater desire to get things done. There's no guarantee that progress will come any faster than it did last year, but don't stress. "The Universal three energy offers an abundance of problem-solving energy.

According to the Chinese zodiac, 2019 will usher in some good fortune.

2018 was the loyal and energetic Year of the Dog, and 2019 will be the pig. Contrary to what many of us probably imagine when we think of pigs, this animal is actually considered to be very lucky! People born in the Year of the Pig are thought to be happy, smart, easygoing, and tend to have good fortune. The Year of the Pig is believed to be a great time to get ahead financially, invest, and build businesses while there's luck in the air. So if your financial adviser asks what's spurring your sudden interest in investments, you can tell them that you're simply flowing with the Chinese zodiac!



Public Welfare (PW) Manifesto

For 2019 Lok Sabha election, we request all community leaders, organisations, Associations, NGO's, media etc, public welfare thinking people come together and make FORUM FOR GOOD GOVERNANCE IN INDIA and give below PW manifesto to major Political parties like Congress, BJP etc, ask them to keep, else we press NOTA button in election,

1) Abolish reservation system based on caste, creed, gender in education, jobs, election etc. Reservation only discourages efficiency and encourages inefficiency. Fed up with this policy, merit/talent persons are silently suffering or going abroad, thus instead of India, foreign countries are fast developing. Instead of keeping reservations we should tell each & every individual to study/work hard like others and get seats/jobs. Make "ECONOMICALLY BACKWARD CLASS"(EBC) (Irrespective of caste, creed, gender) and give concession not reservation.

2) Corrupt politicians/ bureaucrats and black money hoarders should be punished by putting heavy penalty thus forcing them to bring money kept in foreign banks/ anywhere in the name of spouse or children. It is better to collect money from them which can be used for Public welfare, cause, instead of putting them in jail for a long period. Effective public grievance/ suggestion cell should be opened at Town-District-State-Central Level & its location address should be widely published. Frequent checking, raids, by higher authorities can reduce the wrong things.

3) All criminals should be punished fast. Instead of spending crores

of rupees (tax payer's money) on lawyers, security, maintenance and keeping country at Risk . Construct sufficient courts, appoint judges, lawyers staff clear the backlogs.

- 4) Income Tax –For Individual exemption limit be increased to Rs. 5 Lac, From Rs.5 lac to 10 Lac-10%, 10 Lac-20 Lac: 20%, 20 lac-50 Lacs :30%, 50 Lacs- 1 Crore : 40%, Above 1 Crore -50% , Bring back wealth Tax, Rate- from Rs.30 Lac to 60 lac -1% ,60L to 1 Crore-2%, > 1 Crore-5%. Advance Tax/TDS Exemption limit be increased to Rs.1Lac.
- 5) Abolish GST for Insurance, Medi-claim, Education Fees, Grade II hotels, Lottery tickets, Co-op.Hsg. Society, Abolish less income generating taxes like surcharge, addl. Tax, Education Cess, Profess. Tax, Labour Wel. Fund etc. Revenue Stamp, Make exemption from stamp duty,GST for real estate(Housing) up to 500 Sq.Ft. and increase the rates for above 500 Sq.Ft.
- 6) Simplify, make tax payer friendly statutory procedure.All Forms, Certificates, Returns like TDS, GST etc. should be issued/filed annually instead of quarterly/ Half yearly. All assessment/inspection (PF, ESIC, GST, PT, LWF etc.) should complete within 3 years.
- 7) Keep Politicians minimum age limit as 30 and Max. age limit 65-70 , any one contesting election should have minimum qualification of Graduate, and having performance of social service work. In election to reduce number of candidates increase deposit for Lok Sabha candidate to Rs.2 lac & Vidhana Sabha Rs.1 Lac etc, Charge fees Rs.10,000-5,000 etc.
- 8) Instead of Ministers(Central & States) along with their bureaucrats going abroad in the name of lure investors, wasting their time, tax pay-
- ers money, hold meetings by using new technology, make video conference, talk with counterpart team, showing incentive/benefits they get, save time & money, can solve internal problem.
- 9) Charge Population Control Tax, Tax for 3rd Child Rs.500/, 4th Child Rs.1000/- & so on
- 10) All Strikes should be banned, because of which public are inconvenienced and also wastage of money. All Grievances, Protests should be shown by wearing Black badges and carryon work, like in Japan. Problem should be solved on priority basis. Violent/ bandh protesters should put in jail/Recover the losses from them.
- 11) Begging should be banned. Beggars, Eunuchs should put in beggars home & give them food. All able bodied persons should be forced to work.
- 12) Give concession on railway fare, Busfare, IT rebate,Bank Interest etc. to age above 60 Years only to EBC and not for all.
- 13) Scrap constructing Statutes from tax payers money, It wastes money, creating tension, infighting etc. Use that money in public welfare i.e. construct hospitals/improve service in hospitals, college, Anathashram, Old age home, water problem & name after them, which gives employment etc. Those who are interested in constructing statue, should contribute for cost of Statue.

We appeal to all, spread this message so that our country can look to a better future for our children.

—Vijay Kamat, Praveen Mishra &
Others
Mumbai

Maan ki v/s Unki baat

The Prime Minister, Narendra Modi, in line with his style of functioning, came out with a brilliant idea [at least so he thought] of talking to the people – a sort of Raja talking to his Praja. His advisers, perhaps he has one too many, must have applauded the PM for his ingenuity and may have told him that it could be a game changer for 2019. His one-way monologue has gone for a long time [50 plus] and on the basis of the feedback from his own sycophants the PM feels confident to pursue his Congress mukt Bharat crusade. When a leader is too powerful and obdurate, no other leader [unless he is a challenger] can caution him about his too ambitious a mission lest he be consigned to political Home for the Aged.

Who really heard the PM's maan ki baat? The folks in the rural India [mostly farmers] are of two kinds – those who own a transistor or a radio and others who do not have two square meals to bother about owning a gadget just to hear the PM. If at all he was heard, and they got convinced, why on earth they would commit suicides at frightening regularity. They were left unconvinced about the so called vikas. How do you want them to spread positivity when they perceive negativity? On political front the rallies by the Prime Minister were well attended which gave confidence to the State party leaders to presume that the Congress would be routed in the three Hindi States – a hotbed of Hindutva and cow politics. When you cannot hold your fort in your bastion, the prospects of winning in non-hindi belt becomes challenging and that is what worrying the BJP. Actually, whichever States the BJP snatched from Congress and others post 2014 were all facing huge anti-incumbency syndrome and not because the people were enamoured with BJP ideology. When you lose in three Hindi States, you attribute it to anti-incumbency but do not concede that all the states you won were also due to the same syndrome.

Whenever a Muslim be it Amir Khan or Nasseruddin Shah speaks something that offends the BJP, he is branded as anti-national – a fit candidate for Pak passport. Things are not as bad but they are not too rosy either. If one of them says a cow is more important than a Police officer he is airing his views and he has every right to do so because you

IEWS on NEWS

have given that impression. Ram Madhav a BJP leader of stature has publicly stated that human life [leave alone a Police Inspector on duty] is more valuable than the cow. He said this in the context of lynching in the name of cow protection in UP and other states. Why has he not been pulled up by the leadership or asked to cross the Wagah border for good?

Intolerance is growing in almost every facet of life. You criticize and you get arrested. When one of the senior most leaders Nitin Gadkari had the courage to say that the leadership must accept defeat graciously and introspect; he was hounded and possibly made to 'clarify' matters. The damage was done and the party will do well to pay heed to his advice. By the way, just as elected representatives speak for the people, the media is people's watchdog. In almost five years the PM, who otherwise talks too much, has not addressed a single press conference and faced those searching questions from the media. You avoid the press when you feel you may have no answers to the searching questions that you could face. This is like running away from reality Even Manmohan Singh did not shy away from addressing press conferences and he took a dig at Modi recently. Modiji, you can still do it. Show your critics you are capable of facing the media. Giving interviews to selected journalists with predetermined questions is not the same thing. . Maan ki baat is a lecture to tom-tom about your own achievements. You like to listen to your own voice but it is more important to also hear 'unki baat'.

Wave of Waivers

With the installation of Congress led governments [all stand alone – no coalition] the stage was set for a slew of actions to fulfill the promises made during the hard fought elections. Kamal Nath the M.P. Chief Minister set the ball rolling within hours of being sworn in. The loan waiver up to two lacs rupees will surely go well with the farmers who have been facing hard times with some of them committing suicides. There are many other promises that have been made and all the incumbent CMs will have their hands full for the next few months. Others will be under stress to compete with



by Marshall Sequeira

newly elected ones.

With the elections to the Lok Sabha not so far away, BJP led governments in Tripura and Gujarat have followed suit. 2019 will see an extended role for the Santa Claus. Reduction in GST rates and possible elimination of 28% slab is the beginning. Many more will follow. Just you wait! Promises of free rice and sarees or even cycles are woefully outdated. May be there will be competition to promise next generation tractors for the farmers or Harley Davidson bikes for the rural youth. All the parties will try and out-do the opponent. This precedent was set a long time ago when those with no chances of winning promised the moon knowing well that they do not have to fulfill those commitments. This forced the other parties who perform were left with no alternative but to follow suit. Now it has become a fashion to do so. Cash too will play a decisive role, demonetization notwithstanding. Liquor, as usual, will start flowing to vulnerable pockets even before the declaration of the election dates. With multiple gatbandhans the nation could be heading for a hung Parliament.

With goodies for the electorate, governments will pave the way to take on the opponents. The government [whichever one in power] has the wherewithal to fast forward court cases, speed up charge sheets and dig out old files to embarrass the opposition parties. With developments on the helicopter scam, the Gandhi family will have a lot to answer. Every effort will be made to unearth fresh ammunition and blow it up to its political advantage. The ruling NDA in general and the BJP in particular, will exploit the situation and put the Gandhis on the mat. This perhaps will dilute the 'chowkidar chor hai' allegation and may even backfire to the detriment of the man who is aspiring to be the Prime Minister. If this is not enough, the Robert Vadra issue is being sweetly timed which will prominently figure in the election campaign now that the BJP is struggling to repeat its 2014 show.

The East Indian Tradition 'UmbrachaPani'

We East Indians have a pre-wedding celebration called the '*UmbrachaPani*'. The literal meaning of these two words '*UmbrachaPani*' is water drawn from the roots of the Indian fig tree. It is held separately at the bride's place and the groom's place. This is the final ceremony before the bride leaves to marry her spouse.

The women are draped in traditional red-coloured sarees, known as *lugras*, while the men not to be outdone by the women, wear the *surkhas* (*lugras* are special nine-yardsarees worn by the East Indian women and are available in colours of red, navy blue and green).

During the *UmbrachaPani* procession, five young unmarried girls balance pots on their heads which have leaves of the mango tree and a coconut in them. These pots are filled with water from the well or from a relative or friend's place for bathing the bride/groom the next day before they wed.

The procession of relatives, close friends and neighbours make their way towards the nearest well or a relative or friend's place accompanied by the local brass band dancing and singing East Indian Marathi songs with great excitement. The procession moves in one direction and returns back home from another direction.

At the well/house, they drench each other with water and then go back to their final destination.

'*Khimad*' is a hot tod-



dy
brewed with alcohol, tea leaves and spices. It is served at this celebration from a kettle in shot glasses. You raise your glass before drinking it and say 'Sukaala' which



means 'Cheers'. Coloured rice *parpis* are deep fried and served as a crunchy snack. They are made of rice flour and dried in the sun just like *papads*.

The 'Moya' or the shaving ceremony is held at the groom's place where he (the groom) becomes the target of practical jokes. He is smeared with tooth paste, shoe polish and even egg yolks.

The guests sing and dance East Indian Marathi songs to the beat of the 'ghumat' (an earthen drum), while the barber cuts the hair of the groom and trim his beard, in case he has one; while the women hold the sole of a slipper in lieu of a mirror and fan him with an old broom.

At the bride's house, she (the bride) is seated on a chair where guests apply coconut milk on her face just like the Goan roce.

After wishing the going-to-bebride or the going-to-be groom for a happy married life, the people watching this ritual, place money on a plate which is covered with a handkerchief. On display is a 'soop' (winnowing fan) with a white cloth which contains a coconut, rice grains and spices. Traditional East Indian food is then served to the guests.

A note to readers:

East Indians are the original inhabitants of Mumbai (Mumbai, in East Indian Marathi) and their Marathi is a mixture of pure Marathi and Portuguese. But the educated ones prefer to speak English.



BY JUBEL D'CRUZ

A Community Catalyst:

The Ever Ready Freddy

He is simple, unassuming and charismatic. It is impossible to say NO to him because he exuberates the kind of confidence that will make you believe that only you can do what he asks. He is a go-getter who chases you down to get the best out of you. You are at once bowled over by his universal appeal and his deep sense of inclusion. He is a man of great dreams and practical vision. Meet Mr Freddy ever ready (as he often introduces himself) if you wish to bring a new creative dimension to your personal or professional life.

Do not presume that Mr Frederick G. Mendonca was born with a silver spoon. Nor is his story one of rags to riches. Freddy is a product of his unflinching dreams and his desire to make a difference in this world. He epitomizes the famous saying, "No hurdle is too high to cross over for those who pursue a dream, and are determined to pursue it despite the most unbelievable obstacles they meet with in life!"

Freddy grew up in a middle class family in Mangalore. At the age of sixteen he dreamt of making it big and moved to Bombay – that was in 1966. For the next ten years, he lived through tough and painful situations. Ask Freddy how he managed to survive those ten years in the city of dreams (Mumbai) and he would retort with his signature smile, "I taught myself to live each day as if it was my last." Then came the angel of relief in the form of a job in Saudi Arabia.... Ten years later, he returned to Aamchi Mumbai and plunged into business.

With a good business, supportive and loving family, and reasonable financial stability, most of us would think that we have achieved a fair deal in life and gradually put to sleep all our



dreams. Freddy would think otherwise and that's what makes Freddy a class apart from others. While his personal success brought peace and contentment, he was plagued by a few questions: 'Why are we Christians individually rich and collectively poor', 'Why do we have no voice to get a choice for us', 'Why are we complaining all the time that nothing is happening in the community'.

That's when Freddy began to dream again of creating a community of prosperous Christian Businessmen and Entrepreneurships that would encourage growth, increase revenue, expand business and increase employment opportunities. In 2005 he co-founded Dimensions to realize his dream. Dimensions has successfully completed 150 uninterrupted monthly meetings ever since and has touched and transformed the lives of innumerable Christian Entrepreneurs.

What is the secret of Freddy's undying energy? "Motivation cannot be taught," says Freddy. "It is caught." Rightly

so, it is impossible to teach someone Freddy's style of motivating people to bring out the best in them. However, we can learn much from the 5 Ps—Persuasion, Persistence, Perseverance, Patience, and Passion—that



by Joby Mathew, ss

adorn Freddy's personality. He is persuasive and patiently perseveres to accomplish his dream with passion. On 26 November 2012 he was awarded the "Karamveer Puraskar" by iCongo (An International Confederation of NGOs) in recognition of his social commitment and proactive engagement to bring about a positive transformation in the society and the world we live in. Coming from an independent body that he wasn't associated with, this was indeed a phenomenal recognition.

Thereafter, Mr Freddy began to dream again. He was fascinated by the dictum 'givers gain' and thus in May 2017 he launched a new initiative—Life Anchors—bringing together a group of senior business leaders who are industry stalwarts and successful entrepreneurs for social outreach. The group aims to build up leadership capabilities of NextGen leaders, nurture talent among gifted youth whose dreams remain unfulfilled, and spearhead and support various social initiatives.

Life Anchors (lifeanchors.in) works on four thrust areas: Education—providing career guidance, scholarships and financial support; Learning—providing training and development especially in areas like career planning, entrepreneurship and leadership; Health—supporting deserving patients to deal with medical emergencies and other medical challenges; and Community—Create community interface and growth through different initiatives that provide opportunities for a better quality of life. The life and work of Freddy Mendonca is a classic example of how ideas can be conceived and brought forth for the betterment of society.

Joby Mathew is the Director of Marketing and New Business Development for BETTER YOURSELF BOOKS Publications, Bandra. A former editor of THE TEENAGER TODAY, he has been working with various schools organizing programmes for human and personality development of students.

Love of Life

- Art & Photography.

by Ivan Saldanha-Shet. M'lore

Art & Photography have fascinated and attracted many specially the youth, many mature people find fulfillment in such pursuits and it is also a very important livelihood if one has the talent and courage. One very potential young lady in Mumbai, whose love for both art & photography, though she is set to qualify as an engineer, was simply amazing to know. She has deep roots in Mangalore. I am certain her story will inspire and capture many young readers of 'Secular Citizen' as the New Year 2019 is launched and many are looking for new inspiration. So, young Carissa Jane D'Souza here will reveal a facet of her skills, work and life.

Carissa - a pleasantly serious lady, eloquently said, "Art (Sketching) & Photography for me are self taught, I border on the professional; photography to me is something that intrinsically makes me happy like sketching. May not be too complimentary to my main engineering studies and interests. Appreciation and encouragement I have received immensely helps and I am grateful. I see in it a lot of potential in my holistic life few years from now - skills enchanting will enlarge life in times ahead" - that gives a fair introduction to her. I am told she has written about this in the print media last year.

Carissa Jane D'Souza is currently a final year engineering senior at Fr. Conceicao Rodrigues Institute of

Technology, Vashi. (also known as FCRIT, Vashi or Fr. Agnel). Completed schooling at Loreto Convent School.

Then a student of Science at SIES College, Sion. In the final leg of her degree, looking forward to gain work experience for a few years followed by post-graduation. And of course, art & photography will be a constant companion and extension of her life. Her family: Father Vijay D'Souza, holds a



Carissa Jane D'Souza



senior position at Bharat Petroleum - BP. Mother Sonia, has earned a B Sc & MA(Psy) and is now a loved homemaker. Proud to have a younger sister Ayoka, currently at Ruia College, who plans to pursue Hospitality/Hotel

Management, she said.

Two peas in a pod, art & photography, fascinate millions of people, specially art and sketching a culture world wide have unaccounted styles and combinations. Indeed in India it is seen as a pleasure of the God's. Photography about 200 years ago, developed from a box that took blurry photos to the high-tech mini computers found in today's DSLRs and smartphones - Carissa explained.

Photographing family, friends and objects around and often sketching them freehand got Carissa to understand the deeper goodness of fine detail and how to present them in simple tasteful manner. Particularly, she liked to shoot and reproduce human portraits that bring out the beauty in every aspect. Macro photography is very captivating and she said that she loved working with intricate details. Photographing the moon and stars due to her love for astronomy has given many insights. Social media an important platform to share her work has taken her places. Friends and followers on social media are very supportive. Now, Carissa is not short of requests for photo-shoots and sketches, she covers college events and other social dos which boosts her confidence. It is always a great experience she believes and has a lot to learn and a long way to go. Data mining and database management systems rounds off her skills and interests. Innovation is her mantra most of the time and it has taken her a long way, she smiles her trade mark smile.

Note, drawings replicated from the internet with changes of her own. The



Hamsa Hand (black background) was digitally made on an iPad. Do, look carefully at her many pictures kindly published by "Secular Citizen" here for you.

Apart from art and photography, she



also loves to read, usually fiction and particularly the horror genre, listen to music, knit or crochet, observe the night sky as an astronomy buff, and make pencil sketches. Astronomy has been one of Carissa's interests since childhood, she confidently says she is always humbled by the beauty of the heavens above, be it the moon, the constellations or spotting the planets on a clear starry night. She smilingly points out that she is also a tech savvy person and likes to keep updated with the newest technologies entering the market. When it comes to sketching, she has recently started making portraits for close family members and friends, one you can see is her Dad, a classic figure. The joy on the faces of her loved ones when they receive their

artistic sketch far exceeds the effort of a few hours. She is full of plans and will experiment with art in colour in the future; she adds " But, I love monochrome because of the endless possibilities between black and white that can depict so much, if used correctly".

Well, now in the New Year 2019, surely many readers are seriously thinking how they can adopt new skills to be more human, realistic and feel deeper happiness in many ways. So, lets make 2019 filled with better and useful times.

For placing Ads. in
The Secular Citizen The Examiner
DIVO Konkani Weekly RAKNNO & Uzvaad
and other community publications
Contact : Ad-Master 820473103

Our Branch Office at Mangaluru :

The Secular Citizen,
DIVO Konkani Weekly and
Royal Christian Family
Netravathi Building, 2nd Floor,
Balmata Road, Mangaluru 575001
Tel.: +91 8139958222
Subscriptions, Advertisements,
Registrations are accepted here

JACK OF ALL STALL
Reliable House for
Religious Goods
Gloria Church Bldg.,
263, Dr. Ambedkar Rd., Byc-
ulla, Mumbai - 400027
Tel.: 23725963, 23749358

Estd: 1951 Prop. B. D'Souza

Thanksgiving



Thanks to

Infant Jesus
for the favours granted

*Reginald Pinto
Mumbai*

Walls Of Jericho Fell, Our Homes Can Follow



BY MELVYN BROWN

The enormous walls surrounding the city of Jericho had fallen. They were the strongest walls built in the ancient part of the eastern world. Everyone living within the city felt safe from the threat of invasions and enemies. How then did the walls collapse? Was it a miracle?

The history of the event is in the Old Testament. Yes it was a miracle unleashed by the God of the Israelites who knew about the laws of physics which he alone had created when the world was brought into existence.

Thousands of years ago, the science of resonances and vibrations was not known to man.

The book of Joshua in the Bible reveals the story in all details. It was not simply a march, a shout and a long note from the blast of trumpets made from rams' horns that worked the miracle. It was much more in uniform accord with the laws of science.

The walls circling the city seemed impregnable. A few days earlier two spies were sent by Joshua to survey the city and its people. Weeks later the spies returned and stood before the young leader. "Truly the Lord has given all the land into our hands; moreover all the inhabitants of the land melt in fear before us." (Josh.2:24).

The young warrior and leader turned to the Lord for help. (Josh.7:6-9). The Lord heard his prayer and told him what he had to do to bring down the walls. "The Lord said to Joshua, 'See, I have handed Jericho over to you, along with its king and soldiers, you shall march around the city, all

the warriors circling the city once... (Josh.6:2).

On the seventh day at early dawn with the Ark of the Covenant before them, seven priests carried seven trumpets of rams' horns blowing on them continually... "The people shouted, and the trumpets were blown. As soon as the others heard the trumpets, they



raised a great shout, and the walls fell down flat..." (Josh.6:20).

Joshua, son of Nun, was the first of a new generation of leaders in Israel. He marked the end of the Exodus period and proved that God was with his people when the walls of the city of Jericho were destroyed. "They burned down the city and everything in it." Then Joshua said in a loud voice, "Cursed before the Lord be anyone who tries to build this city – this Jericho!" (Josh.7:26).

Yes, it was a miracle for that age and time, because only God knew the ap-

plication of the laws of physics. God understood the laws of vibrations because he alone made them. At that period in biblical history no one had any knowledge of physics. They knew nothing about decibels of sound.

The mechanics of waves and the concept of resonance put together had been the deciding factor to bring down the massive walls.

Today, we know that noise pollution is harmful to health and welfare. Noise can be measured in decibel units. Motorcycles and private cars are the worst form of causing noise which leads to brain, heart and pressure damage in humans. Blasting music in and around neighborhoods, racing and backfiring motor-cycles are some of the nasty and rude behavior we put up with in the cities. Loud crackers and car-horns during a wedding in the middle of the night moving down the streets is a challenge to authority; we are living in the 21st century, not in the desert.

Let us note the levels of sound in decibels: The average decibel of 30 in use for soft music is good. Home noise could go up to 40. Office noise, and sound inside a car at 60 mph can be 70. The average noise level in heavy traffic, window air conditioner, noises in restaurants should be controlled between 80-89 db. Sounds above 85db are harmful. Boom-box, ATV, motorcycles should be 96-100.

The modern world was made aware of the discovery of waves, vibrations and resonance in April 16, 1850. We learn not to doubt God or test what he can do. Albert Einstein said, "Everything is energy and that is all there is to it. This is not philosophy. This is physics." End of quote.

Inspiration!

Excuses That Block You From Reaching Your Dream

Following your dreams and doing work you love isn't an easy path. It can get a little messy. With excuse after excuse we justify why we're not making change or taking the necessary action. We end up talking ourselves out of our big dreams and stay stuck.

The moment you set your mind to pursue a big dream is magical. But as you start to make plans, things fall apart. This scares you and you start making excuses to leave what you've started. Here are some common excuses that will hold you back from your dreams

There isn't enough time:

There are only 24 hours in a day. That will never change. So if you have a lot of things filling up that time, it can seem like an impossible obstacle to overcome. But sometimes finding time is about re-prioritization. Are there any activities you would be willing to give up? Is there something you're doing that someone else could just as easily do? These are the kind of questions you need to be asking. Making time to pursue your dream should be made a high priority. When something really matters, you have to make time for it.

Now isn't the right time to start:

The unfortunate truth about life is that there is never a perfect time to do anything. Of course that doesn't mean you shouldn't do it anyway. There are countless examples of people achieving big goals in the worst circumstances. If you wait for all the conditions to be perfect, you'll always be waiting. Before you know it, years have gone by and you haven't taken a single step to make it happen.

Don't have the skills:

Maybe you dream of being a photographer, an entrepreneur, or a writer but you hold back because you're a novice. Starting something new quickly teaches us that gaining mastery of our craft can feel like a big effort. But if you're willing to put in the time and effort, your talent can be cultivated and curated. If you have a big vision there will be a learning curve along the way.

Can't handle the success :

It seems contradictory that we fear our own success, but it's scary to come to terms with how our life might change if our dreams come true. Making a bigger impact means showing up more powerfully and intentionally. It's scary to imagine the changes we'll need to make, and because of this we hold back. If our self-identity isn't aligned with our future vision we'll struggle to change because we won't actually believe we can become who we need to be. Following your dream will require an upgrade in your mental programming. It will require you to become a better version of your current self..

What problems can stop you from achieving your goals?

Here they are:

Perfectionism. So many people have deep desires within themselves and truly want to achieve certain things in life. ...

Failure. We have a wrong perception of what failure is these days. ...

Focusing on the end result. ...
Taking big steps. ...

Excuses. ...

Procrastination. ...

Expectations. ...

Distractions.

13 Steps to Stop Making Excuses

1. Stop comparing yourself to others. The truth is, other people are probably comparing themselves to you. ...
2. Stop fearing the unknown. Sure, things may go wrong. ...
3. Stop blaming others for your misfortune. ...
4. Take responsibility. ...
4. Take action. ...
5. Set small, attainable goals. ...
6. Learn from your mistakes. ...
7. Don't focus on your weaknesses.
9. You have the power to change.
10. Self-efficacy
11. Visualize your success.
12. It's ok, you're not perfect.
13. It's a habit that can be changed.

What are your barriers?

Your barriers to physical activity fall into one or more of seven categories: ***lack of time, social influences, lack of energy, lack of willpower, fear of injury, lack of skill, and lack of resources.***

Spouse's Day: 26 January!

by DR. HAZEL COLASO

Spouse's Day is celebrated annually on 26 January. It is a time to enjoy and appreciate your other or 'better' half. Spouse's Day is a good reminder to show that special person in your life, your wife or husband, just how much you care and cherish your spouse!

You can demonstrate your love and affection in simple and tender ways; by just being creative! An apt approach is to smile and say, "I love you dear", in every memorable moment, and even in a sad occasion. Also, Spouse's Day must remind us to take time out for our dedicated spouse; and to be thankful for the fulfillment, security and well-being of a life-long relationship.

Prototype of Anna//Joachim and Mary//Joseph: *The Protoevangelium of James*, although having no historical value, does reflect Christian devotion and piety. Anna and Joachim are infertile, but pray for a child. God promises a child who will advance Israel's salvation plan for the entire world.

St. Augustine connects Mary's birth with Jesus' saving power: "She is the flower of God's field from which bloomed the precious lily of the valley!" And also Mary's spouse Joseph, being a "righteous man", is an ideal spousal union to imitate! (*Matthew 1:19*).

American Survey Results: National Today.com carried out a Spousal day Survey. Their science team interviewed 1,035 married American spouses. Here are the results of the "Top 5", regarding My Spouse – MS!

A) Top 5 Reasons You Appreciate Your Spouse: 1. MS is a hard worker (60%). 2. MS can be trusted to be around me (56%). 3. MS makes me laugh (55%). 4. MS is smart (52%). 5. MS is supportive of my goals and desires (48%).

B) Top 5 Things That Annoy One's Spouse: 1. MS has selective listening.

2. MY snores (39%).
3. MS can be a control freak sometimes (26%).
4. MS is not financially responsible as I am (20%).
5. MS does not contribute enough to the household chores (18%).

C) Top 5 Most Surprising Spousal Insights:

1. MS and I jointly celebrate Valentine's Day (45%).
2. MS gets on my nerves sometimes (44%).
3. MS and I evenly split the household chores (32%).
4. MS revealed that Valentine's Day was a way bigger deal before I got married (19%).
5. MS is a slob (example, doesn't wash dishes, leaves daily clothes on the floor, etc. (17%).

Five Matrimonial Assertions to married Couples: We spouses have mutually taken vows on our Wedding Day; as a means to enhance our reciprocal affinity: ... "I promise to be true to you; in good times and in bad times, in sickness and in death. I will love and honor you all the days of my life"! It contains five assertions, if you study them closely – I am the gatekeeper and goalkeeper of my marriage; and we firmly commit ourselves to the following five: 1. With credit I will respect MS. 2. With prayer I will shield MS. 3. With honesty I will please MS. 4. With devotion I will revere MS. 5. With duty I will be responsible to MS.

Our Hindu brides and grooms undertake similar 'seven vows', which are detailed and sublime, while performing the 'Saat Pheras' around the sacred fire. For a comprehensive account go to <https://www.lovehavah.com/matrimony/blog>.

Five Biblical Perspectives For Spouses: Along with my 'other half', Dr. Trevor, we have composed five Scriptural resources to plaster, protect and promote genuine spousal unions:



1. "I give you a new commandment; that you love each other as I have loved you. By this everyone will know that both of you are my disciples" (cf. John 13:34-35).

2. "And now faith, hope and love abide, these three; and the greatest of these is 'love'! / And this is my prayer that your 'love' may overflow more and more with knowledge and full insight" (1 Corinthians 13:13 / Philippians 1:9).

3. "Do not be wise in your own eyes. Rather fear the Lord, and turn away from evil. It will be a healing for your flesh, and a refreshment for your body" (Proverbs 3:7-8).

4. "Therefore, encourage and build up each other. May your spirit, soul and body be kept sound and blameless at the coming of our Lord Jesus Christ" (1 Thessalonians 5:11 & 23).

5. "Be hospitable to each other without complaining. Like good stewards of the manifold graces of God, serve each other with whatever gift each of you have received" (1 Peter 4:9-10).

Spousal Acronym: S – Sincerity and not hypocrisy. P – Positive outlook for integrity. O – Optimism instead of melancholy. U – Unity in spite of controversy. S – Service for mutual conformity. E – Empathy for lasting fraternity.

Conclusion - A Chaste Mandate: The institution of marriage is nowadays under severe stress and strain because of its permanency! But spouses as a couple should provide, preserve and persevere this holy union through 'chastity'! Jesus had strongly recommended this ethic as a means to avoid the capital sin of adultery (refer Matthew 5:28 & Mark 10:9 & 11).

In the final analysis: "Let marriage be held in honor by all, and let the marriage bed be kept undefiled; for God will judge fornicators and adulterers" (Hebrews 13:4).

Royal Christian Family MATRIMONIALS - GROOMS

MUMBAI : East Indian Roman Catholic Divorcee (legally separated after 3 days of marriage), Born March 1984, Height 5' 10", B.Com., MBA, Working in Dubai as HR Executive. Email : faye1rodrigues@gmail.com

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

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

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

6707. MUMBAI : Goan RC bachelor, (Born in June 1975), Ht. 5' 10", Wt. 70 kgs, Fair Complexion, Edn. B.Sc., having own business. Seeks a Family oriented

girl. Contact email : maxabreo@yahoo.com / maxabreo@vsnl.net

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

6993. MUSCAT : Mangalorean Roman Catholic Bachelor, (Born in May 1982), Ht. 5' 8", Fair Complexion, Edn. B.Com., Dip. in Financial Management, Working as an Accountant. Contact email : sandeepfernandes2002@hotmail.com

6991. MANGALORE : Mangalorean Roman Catholic Bachelor, (Born in July 1984), Ht. 170 cms, Wt. 65 kgs, Wheatish Complexion, Edn. Engineering, working as a Electrician Contractor. Contact email : priya.tellis5@gmail.com

6986. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in March 1990), Ht. 160 cms, Wt. 66 kgs, Wheatish Complexion, Edn. Graduate, working for MNC. Contact email : alwyn90lewis@yahoo.com

6982. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in September 1989), Ht. 172 cms, Wt. 68 kgs, Wheatish Complexion, Edn. C.A., working as a C.A., Contact email : jpereiranirrh@gmail.com

6981. MAMGALORE : Mangalorean Roman Catholic Bachelor, (Born in February 1992), Ht. 187 cms, Wt. 90 kgs, Wheatish Complexion, Edn. B.Sc., in nautical Science, working as a 3rd Officer in Cruise Lines. Contact email : rodriguezsamuel6@gmail.com

6980. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in September 1987), Ht. 182 cms, Wt. 79 kgs, Wheatish Complexion,

Edn. PGDBM, working as a Manager.

Contcat email : roystonpereira2007@gmail.com

6979. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in March 1989), Ht. 162 cms, Wt. 74 kgs, Wheatish Complexion, Edn. B.Com., working as a Office in Bank. Contact email : luton767@gmail.com

6977. MUMBAI : Goan Roman Catholic Bachelor, (Born in April 1980), Ht. 5' 6', Wt. 65 kgs, Fair Complexion, Edn. S.Y. B.Com., working as B Bartender at princess Crews. Contact email : dlimadenzil@yahoo.com

6975. CANADA : Goan Roman Catholic Bachelor, Canada Citizen, (Born in May 1973), Ht. 5' 6', Wt. 70 kgs, Fair Complexion, Edn. C.A., Working as a C P Account. Contact Email : seqjerome@gmail.com OR Mob.: 9619819553

6973. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1989), Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn. B.Sc., Nautical Science, working as 2nd Officer in Merchant Ships. Contact email : meltondsouza@gmail.com

6971. MUMBAI : Mangalorean RC Bachelor, (Born in December 1987), Ht. 6', Wt. 81 kgs, Wheatish Complexion, Edn. B.E. Electonics, working as a Tech. Lead, in Mysore. Seeks a graduate, tall, Mangalorean girl. Contact email : dsz.roshan@gmail.com

Registered members can publish their ad in all the 50 issues in a year for Rs. 8000 only.

If you wish to publish your matrimonial classified advertisement in all the 50 issues in a year, you can do so for an amount of Rs. 8000 only.

Royal Christian Family MATRIMONIALS - GROOMS

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 : larson316@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 : dsouzabin25@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.

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

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 cruis line in store department. Handsome, sober, having own

house, seeks a simple, godfearing, working Mangalorean girl. 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

Please renew your subscription if expired.
Mention your subscription no. while sending the renewal amount

To Place Your Matrimonial Advertisement Call:

+91 - 9820485389 or 9820473103

* Check your email at least once a week.
* Members are requested to inform us when they are settled, so that publication of their details can be discontinued.

Address your replies to :

Regd. No. _____

ROYAL CHRISTIAN FAMILY,
99, Perin Nariman Street, 1st Floor,
Fort, Mumbai - 400 001.

IMPORTANT NOTICE

Telephone no. of candidate will be printed only with the consent of members.

For Tel. Nos. Please contact:

+91- 9820473103 / 9820485389 or

Email : royalchristianfamily@gmail.com

Royal Christian Family MATRIMONIALS - BRIDES

6381 MUMBAI : Goan Roman Catholic Spinster, (Born in April 1984), Ht. 5' 3", Wt. 58 kgs, Wheatish Complexion, Edn. M.Com., working as a Secretary. Contact email : soareskaren14@gmail.com

5828 MUMBAI : Mangalorean Roman Catholic Divorcee, (Born in March 1954), Ht. 5' 2", Wt. 80 kgs, Wheatish Complexion, Edn. HSC., House Wife. Contact email : veradsouza3@yahoo.com

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

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

6769. MUMBAI : East Indian Roman Catholic spinster, (Born in December 1986), Ht. 5' 1", Wt. 70 kgs, Wheatish Complexion, Edn. MBA in Finance, Deputy Manager in Bank. Contact email: dianafrnds62@gmail.com

6767. MANGALORE : Mangalorean Roman Catholic spinster, (Born in August 1991), Ht. 5' 6", Wt. 80 kgs, Wheatish Complexion, Edn. M.A. (English), Teacher by profession. Contact email : predita1989@gmail.com

6775 AUSTRALIA: Australian citizens of Indian Christian origin residing in Sydney seek matrimonial alliance for their daughter: Age: 43yrs Ht.: 5'4", Wheatish com-

plexion, 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 :minimum5'8" 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 follow9ing email: sme94427@bigpond.net.au

6774. U.S.A. : Mangalorean Roman Catholic spinster, (Born in June 1979), Ht. 5' 6", Wt. 58 kgs, Fair Complexion, Edn. B.E. (Civil), M.S., working as a I.T. Engineer (Team Leadaer) . Contact email : alicedsouza722@gmail.com

6810. MUMBAI : Mangalorean RC Spinster, (Born in February 1990), Ht. 5' 4", Wheatish Complexion, M.P.T. (Master in Physiotherapy) working in Mumbai, planning to settle down in Canada, seeks alliance from well settled, qualified Mangalorean RC bachelor with good family background

and Christian values. Contact No. 9967119891

6809. BAHRAIN : Mangalorean Roman Catholic Spinster, (Born in May 1983), Ht. 5' 8", Wt. 62 kgs, Wheatish Complexion, Edn. B.Com., Computer, working as a Customer Serviice in Foreign Bank. Contact email : saldanhairene@hotmail.com

6808. USA : Mangalorean RC Spinster, (Born in August 1984), Ht. 5' 4", Fair Complexion, Edn. B.E., M.S. (USA), working as an Engineer in USA. Contact email : 1954.tulips@gmail.com

6807. U.S.A. : Mangalorean RC Spinster, (Born in January 1988), Ht. 5' 6", Wt. 54 kgs, Wheatish Complexion, Edn. B.E. Computer Engineering, working as a Software Engineer in California. Preferred somone working in U.S.A. Contact email : celinefrancisd-cunha@gmail.com

MATRIMONIAL

6903. MUMBAI : Mangalorean Roman Catholic spinster, (Born in June 1987), Ht. 5' 4", Wt. 75 kgs, Wheatish Complexion, Edn. B.E., M.S. Marketing, working as a Client Consulting Manager. Contact email : mendonca_luke@yahoo.co.in

Registered members can publish their ad in all the 50 issues in a year for Rs. 8000 only.

If you wish to publish your matrimonial classified advertisement in all the 50 issues in a year, you can do so for an amount of Rs. 8000 only.

To Place Your Matrimonial Advertisement Call:

+91 - 9820485389 or 9820473103

* Check your email at least once a week.

* Members are requested to inform us when they are settled, so that publication of their details can be discontinued.

**Royal Christian Family
Helps In Choosing
The Right Life-Partner
Serving Since 37 Years**

IMPORTANT NOTICE

Telephone no. of candidate will be printed only with the consent of members.

For Tel. Nos. Please contact:

+91- 9820473103 / 9820485389 or

Email : royalchristianfamily@gmail.com

Royal Christian Family MATRIMONIALS - BRIDES

6902. DUBAI : Goan Roman Catholic spinster, (Born in April 1975), Ht. 5' 7", Wt. 70 kgs, Wheatish Complexion, Edn. B.Com., working as a Secretary. Contact email : pepem25@rediffmail.com

6901. DUBAI : Mangalorean Roman Catholic spinster, (Born in October 1993), Ht. 5' 7", Wt. 63 kgs, Fair Complexion, Edn. B.Com + IATA, Working as a Asst. Office Administor, Contact email : rishalalbuquerque@yahoo.com

6900. MUMBAI : Mangalorean Roman Catholic spinster, (Born in May 1989), Ht. 4' 10", Wt. 51 kgs, Wheatish Complexion, Edn. BMS., Marketing specialization, working as a Customer Support. Contact email : pereira1189@yahoo.com

6929. MANGALORE : Mangalorean Roman Catholic Divorcee, (Born in January 1986), Ht. 152 cms, Wt. 54 kgs, Fair Complexion, Edn. M.B.A., working as a H.R. Senior Manager. Contact email : jasmine.melonie@gmail.com

6928. MUMBAI : Goan Roman Catholic spinster, (Born in July 1991), Ht. 5' 5", Wt. 67 kgs, Dusky Complexion, Edn. MBA Operations, working as an Executive. Contact email : judith.dalgado2307@gmail.com

6927. MUMBAI : Goan Roman

Catholic spinster, (Born in January 1977), Ht. 5' 2", Wt. 60 kgs, Fair Complexion, Edn. Post graduate, working as an Admin., in MNC. Contact email : mrf.ma77@gmail.com

6926. MUMBAI : Tamilian Roman Catholic Divorcee. 1st marriage annuled by the church, (Born in June 1985), Ht. 5' 3", Wt. 76 kgs, Very Fair Complexion, Edn. B.A., Successful school teacher for last 10 years. Contact email : amelia_christopher@rediffmail.com

6925. MUMBAI : Mangalorean Roman Catholic Divorcee, having one 8 years old son. (Born in April 1987), Ht. 4' 11", Wt. 60 kgs, Wheatish Complexion, Edn. B.Ed., Teacher by profession. Working in **DOHA QATAR**. Contact email : precsillamarsh201@gmail.com

6922. CANADA : Goan Roman Catholic spinster, (Born in October 1992), Ht. 5' 4", Wt. 65 kgs, Fair Complexion, Edn. B.Com., working as a Senior Associate. Having Canadian P.R. and Lives at present in Etabiko, Toronto, Canada. Contact email : projann@rediffmail.com

6921. MUMBAI : Roman Catholic spinster, (Born in August 1991), Ht. 5' 2", Wt. 53 kgs, Wheatish Complexion, Edn. B.Ed., working. Contact email : pota150259@gmail.com

6920. NEW DELHI : Goan Roman Catholic spinster, (Born in Au-

gust 1992), Ht. 5' 3", Wt. 60 kgs, Wheatish Complexion, Edn. B.A., working as a Secretary. Contact email : jolenecrasto@gmail.com

6919. MANGALORE : Mangalorean Roman Catholic spinster, (Born in November 1987), Ht. 5' 8", Wt. 60 kgs, Fair Complexion, Edn. M.Com., BCA., Working as a Bank Manager. Contact email : joemaxrebel@gmail.com

6911. MUSCAT : Mangalorean Roman Catholic spinster, (Born in September 1993), Ht. 5' 2", Wt. 58 kgs, Fair Complexion, Edn. M.Com., working in **OMAN**. Contact email : fjmasc@gmail.com

6910. MUMBAI : Mangalorean Roman Catholic spinster, (Born in April 1987), Ht. 5', Wt. 57 kgs, Fair Complexion, Edn. MBA, working as a Business and Client management. Contact email : reena.alva@gmail.com

6908. MUMBAI : Mangalorean Roman Catholic spinster, (Born in July 1992), Ht. 5' 2", Wt. 53 kgs, Fair Complexion, Edn. B.Pharm + PGPBA., working as Sr. Executive in Pharma Packaging. Contact email : anaita.lobo@gmail.com

6907. MUMBAI : Mangalorean Roman Catholic spinster, (Born in May 1987), Ht. 5' 6", Wt. 70 kgs, Fair Complexion, Edn. B.Com., working for American Bank as a Bank Teller. Contact email : carolp_1987@yahoo.co.in

6806. MANGALORE : Mangalorean Roman Catholic Divocee, (Born in March 1984), Ht. 5' 5", Wt. 65 kgs, Fair Complexion, Edn. M.Sc. Nurse by profession. Contact email : lailasweety143@gmail.com

MATRIMONIAL

6679. USA : US Based RC Spinster, 28, 5' 3", B. Tech., MBA from premier institutions, talented, caring, slim, attractive personality, senior manager in renowned MNC invites alliance from well-educated, professionally qualified, well-placed RC bachelors with good family background and strong Christian values. Kindly e-mail profile with picture to msp241289@gmail.com

MATRIMONIAL

6822. KUWAIT : Mangalorean Roman Catholic Spinster, (Born in November 1982), Ht. 5' 4", Wheatish Complexion, Edn. B.Sc. Post Graduate in Mumbai University, Teacher in Kuwait. Contact email : pereiralcu2017@yahoo.com Tel: 00965-60402765 / 9867308911

Address your replies to :

Regd. No. _____

ROYAL CHRISTIAN FAMILY,
99, Perin Nariman Street, 1st Floor,
Fort, Mumbai - 400 001.

Ad. Rates for Thanksgiving

	Colour	B/W
Favours granted minimum i.e. 15 words + 1 block(1 photo of saint)	Rs. 800	Rs. 400
each additional block	Rs. 400	Rs. 200
Holy Spirit Prayer	Rs. 1000	Rs. 600
Other small prayers (upto 100 words)	Rs. 1000	Rs. 600
Contact: Tel.: +91 - 9820485389, 9820473103 THE SECULAR CITIZEN, 99, Perin Nariman Street, Fort, Mumbai - 400001		

Thanksgiving



Thanks to Sacred Heart of Jesus and St. Jude for the favours granted

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.

— Louis G. Pereira, Navi Mumbai

THANKSGIVING



May the Sacred Heart of Jesus be adored. Glorified Loved and Preserved throughout the World. Sacred Heart of Jesus thy kingdom Come.

Sacred Heart of Jesus, have mercy on us. St. Jude worker of miracles, pray for us. St. Jude the helpers of the Hopeless cases, pray for us.

Say this prayer nine times for nine days and Your prayers will be answered by the eight day.

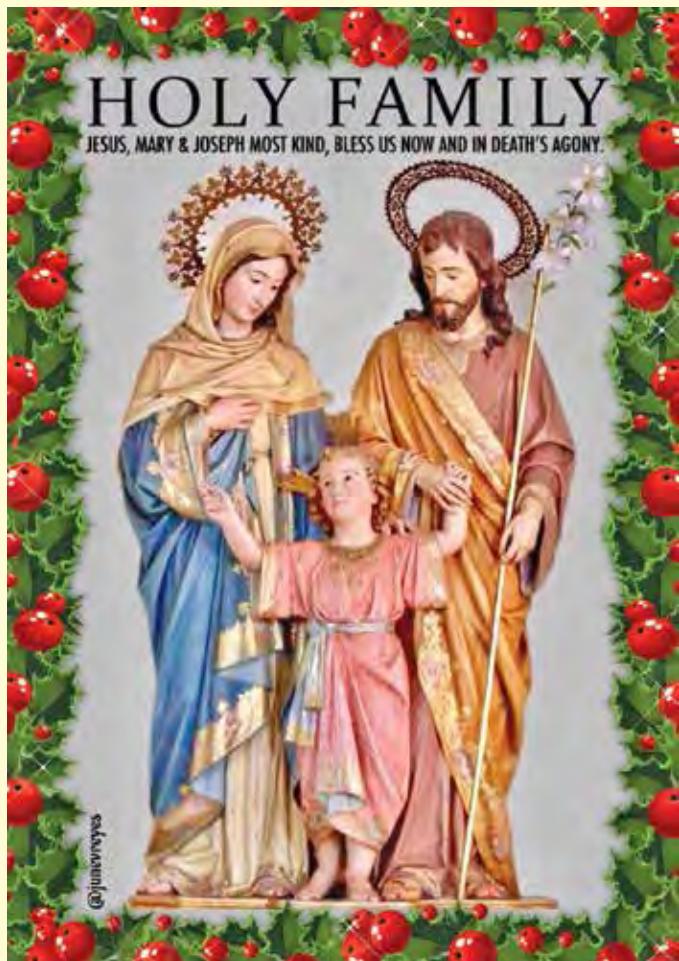
—Ms Teresa Carvalho

Feast of the Epiphany

Epiphany, celebrated on January 6, is one of the most important feasts of the Catholic Church in which we celebrate the 'manifestation of Jesus Christ' to the Gentiles, through his manifestation to the three wise men known as Magi. Epiphany is also the last day of Christmas when the three wise men (Magi) presented their gifts of gold, frankincense and myrrh to the infant Jesus and go separate ways.

— Jubel D'Cruz,
Mumbai

THANKSGIVING



Jesus said,] "Come to me, all you who are weary and burdened, and I will give you rest." — Matthew 11:28

Thanks for the favours granted

—Robert , Bandra

NOW OPEN
7 DAYS
A WEEK



Since 1961

Jewellery
that makes you feel
beautiful everyday



Exclusive collection from



100% Hallmark Jewellery Showrooms

Visit our website at www.pmsah.com

Instagram : pmshah_jewellers | Facebook : pmshahjewellers

• **Marinelines (E): PM HOUSE, 480/82 JSSRD, Chirabazar. Ph - 91 22 22018670/ 22056700**

• **Vasai (W): Ambadi Road, Opp Vishwakarma Paradise. Ph - 91 250 2350000/1010**