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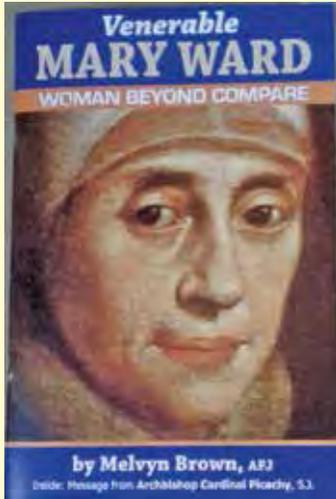
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Mary Ward Remembered In Calcutta

AFJNews

On the 374th death anniversary of their Foundress Mary Ward, Loreto House had their sisters present at a simple ceremony to remember the life and works of Venerated Mary Ward in a power-point presentation and, to also welcome Melvyn Brown, author of the book *Woman Beyond Compare*, the story of Mary Ward.



SR. Agnes, IBVM., Superior, introduced Melvyn who was already known to many of the sisters present in the hall. Mr. Brown, Founder of the Ambassadors For Jesus spoke about the book giving an insight into its research and writing of the first printing of the book 34 years ago. The present 2nd impression is

updated and presents a bold new look for our contemporary times.



Pope Francis landed in Abu Dhabi on Sunday 3rd February 2019 to begin a historic three-day visit in what was the first by a leader of the Roman Catholic Church to the Arabian Peninsula.

He touched down in his "Shepherd One" aircraft – an Alitalia Boeing B777 on which The National was aboard – at Abu Dhabi Presidential Airport at 9.47 p.m. local time where he was greeted by Sheikh Mohamed bin Zayed, Crown Prince of Abu Dhabi and Deputy Supreme Commander of the UAE Armed Forces and then Dr Ahmed Al Tayeb, Grand Imam of Al Azhar Al Sharif University and Chairman of the Muslim Council of Elders.

Arriving in the UAE for the landmark trip, the pope sent a strong message about the importance of religious tolerance, a message which he will carry throughout his trip.

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THE SECULAR CITIZEN,

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Thanksgiving



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

—M. W. R., Bandra

Prayer & Thanksgiving Prayer to the Sacred Heart



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

Sacred Heart of Jesus, I trust in you.

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

Sacred Heart of Jesus, Your kingdom come.

Sacred Heart of Jesus, I have asked you

for many favors, but I earnestly implore this one. Take it, place it in your open Heart. When the Eternal Father looks upon it, he will see it covered with your Precious Blood. It will be no longer my prayer, but yours, Jesus. Sacred Heart of Jesus. I place all my trust in You, Let me not be disappointed. Amen.

—Teresa Vaz, Pune

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



—Roman G. K., Dadar

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Contents

- pg. 3 - China aiming for college excellence, India for quotas
pg. 5 - Voice of the People
pg. 6 - The George I knew
pg. 8 - You the citizens decide
pg. 10 - Testimony
pg. 11 - Saving the sick planet
pg. 12 - 'Rosario Cathedral architecture' ...
pg. 13 - Teach your children to use technology wisely.
pg. 14 - A guide to sticking ...
pg. 15 - We are the church
pg. 17 - Inspiration!
pg 19 - Matrimonials
pg23 - The correct career planning..

Cover : Teach your children to use technology wisely:
(Article on pg.13)

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China aiming for college Excellence, India for Quotas

By Don Aguiar

Ten years ago, India was seen as a potential superpower, capable of combating the rise of China. Today China has risen so fast that it challenges the techno-military might of the US. India is too far behind to matter.

The main reason is India's dismal educational system, producing unemployable college graduates and schoolchildren close to functional illiteracy. The latest Annual Status of Education Report reveals that barely 50% of children in Class 5 and 73% in Class 8 can read a Class 2 text. Only 44% of Class 8 children can do simple division. **How can such a country become a superpower?**

Ten years ago, China was still exporting mainly labour-intensive items made in factories employing thousands of workers at low wages. India at the time had emerged as a formidable exporter of computer software, ahead of China in this high-tech area. It had also risen fast as a world-class exporter of generic drugs, small cars and refined petroleum products.

Today, China has not just surged ahead of India but created hi-tech world champions, such as Huawei in 5G telecom, and BYD in batteries. China is the world's largest producer of solar cells, aluminium and steel. India meanwhile has not produced a single global champion or become a global power in a single new field in the last decade. Its eminence in generic drugs has been eroded by growing dependence on Chinese active drug ingredients. India's software industry is struggling.

As columnist Gurcharan Das has pointed out, **China's success owes much to its emphasis on meritocracy.** Its high-quality educational system has driven relentlessly to catch up with the West, and now produces world-class academic output. China overtook the US in the number of published academic papers in 2016, though it lags well behind in quality. China's R&D spending is 2.1% of GDP, less than the US's but higher than Europe's average. India's R&D spending has stagnated at around 0.65% of GDP for two decades. It

(Contd.. on p. 4)

(Contd.. from p. 3)

lacks not just money but quality scientists for research.

BJP-leaning scientists at the recent Indian Science Congress claimed India had test-tube babies in the Mahabharata era (hence 100 Kauravas), and aircraft in the Ramayana era. One scientist rejected the theories of Einstein and Hawking, instead proposing "Modi waves", for which he wanted to get a Nobel Prize. If this is the direction in which politics pushes science, India has no future.

In China, local bodies hire teachers on three-year contracts and sack them if their performance is poor. But in India, we have an army of unsackable teachers who do not teach half the time. A million teaching posts lie vacant and unfilled, with state governments preferring to spend money on freebies and projects yielding kickbacks. Desperate poor people are switching their children from free government schools to costly private schools, even though the latter frequently have unqualified staff.

Cheating in exams is rife. When the BJP government in Uttar Pradesh enacted a tough anti-copying law in 1993, Mulayam Yadav became the only politician to lead a pro-cheating agitation. He argued that without cheating the backward castes would fail to compete with Brahmins! He abolished the anti-copying law on coming to power in 1994. Whither excellence?

Narendra Modi has promised six new Indian IITs and seven IIMs. Alas, this will just create a thin upper crust, whose members will mostly end up with jobs abroad. It cannot remotely compensate for the lack of skills and productivity in the vast majority of Indians beneath this upper crust.

China has decent colleges in almost all provinces. President Xi is determined to become world No 1 in technology and economic clout, and so aims to raise university teaching and research standards consistently.

Deng Xiaoping decreed decades ago that China must send tens of thousands of students abroad every year, ignoring worries about a brain drain, convinced that many would return to enrich the country with world-class human capital. In 2008, China launched a Thousand Talents scheme to woo back top-quality overseas academics with world class facilities and salaries. This has greatly boosted human capital and buttressed China's hi-tech capabilities.

By contrast the higher educational debate in India is dominated by the provision of quotas for sundry castes. State after state has moved in this direction, and the latest constitutional amendment aims at a new 10% quota in private as well as government colleges. No political party attaches any priority to merit or excellence. **We have a lobby for every caste, but none for excellence. In such a milieu, excellence will wither while quotas proliferate. How can such a country become a superpower?**

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Minimum Income for the Poor

In an election year, as usual, it's raining Poll promises. Rahul Gandhi has promised minimum income for the poor if his party comes to power. The promise is a bit far-fetched though not a patch on the BJP's promise of 'Rs 15 lakh promise in every bank account' made before the last general elections.

Minimum income will encourage drones. What we need instead, is a minimum hourly wage in the unorganised sector, which makes up about 90% of the country's workforce. Take the case of our building watchmen who earn roughly Rs 8,000-10,000 a month for a 12 hour shift with no weekly off, or any benefit. Even worse is the case of housemaids who do a back-breaking job in several households for a pittance. We pay the maid every month much less than what we

spend on a single family meal at a good eatery! We also need a separate minimum hourly wage structure for farm labourers.

—Prof Robert Castellino
Mumbai

Zigzag wheel of birth and death

Unlike Christianity, where the ultimate goal of spiritual life is salvation and justification, which frees us of every guilt and makes us worthy to stand in God's presence, religions like Hinduism, Buddhism and Jainism, which have originated in our country believe in 'moksha' and 'nirvana' to free them from 'samsara' ---the endless cycle of birth and death. This is has come to be the accepted belief of adherents of these faiths. However what is baffling is the article in the 'Speaking Tree' (Times of India, Jan 31) titled 'The wheel of birth and death goes zigzag'. Accordingly, the soul in the process of reincarnation takes up different forms like male, then female, then good-bad, rich-poor and so on, due to the accumulation and innumerable number of 'sanskaras'. Consciousness is first formed in stone and

later undergoes 7 stages of evolution until it attains full consciousness in the evolved human. It is shocking that some of our babas, gurus and sad-gurus make such preposterous statements without any credible evidence to substantiate their theories. Even more surprising is how our educated class fall easy prey to these beliefs in the age of scientific temper.

—A. F. Nazareth,
Alto Porvorim, Goa.

George Fernandes - A Role Model for All

George Fernandes was one of my favorite politicians. He was a simple person but a great leader. India has lost a great politician. He will always be remembered for his clean public life. He was a good trade union leader, a very good railway minister, a good member of the Parliament, the best Union Minister and the best of best Defence Minister. May his soul rest in peace.

— Jubel D'Cruz,
Mumbai

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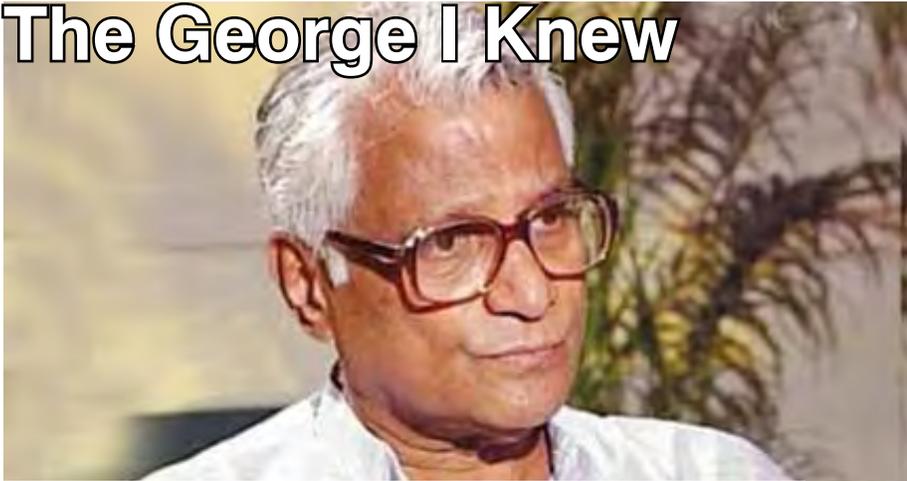
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The George I Knew



MLA apologize to the sisters, which he subsequently did.

Some years later, when George Bhai was visiting Kanpur he sent word that he wanted to visit my house. I sat in his car and gave the “driver” instructions. George laughed, “Don’t you know him?” His back was towards me, and he had put on weight, so I hadn’t recognized him. It was the same errant protégé, Ganesh Dixit.

At my home I interviewed him for our AICU magazine Vishal Jagruti. Both of us had demitted office by then. He patiently answered all my queries. When I asked him if his love for justice stemmed from his Catholic background and seminary training he smiled, but refrained from giving a categorical answer. On the Dalit Christian issue he told me that he had tabled a Private Member’s Bill in parliament. It did not see the light of day.

I have two other personal memories of the man. When both of us were still holding office I had gone to see him at his residence at 3 Krishna Menon Marg. At that time, besides the Railways, he was holding additional charge of Kashmir Affairs. So his house should have had heavy security. Not so. I walked straight into his cluttered sitting room. His old Fiat car was parked outside. I had to wait a little, attended to by Jaya Jaitley, while George was busy washing his clothes in a bucket full of soap suds.

The other memory is of Mumbai in 1994. I was presiding over the Platinum Jubilee celebrations of the AICU. On the occasion we had honoured some community leaders for their contribution to society. The next day I visited George at one of his friend’s house in Breach Candy. Lo and behold, one of the awardees was there. He was the President of the Bombay Taxi Union, and another protégé of George. With my family, we were on our way to see a movie, so I invited

The gutsy fighter, the dynamite man of yesteryears, is no more, having just passed on with two fat ladies (tambola language) at 88.

I first met George Bhai in July 1990, when he was the Railway Minister in the Vajpayee cabinet. I had just been elected as the National President (NP) of the All India Catholic Union (AICU) and was having my baptism by fire in the infamous Gajraula nuns’ rape case. I had called my first meeting of the AICU Working Committee in New Delhi. It was decided that our entire team would go to meet him, as he was the only “Christian” minister. My predecessor in office, George Menezes, knew him well, and fixed the appointment.

The first thing that I noticed when we entered his office was the stacks of files on his table. Was this because he was busy or inefficient? I would like to believe the former. When we broached the subject of the rapes he threw a question back at us. “Why do you get agitated only when nuns are raped? Are there not so many other poor and defenceless women who also get raped? Why don’t you speak up for them too?” He declined to visit Gajraula with our team.

Two days later, accompanied by my Vice President, Paul Mantosh the nominated Anglo Indian MP, Lennie Gonsalves whom I had appointed as National Secretary for Women’s Affairs, and Sr Shalini of the Indian Social Institute, we did visit Gajraula.

Paul, who was also of the Janta Dal, threatened to resign from the Lok Sabha if the Govt took no action. The next day he went back to George who together with Paul and Msgr Lucio da Veiga Coutinho, Deputy Secretary General of the Catholic Bishops’ Conference of India, took a special train to meet the victims in Gajraula.



by chhotebhai *

By then I had returned to Kanpur, where an MLA protégé of George had put a lock on our St Joseph’s School, ostensibly because it was an English medium one. The real reason may have been because the MLA, Ganesh Dixit, was not obliged for some admissions. A day later I got a call from Msgr Lucio to rush back to Delhi as there was to be a protest rally at the Boat Club Lawns on 2nd August, followed by a meeting with Prime Minister V.P. Singh. He wanted me to lead the protest as AICU NP and because of my fluency in Hindi.

We met the PM at his residence. He was in a cabinet meeting where they had decided to throw out the Deputy PM Devi Lal. Yet the PM left such an important meeting to see us. In the course of the same I told him about the errant MLA in Kanpur. I was the only one speaking in chaste Hindi, the other members of the delegation all spoke in English. The PM immediately picked up the hotline to Mulayam Singh Yadav, the Chief Minister of U.P., and instructed him to make the

(Contd.. on p. 7)

Yoga guru sees discrimination in Mother Teresa's award

New Delhi: Christian leaders have criticized yoga guru Baba Ramdev's comments that Mother Teresa was awarded India's highest civilian award because she was Christian.

The Bharat Ratna (jewel of India) was awarded to the Catholic nun in 1980 for her humanitarian work among India's poor.

Albanian-born Mother Teresa, who died in 1997 aged 87, became St. Teresa of Kolkata when she was canonized in 2016.

Speaking to the media on Jan. 26 in Prayag in Uttar Pradesh, Ramdev questioned the government for giving the prestigious award to actors and politicians but not to the seers of the Hindu religion.

Christian leaders have accused Ramdev of dragging the name of the saintly nun, founder of the Missionaries of Charity congregation, into an unnecessary controversy.

"His comments are highly unwarrant-

ed," said Father Savarimuthu Sankar, spokesman of Delhi Archdiocese. "We are surprised and pained to note that people like Ramdev are unaware that Mother Teresa was awarded for her selfless work among the poorest of the poor."



The nun came to India at the age of 19 and founded the congregation in 1950 in Kolkata, then called Calcutta, to help the poor in the slums of the city. The highest Indian award was given to her after three decades of service, a year after she received the Nobel Peace Prize.

Father Sankar said Ramdev's comments were misleading at a time when the country was facing general election. "It may be an attempt to stay in the limelight as the defender of the interests of the Hindu majority," he said.

Every year on Jan. 25, the eve of Republic Day, the Indian government announces the recipients of the Bharat Ratna. The award, started in 1954, has been given to only 58 people in 65 years, leaving some years without any recipient.

Recipients have included politicians, social workers, actors and even legendary cricket star Sachin Tendulkar, but not any popular Hindu gurus or seers. However, religious and social workers are plentiful among the three Padma awards every year.

Former president Pranab Mukherjee, late singer Bhupen Hazarika and late social activist Nanaji Deshmukh were awarded the Bharat Ratna this year.

Ramdev claimed there was discrimination on the basis of religion in naming awardees and asked if well-known Hin-

du seers like Maharshi Dayanand and Swami Vivekananda were less deserving than actors and politicians.

Sajan K. George, president of the Global Council of Indian Christians, said that while Mother Teresa had served humanity, Ramdev heads an empire selling fast-moving consumer goods under the brand name of Patanjali, making annual sales worth US\$1.5 billion in 2017.

"What does he give back to society?" asked George, stressing that Ramdev



has no right to question the nun's award.

Christian leader A.C. Michael told ucanews.com that accusing the government of discrimination was self-defeating.

"If the government discriminates, then why has the government not selected Ramdev, who is very close to the present government?" asked Michael, a former member of the Delhi Minorities Commission.

Michael recalled that leaders of Hindu groups occasionally target Mother Teresa to push the idea that she and her nuns worked to convert Hindus to Christianity.

Mohan Bhagwat, head of the powerful Hindu nationalist group Rashtriya Swayamsevak Sangh, said in a public speech in 2015 that Mother Teresa's "service would have been good but it had one objective — to convert the person being served into a Christian."

He added: "If conversion is done in the name of service, then that service gets devalued."

When some Missionaries of Charity nuns were accused last year of involvement in child trafficking in Ranchi in Jharkhand state, some Hindu leaders asked for Mother Teresa's Bharat Ratna award to be revoked.

Source: UCAN

(Contd.. from p. 6)

him to join us. He laughed and said that it was years since he had seen the inside of a movie theatre.

While penning these thoughts I spoke to Paul Mantosh in Kolkata. He said that George was truly a people's man, who never liked security guards around him because he always wanted to be accessible to the people. Paul recalls that when he was being tried for sedition in the Baroda dynamite case he was brought to the court in chains. He said that these were the chains in which India was shackled.

George Bhai's shackles are now broken, for his indomitable spirit to soar free. R.I.P.

* The writer was the National President of the All India Catholic Union from 1990-1994.

WHETHER A TIME HAS COME FOR THE DRACONIAN SEDITION LAW IN THIS COUNTRY, WHICH CURTAILS FREEDOM OF SPEECH TO BE ABOLISHED?

by Eric D'Sa

The Sedition and Conspiracy charges have been filed recently against three former students of Jawaharlal Nehru University (JNU) and seven others. They include very popular student leaders like Kanhaiya Kumar, Umar Khalid and Anirban Bhattacharya. The sedition case is for being present at a meeting, where allegedly “anti national slogans” were raised. This fits into a disturbing pattern. There have been many incidents in recent times when people have been termed similarly as “anti national” for shouting a slogan, making a statement, or say being present at a anti nuclear power project rally or an innocuous post on the social media. This has lead to such a scare in the country that even well educated and internationally travelled guys on a “What’s App” group to which I belong, have turned so apprehensive as to ban all political discussions, especially making statements criticising the performance of the present government. This more than any thing else makes me convinced that the above draconian Sedition law should be abolished immediately.

This reminds me of an earlier similar incident that occurred around six years ago under the previous government, where a young cartoonist had been charged and

jailed under the draconian law of sedition, for putting out a few funny cartoons about how our Parliament functions. The self righteous politicians felt insulted that the Indian Parliament was being laughed at by the common man looking at the cartoons. They failed to see the point that their own actions within parliament which were protected against laws of the country being applied to them, had reduced the sanctity of the institution and not the few funny cartoons.

There was a spontaneous public outcry about this ham handed action of the

across France rose in revolt against hide-bound, patriarchal and class-governed structures, from the family, the capitalist market, to the government ruled by the conservative President Charles de Gaulle. In early 1968, students at the campus of the University of Paris at Nanterre, located on the outskirts of the capital city, had launched a protest. They campaigned against the involvement of Western governments in the Vietnam War, against sexual unfreedom, and for the realisation of liberty that the French had, less than 200 years ago, fought for. In May, students at the Sorbonne expressed solidarity with their fellow students, and revolted.

YOU THE CITIZENS DECIDE:

police force and the nascent AAP cadres took upon themselves to take to the streets and protest. After reading about this episode I had a look at the cartoons myself and couldn't help having a good laugh. I was so incensed with this police action that to the concern of my office staff and long time driver, I decided to join the protesters in front of the Arthur road jail in Mumbai Central. The first time I was taking part in a public street protest.

The next thing was to look at the sedition law which was introduced in this country for the first time by Lord Macaulay into the Statue books in the middle of 19th century, after the first war of independence, to control Indian public. It may be time to ask the question: what kind of government wages war against its own students? Recent history tells us that short sighted governments do precisely this. The call for the overthrow of an alleged corrupt or a authoritarian government and a fearful social system it supports through the democratic ballot is not sedition, it is democracy.

Young women and men took to the streets, and as a result were beaten up by the police. Hundreds of them were arrested. This led to the closing down of the prestigious university. Ironically, police brutality incited even more students to join the movement. The police assaulted young people with tear gas and swinging batons. But students were determined to re-enact the spectacular 1789 revolution that had been left unfinished in some respects. They constructed hundreds of barricades in the Latin Quarter of Paris. The slogan that inspired them to defy the police was: politics is the art of the impossible.

On May 13, workers from the Renault factory joined the protests and struck work. Factories were closed, trains ground to a halt, and the French government came to a standstill. De Gaulle had not taken student demonstrations seriously; he had to pay for this serious lapse of judgment. He dissolved Parliament and mobilised hundreds of supporters to counter the protest. His party came back to power after the elections, but in the following April he resigned after his government lost a referendum. He had thought the results would demonstrate his acceptability to the people of France. The French did not

In May 1968, students in universities

(Contd.. on p. 9)

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(Contd.. from p. 8)

forgive him for going to war against his own students.

Three years ago students assembled on the grounds of JNU and spoke of liberation from a caste-ridden and inegalitarian society. They reiterated the need to abolish capital punishment, which many fine legal minds have also condemned. They pointed out that the government should address escalating tensions in the Kashmir Valley. Some elements, reportedly outsiders, shouted anti-India slogans. This is hardly sedition. Will our great country and ancient civilisation collapse because of some idiotic slogans? We ought to have confidence in the capacity of India to endure youthful indiscretions, the country has survived infinitely more serious attacks on its territorial integrity. It is ridiculous to charge students with sedition when all that they were asking for was the breaking of shackles.

There was no violence, no call to use force or grind the capital city of Delhi to a halt, no suggestion that the gathering lay siege to official institutions, or ask for the resignation of the government. The conversation was in perfect conformity with the spirit of public universities. The public university is not a teaching shop. Within the metaphorical walls of the university we find classrooms and libraries. We also find open spaces where students assemble and discuss political predicaments, cafes and dhabas where they interact with co-students who come from different regions of the country, and statues of leaders that form a rallying point for protests.

Through these activities, students become familiar with the notion of citizenship. They connect with others, they learn that they have the constitutional right to challenge the power of elected representatives. It is in the university that they absorb the virtue of solidarity. It is here that they learn that in a democracy they have the right to make their own decisions, even if they make these decisions badly.

University students have the right to acquaint the public and the government with depressing tales of how lives are led in an inegalitarian society. In a rep-

resentative democracy we are supposed to communicate opinions and demands through elected representatives. But representatives, we have found, are too busy manipulating public opinion to get power and stay in power.

Fairly early in the biography of representative democracy, citizens realised that they would have to put forth their needs, their interests, and their aspirations into the public domain through networks of associations. The intent is not to contest elections or take over the state — the idea is to raise issues, and provoke debates on what the good society is, and how it can be brought into existence. This is precisely what young people were doing some years ago, and more of them should be discussing problems that have been left unresolved by unresponsive governments all this while.

People in power should recognise the importance of political debate in a civil society, they should learn to heed demands catapulted into the public domain by student associations. If some hotheads shout objectionable slogans, ignore them as long as these do not lead to harm. You the citizens will have to decide how mature and liberal democracies behave in dealing with genuine protests and whether this draconian Sedition law, the type of which have been abolished in all liberal democracies around the world long time ago, should also be struck down and abolished in India, without further delay. Read carefully the party manifestos and vote for the party that promises within a time limit to abolish this draconian law which has put unnecessary fear in the minds of its citizens.

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Kitchen Safety

Some Basic Rules

by Jude Michael Raj
Safety Specialist/Trainer

Although cooking is fun, safety in the kitchen should always be your first priority. Think of the dangers lurking there: Knives, Fire, Bacteria, Observing basic rules of kitchen safety should be ingrained in you as a good habit. Always be focused on what you're in the kitchen because any carelessness can cause accidents resulting in serious injury.

Some Thumb rules which should be de rigueur in the kitchen

- **Always store knives in a wooden block or in a drawer.** To keep them out of reach of children.
- **Always wear an apron, never cook in loose clothes.** And tie long hair. So it doesn't accidentally catch fire, or end up in the food.
- **Never wear dangling jewelry.** It could get tangled around pot handles.
- **Always keep potholders (Pakad) handy.** And never leave them near an open flame.
- **Always place pot handles away from the front of the stove.** So that Children can't grab them, and adults can't bump into them.
- **Never Keep temperature-sensitive foods sit out in the open.** Raw meat, fish, and certain dairy products can spoil quickly, so store them in the fridge right away.
- **Wipe up spills on the floor immediately.** To avoid stains and to ensure no one slips on them.
- **Always store raw meat and poultry separately from other items.** To avoid cross-contamination of harmful bacteria from one food to another.
- **Always wash your hands before handling food.** They are a source of bacteria.
- **Always keep a fire extinguisher for your kitchen.** To ensure Fire Safety Make sure you have at least one fire drill so are prepared if a fire breaks out

Testimony

"I attribute this cancer cure to Our Lady of Lourdes"

(As told to Fr. F. M. Britto)

I am Sister Alice, belonging to the Salesian Missionaries of Mary Immaculate (SMMI) of Raipur province. While I was serving in our health centre in Delhi, in December 2012 I was diagnosed of ovarian cancer with extension. It had already spread to my intestines, fallopian tube, uterus and spreading to the liver. It was entering into the 4th (last) stage. I was getting treated at the famous Rajiv Gandhi Cancer Institute & Research Centre. Before I was taken

for surgery, Salesian Father Joseph anointed me. Twice I was given chemotherapy there. Though my sisters did not disclose to me my sickness, I understood that there is something seriously wrong.

Due to lack of proper accommodation in our convent there, I was brought to our provincialate in Raipur by train. On the way I collapsed. So our sisters took me to stay in our convent in Nagpur and I stayed there for two days. I went to the grave of our French co-foundress Mother Marie Gertrude buried in the chapel and prayed to her.

After that I was brought to stay in our provincialate in Raipur. Taking treat-

ment at Dr. Mittal hospital, I was given the third and the final chemotherapies. My abdomen was getting enlarged due to Ascipis that I had to go to the hospital to remove the fluid. But I was not in a position to move myself. After that I could not eat anything, nor even drink water. I was surviving merely on I. V. Fluid.

Being the month of May (in 2013) I went on reciting the rosary. I was telling Mary, "Either let me die or get healed by the end of May, your month.



Let it happen to me in this month".

I called my family members to come and see me on the 30th, so that they can bury me on the 31st and return home. Many of my religious sisters also came to pay their last visit to me. As May 30th came, nothing had happened to me. I was getting restless. Some senior sisters, like my former provincial and superior at my Delhi community, Sr. Anita George, rebuked me for fixing my ultimate date. "Did you give God the date of your birth? Then how can you give Him the date of your death?" they reprimanded me.

On 30th night my provincial (and at present my Bilaspur community superior) Sister Annes John, who had gone to France for a meeting, rang up to me. She informed me, "Today I am in Lourdes and prayed for an hour for your cure kneeling on the spot where St. Bernadette had knelt and prayed. Mary told me that you will be healed today. You will live for some more years."

That night, for the first time after many months, I slept peacefully. Morning I had good motion too. The fluid accumulation in the abdomen had already

disappeared. I was feeling hungry. I asked for tender coconut water and drank fully and I did not know where that water went. I like banana and ate that too. I was just wondering. When they came to poke for the I.V. Fluid, I refused it saying that I feel better today. They could not also find any more place or flesh to poke.

Many sisters suspected that my last day has come. After two days my home people left for home in Kerala, spreading the news that at any time I may collapse.

From that time onwards I discontinued all the medicines, started eating normal food and my health was gradually improving.

When I was taken to the hospital for the check up, the doctors could not believe at the report. All the three cysts had become small. The second test revealed that all the cysts got dried up and disappeared. Looking at the report and me again and again, the Hindu Doctor was confused. He declared, "Your Jesus is great." My family members could not believe that I was improving.

My house superior Sr. Grace Maria said that I was healed since Sr. Annes John prayed for me at Lourdes.

Now I am perfectly alright. I am now 71 years old. At present I am serving in our health centre, Bilaspur.

Since I could not go to Lourdes to give thanks to our beloved Mother Mary, I gave witness of my healing to a large crowd of devotees gathered at the solemn evening Mass on Lourdes feast day at the seminary hill, Nagpur.

"Now five years are over. I have no problem. I eat the normal food. I go about doing my duty in our health centre and in my community. I attribute this miraculous cure hundred percent to Our Lady of Lourdes."

Fr. F. M. Britto,

*Catholic Church, Parsahi (Bana), Pandaria P.O,
Akaltara Via, Janjgir- Champa Dt, Chhattisgarh,
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Saving the Sick Planet



The recent headlines in the media, 'The Himalayan glacier *Chaturangi* proves more vulnerable to **climate change** and retreats at an alarming pace', did not create any ripples in the Indian conscience. *Chaturangi* is one of the tributaries of the *Gangotri* glacier that feeds the *Ganga river*, the lifeline of North India. If this abundant flow today turns into a trickle tomorrow, can it sustain life in the region? Regular reports of retreating glaciers, rising sea levels, scarcity of water, denudation of forests and extreme weather feature at the bottom of the list of priorities of a consumerist society hankering for modern comfort and convenience. So the destruction of the planet's biodiversity and exploitation of natural resources continues unabated damaging the ecology, reducing the sustaining power of nature! It is a comforting thought that environmentalists have raised the pitch of their cry on behalf of Mother Earth.



by Vera Alvares

Among them is the Catholic Church, contributing to the efforts of saving the sick planet.

The Catholic Church has always advocated protection of earth's natural resources and conservation of environment and issued directives to its flock to "Care for Creation". Heeding the call of Pope Francis, many Dioceses have motivated the community to go that extra mile and cut down on the wasteful ways of their consumerist tendencies, Parishes have drawn up action plans to mitigate the danger through, "**Reduce, Reuse, Recycle and Compost**". Our own Bombay Diocese is at the forefront of this march to embark on a new path to care and protect the environment. The members of the 31st Plenary Assembly of the Conference of Catholic Bishops of India, held from

7th to 14th January 2019 at Chennai unanimously voted to constitute two new Commissions, one of which is the Commission for Ecology. Most Rev. Allwyn D'Silva, Auxiliary Bishop of Bombay took charge as the Chairman of this Commission.

Msgr. D'Silva has twenty years of experience in the environmental field, familiar with the realities, problems and challenges in tackling this subject. His Bombay archdiocese is one of the first to accept Pope Francis's invitation to care for the "common home", the appeal contained in the Encyclical **Laudato si**. On September 1st, designated as a day to care for creation, the "**Green Diocese**" project was launched in Mumbai, followed by a seminar for lay Catholics on interpreting **Laudato Si** which was conducted by Bishop Allwyn and his team. Now the new president is expected to apply the same spirit to all the other Indian dioceses to animate the community.

He sums it up, "right choices must be made every day [to counteract the damaging effects of climate change]. We see that people are afflicted by floods and other disasters. We must initiate initiatives to ensure that people reflect on the real causes of the damage of the environmental crisis. The same applies to climate changes".

Bishop Allwyn D'Silva spells it out thus-

The Church in India has realized the importance of the environment in our lives and society and so at the recent meeting of the Conference of Catholic Bishops of India (CCBI) Bishops decided to have a Commission on Ecology. The Commission would bring awareness on the hazards of Climate Change and its impact on the environment. It will

propose various steps in mitigation and adaptation with regard to Global Warming.

This Commission will follow Pope Francis's guidelines given in the Encyclical *Laudato Si*

**—Bishop Allwyn D'Silva
Auxiliary Bishop of Archdiocese of
Bombay.**

**Secretary of Office of Human Development and
Climate Change Desk- (FABC).**

In this regard we need to remember that like drops in an ocean each one's small contribution can make a huge impact on reversing the catastrophe awaiting 'our only home'. So let us strive to –

- 1.Reduce, Reuse, Recycle and Compost to decrease the huge amount of garbage, to save resources and energy. The non-biodegradable materials in the soil and water reduce earth's productivity and pose danger to creatures. Avoid plastic, synthetics and heavy packaging.
2. Conserve Energy. Walk, ride your bike, take public transport or car pool to work. Turn off lights; unplug appliances when not in use. Replace old light bulbs with LED bulbs. Check waste usage while bathing, cooking, cleaning etc.
- 3.Eat less meat/eat more local and organic foods. Breeding animals for the table is a major source of organic pollution. Huge tracts of rain forests, essential for stabilizing climate are cleared to raise beef.
- 4.Avoid the use of pesticides, herbicides, and aerosol cans that cause pollution of air, soil and water.

(Contd.. on p. 16)

'Rosario Cathedral Architecture' an exclusive expo in Managluru

- Ivan Saldanha-Shet.M'lore.

Rosario Cathedral architecture exhibition was a unique first in the city, it was held at the Rosario Cultural Hall January 20 & 21. Organized by Priests and members of the Parish, as one more celebration of 450 years. Srinivas School of Architecture, Valachil Mangaluru and the prize winning team guided by Ar Caroline D'Souza, provided all the exhibit material, know how, set it up and provided guidance to visitors. The Celebration of the day began with holy mass at the Cathedral. Rev. Fr Antony Sera, Secretary of Catholic Board of Education, Mangalore Diocese celebrated the mass with priests of the parish.



and executing these sacred structures and many famous architects are priests from time immemorial. He lauded the effort and technical presentation by the department of Architecture of Sridevi College for the initiative. Along with the architectural drawings, audio visuals on the Church architecture were arranged at the venue. The program attracted and created awareness in the city.

The Backdrop : A students award in excellence of documentation of Architecture heritage in India instituted by Council of Architecture (COA). Srinivas School of Architecture, Valachil Mangaluru, took part titled "Documentation of Rosario Cathedral, Mangaluru" and was awarded the National award as the best documented project. The Certificate of Excellence and cash prize of Rs.75,000/= was presented at the NDMC convention in New Delhi on November 22, 2018. The winning team of Srinivas School of Architecture comprised of 12 students (under the guidance of Ar.Caroline D'Souza, Conservation Architect and associate Professor) are Aditya Hebbar, Harsha Raj, Amritha Adiga, Krithika Holla,

Thanvi DC, Tilak Raj, Neha B, Sumukh Achar, Vishnu Rajagopal, Narayan VS, Ganesh Prabhu and Promod Prabhu. The Certificate of Excellence, and Prime Minister's Message dated :Nov 20, 2018 can be seen.

Ar. Caroline D'Souza, Conservation Architect and Associate Professor, explained that this building was chosen for its articulation and smooth contours, accessibility and since it was freely made available to the team by the co-operative Cathedral authorities. Elaborate measurements were taken by measuring tapes and were heights were involved electronic laser instruments were used. All the work including, photography, plotting, sketching and so on were done hands-on by the student team using software such as Auto-Cad. Sections at various levels and assorted elevations were provided and for the ordinary person it was amazing as it was interesting. The construction of the dome structure was visible in an exploded view to know its intricate formation, the load of the dome by the 4 giant pillars is indeed a wonder in early 20th century construction in Mangalore. The French circular Rose window in the front is a wonder indeed and still in good shape. Several elaborate photographs, sketches and drawings gave an in-depth idea even to lay people who were interested. The old maps, one Portuguese and one French gave a good picture of the first Forts and Churches in the 16th century opposite the estuary of the Rivers Nethravati and Gurpura.. The two stones, one the Portuguese Rulers emblem and the Portuguese Captain's Tomb stone of 1629, discovered a decade ago, conclusively confirms the location of the early "Rosario Church". Also, on show were the pictures of famous historic Temples, Mosques and heritage monuments as well as some other churches in the vicinity. All this added an interest unforgettable to the people who had the good fortune of witnessing this expo and knowing about the Cathedral's intricate architecture a wonder in those times.



Mumbai certainly has some of the great monuments of architecture. While a few are counted as sublime works of architecture to equal the great cathedrals and churches, the majority developed along simpler lines, showing great regional diversity and often demonstrating local vernacular technology and decoration. In recent times churches in India have visibly taken an indigenous shape, in keeping with the 'inculturation' trends of the Catholic Church. For instance the 'Boat Church' at Kalmady on our coast, and many more all over India.

Rev. Dr Ronald Serrao, the Dean and Professor of Liturgy of St Joseph seminary inaugurated the exhibition and spoke on the importance of the architecture of the Church and explained various types of architecture, and how it has influenced the liturgy and the way of life of the people in the Catholic Church. He stressed that knowledge Theology was of great use in planning



ON THE SURFACE, it may appear that your kid's life is more fractured because of technology. But for them, this way of life is the only thing they're ever known. The sheer quantity of technology in a child's life can strain communication between the two of you and it can cause their lives to become unbalanced. That tension requires you to adjust how you communicate with each other and it requires your kid or teen to be accountable to having good boundaries with technology. Therefore, your goal as a parent or relative is to keep the balance between technology and real-life interaction. Even if your child is using technology for learning or creativity, limit their screen time, as it is essential for a child to develop physical and social skills to have a healthy and happy life. Here is what to do depending on the child's age.

kid's bedrooms. There are scientific evidence that the light emitted from devices can interfere with your child's sleep, so make sure they're out the child's reach two hours or so before bed time.

When you do decide to slowly introduce the child to devices, try using interactive books or similar apps and not just a distracting cartoon. Sing, read, explain and play with them together to stimulate their senses. Also, make a rule for yourself



device as a toy and only a toy.

Six to twelve years :

The recommended screen time for school children is no more than two hours per day, with breaks every half an hour because the fact that they may use the computer for schoolwork doesn't mean they have stopped interacting with the real world, especially since they have to sit for hours at school already. At this age, they use devices as a creative outlet. Microsoft Paint 3D and Krita for Windows and Adobe Illustrator Draw and MediBang for Apple devices are beautiful free drawing tools.

Now let's move to a more pressing matter, one that haunts countless parents every night, when should your child be subjected to the distractions of social networks, cyberbullying, scams and even online predators is there.

Teach your children to use technology wisely

In an age where a parent's first reaction to digital media is fear for the cyber-safety of their children, it is raising another point to consider: how to make kids act responsibly for how they use it. Our responsibility as adults is to teach kids to use technology in a way that will boost their intelligence and creativity and steer them away from the dark alleys of game and internet addiction. This is no easy task but it is an accomplishable one. Your goal as a parent or relative is to keep the balance between technology and real-life interaction. Now, the challenge begins: How do you ensure that your child uses it wisely? Here are few age-appropriate guidelines to promote respectful, responsible use of your promote child's new gadget:

Zero to two years :

In this crucial period, the child's core brain functions of language and learning are developing, so it is advisable to limit tech use altogether or keep it at a bare minimum. Remember that devices should be kept out

as a parent not to use a device as a distractor for the child while you're doing your chores, use toys instead. It is also very important to use devices together with your young child (this also applies to older kids).

Three to five years :

In this age range, your child will most likely get their real first hands-on experience with technology. At the same time, this is the time when your child learns how to socialise and connect with others. That is why you should focus on limiting screen time to no more than one hour a day and no more than 20 to 30 minutes per sitting.

To help your small child abide by the time restrictions, you can install parental control on all the devices to which the child has access. Similarly, there is a variety of software, such as KidLogger and Qustodio that will make the kids' internet use safe, will let you set time limits and track your child's activity. And finally, don't use a device as a reward for good behaviour. The child shouldn't perceive a

So, if you think that your child is not responsible enough to get a smartphone just yet but he or she needs a phone for safety reasons, you can give them an old phone with no internet access, a so-called phone. But ultimately, you will just need to trust your child and hope all of your educational efforts weren't in vain and you raised a responsible tech citizen.

CONSIDER THE SPECIFICS, IN TERMS OF

- Who your child is allowed to call?
- How many minutes does her calling plan allow them to use each month?
- What apps are they allowed downloading and using?
- Are apps that are strictly off limits?
- At what time each night must the smartphone be put to bed?
- Can the child bring the phone to school? Use it when hanging out with friends?

A Guide to Sticking Materials

1. Araldit -
2. Fevikwick -
2. Fevi stick
4. pvc cement - for pipes
5. Fevicol SH - for wood
6. Fevcol SR 998
7. Anabond - any surface
8. Fevi bond
9. Loctite 401
10. Rubber solution
11. Loctite 202
12. Anabond 666 T plus
13. Epple - sticks on any surface
14. M-seal
15. WD-40



Araldit : It is suitable for bonding a wide variety of metals, ceramics, glass, rubber, rigid plastics and other material, and is widely used in craft industry and in many industrial applications. Pretreatment: The strength and durability of a bonded joint are dependent on proper treatment of the surfaces to be bonded.

FEVI KWIK is suitable for bonding plastics, metal and rubber components. It can be also used to lock components which are already assembled. It has typical applications in molded furniture, sign boards, gift articles. It is also used for wide range of industrial applications.

Fevistick Glue Stick, perfect for students, craft hobbyists, office use, and home use is a mess-free, hassle-free adhesive that can be used to for paper-to-paper sticking.

PVC Cement : CPVC piping systems can be joined using flanging, threading or mechanical joining. But in many cases, the recommended method is solvent cement. Solvent cement is a fast, easy and highly reliable process that produces a joint stronger than either the pipe or fitting alone.

Fevicol SH: is a synthetic Adhesive in the form of a milky white viscous paste and is ready to use. Fevicol SH gives very strong bond. The bond is so strong that if two wooden pieces are joined with Fevicol SH and a hammer is hit heavily, the wood will give way but not the fevicol bond.

Fevicol SR-998 is used in furniture manufacturing for bonding laminate to wood. It is also used for bonding – Foam, Rubber, Rexine and Metal to each other. It is also used for flooring.

Anabond 666 is a one part Room Temperature Vulcanizing silicone sealant used in unlimited number of industrial sealing, bonding, gasketing and insulating application. In addition, they offer potential savings in installation and maintenance Labour expenditure.

Fevibond is a cyano acrylate product, which is used to bond small parts instantly. It bonds by reacting with moisture in the air and cures within seconds so to save adhesive you need to cap the adhesive tube/bottle to stop loss of adhesive. Fevibond is a rubber based adhesive.

Loctite 401 is the Instant adhesive for universal use. It is suitable for rubber, plastics and metals besides for bonding porous materials such as wood, paper, Cork, or leather. ... With an equally improved formulation, new instant adhesives Loctite 406 and Loctite 454 can also withstand temperatures up to 120 ° c.

Rubber solution: Rubber cement is an adhesive made from elastic polymers (typically latex) mixed in a solvent such as acetone, hexane, heptane or toluene to keep them fluid enough to be used. Water-based formulae, often stabilised by ammonia, are also available.

Loctite® 202™ Dri-Loc® Thread-locker is a medium strength, general purpose preapplied threadlocking adhesive and sealant, which provides excellent resistance to vibration loosening on any threaded fastener. The adhesive is activated during assembly and cures to form.

ANABOND 666T PLUS - 100 GMS - AUTOMOTIVE RTV SILICONE GASKET MAKER. Sold and fulfilled by Helmetdon (3.6 out of 5. ... SUITABLE FOR CREATING GASKET, TO PREVENT AIR LEAKAGE.

Epple : BoFood Organic from Epple is a revolutionary colour series that is the first ... All currently used offset inks for food packaging are “only” recommended for printing

M-seal is a multi-purpose sealant with 4 main applications – sealing, joining, fixing and building. Its versatility and ease of application makes it commonly used across multiple industry segments, as well as households (DIY) who can use it to mend broken articles, fill gaps, cracks and plug leaks in pipes and joints.

WD-40 : To clean, lubricate, and prevent corrosion on guitar strings, apply a small amount of WD-40 after each playing. Spray the WD-40 on a rag and wipe the rag over the strings rather than spraying directly on the strings-you don't want WD-40 to build up on the guitar neck or body.

We are the Church

Evolution of the Church from liberating fellowship to enterprise:

Some years ago, Richard Halverson, then Chaplain of the United States Senate, in an address to the General Assembly of the Presbyterian Church, described the evolution of the Church: "In the beginning," he said, "the Church was a fellowship of men and women who centred their lives in the living Christ. They had a personal and vital relationship with the Lord and it transformed their lives and the world around them. But then the Church moved to Greece, where it became a philosophy. And then it moved to Rome, where it became an institution. And then it moved to Europe, where it became a culture. And now it has moved to America, where it has become an enterprise." What an indictment – the Church as a philosophy, as an institution, as a culture, as an enterprise! Any of these violates God's intention for the Church. The Church is to be that fellowship of people who have a vital and personal relationship with the Lord, which transforms their lives. As result of that transformation, the Church becomes an enclave of resistance, transforming the world that surrounds it.

Prophetic Church of Our Times:-

One of the great changes within the Church in modern times is, where the Church had become allied with the political system, such as in Latin America, it is now open in its condemnation of the injustices of such political systems. This had led to the murder or disappearance of many of the more outspoken critics of the system. Archbishop Romero was a popular choice with the politicians until he turned on them, and condemned them for their actions. Romero, Martin Luther King, Gandhi, and many others, paid with their lives for the beliefs that they held and the truth that they spoke. In today's gospel, Jesus was spared death in some miraculous

form, because, as he would say later "No one takes my life from me. I will lay down my life...." At the end, he told his apostles "Now the hour has come."

Jesus the prophet:-

In one of his books, David Buttrick tells about a cartoon in a magazine. The cartoon showed three men sitting in a row behind a long table. A microphone has been placed in front of each of them. One man was pictured in long flowing hair and a draped white robe. Another was battered, a wreath of jagged thorns on his head. The third was swarthy, with dark curly hair and a pointed nose. The caption said, "Will the real Jesus Christ please stand?" Everybody sees Jesus from a different angle, including the writers of the New Testament. For Matthew, Jesus is the Teacher of Righteousness. For Mark, Jesus is an exorcist, constantly battling the powers of evil. Even after Evil nails him to a cross, Jesus emerges from the tomb to continue his saving work. But for Luke, the word that best summarizes the person and work of Jesus is "prophet." In



**Fr. George
Olivera OFM
Cap, Mysore**

the story we heard today, Jesus is a different kind of prophet. The prophet Jesus says, "Today this Scripture has been fulfilled in your hearing." When the prophet Jesus said, "Today the Scripture is fulfilled," he turned memory into a mission statement. He transformed hope into an assignment. He claimed the beautiful poetry of Isaiah as his job description.

Preacher on Trial

The following is a summary of the comments made about the parish priest in a typical parish: If his homily is longer than usual, "He sends us asleep". If it's short "He hasn't bothered". If he raises his voice, "He is shouting". If he speaks normally, "You can't hear a thing". If he's away, "He's always on the road". If he's at home, "He's a stick-in-the-mud". If he's out



visiting, "He's never at home". If he's in the presbytery, "He never visits his people". If he talks finances, "He's too fond of money". If he doesn't, "The parish is dead". If he takes his time with people, "He wears everybody out". If he is brief, "He never listens". If he starts Mass on time, "His watch must be fast". If he starts a minute late, "He holds everybody up". If he is young, "He lacks experience". If he is old, "He ought to retire". And if he dies? Well, of course, "No one could ever take his place".

Poor Church for the Poor:-

Saint Teresa of Calcutta (Mother Teresa) thought so. There was a beautiful article about her in Time magazine. She was asked about the materialism of the West. She said, "The more you have, the more you are occupied, but the less you have the more free you are. Poverty for us is a freedom. It is a joyful freedom. There is no television here, no this, no that. This is the only fan in the whole house...and it is for the guests. But we are happy. "I find the rich poorer," she continued. "Sometimes they are more lonely inside...The hunger for love is much more difficult to fill than the hunger for bread...The real poor know what is joy." When asked about her plans for the future, she replied, "I just take one day. Yesterday is gone. Tomorrow has not come. We have only today to love Jesus." Is there anyone in this room as rich as Mother Teresa?

Rejection resulting in the resignation of the pastor:

There was a feud between the Pastor and the Choir Director of a Baptist

(Contd.. on p. 18)

How three Padma awards differ from each other?

The Padma Vibhushan, Padma Bhushan and the Padma Shri are three separate awards given by the Government of India which seek to recognise achievements in all fields or activities or disciplines where an element of public service is involved. The Padma Awards Committee is constituted by the Prime Minister every year.

All persons without distinction of race, occupation, position or gender are eligible for these awards. However, except doctors and scientists, government servants including those working with PSUs, are not eligible for the Padma Awards.

The Awards are given in three categories: Padma Vibhushan (for exceptional and distinguished service), Padma Bhushan (distinguished service of higher order) and Padma Shri (distinguished service).

Padma Vibhushan :

It is the second highest civilian honour of India is given for exceptional and distinguished service in any field including service. The highest award in India is the Bharat Ratna.

Padma Bhushan :

This award is given to recognise distinguished service of a high order to the nation.

Padma Shri :

It is given by distinguished service in any field including service rendered by the Government servants.

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Prop. B. D'Souza

Websites that every professional should know about

With an endless number of sites, tools and resources out there, how do you know what's worth your time? Well, we know just how busy you are and from productivity advice to places to go when you need a distraction, these sites will change the way you do things, inspire you and well, generally just blow your mind.

Trello :

Trello helps you manage all your ideas and due dates and keeps track of what you're in the process of completing. Plus, it looks nice it's like the Pinterest of to-do lists.

Google Drive :

Like collaboration? Invite as many people as you want to contribute to your docs (spreadsheets, presentations, or even surveys) or set them to private so they're just yours.

Coffitivity :

What is it about a coffee shop that

gives you such laser focus? Coffitivity streams the background noises of a coffee shop so you can get your creativity A-game on.

FaxZero : FaxZero lets you send and receive faxes through your email because nobody likes the fax machine.

RescueTime :

RescueTime lets you monitor how you spend your time on your computer and mobile devices. (The truth is sometimes ugly, but necessary.)

Unroll.me: You know all those email newsletters that you accidentally opted into, but don't really read? Use this site to clear out your inbox.

Remember the milk :

A to-do list manager with several key bonuses: You can sync it with your all your devices, share tasks with others and get email or text reminders of things you need to get done.

(Contd.. from p. 11)

5. Minimize the use of water heaters and air conditioners. Buy energy-saving devices and do away with the old energy guzzling ones. Solar energy can be harvested for heating.
6. Volunteer/Lobby for protecting the Environment. Work locally and globally to spread awareness, save natural habitats, reduce urban sprawl, lower pollution and prevent the destruction of wilderness areas for timber, metals and oil.
7. Plant a tree with a child. Take a walk in the woods, or plant trees which store CO2. Teaching our children to love and care for the planet is the most important thing we can do to insure the future of humankind.
8. Preserve natural aquifers of ground water such as wells, streams and marshland. Soil open to the elements absorbs rain water to increase the level of ground water.

Put into place rain water harvesting systems and avoid polluting water bodies with chemicals contaminants.

The new generation will need new living conditions to survive in earth's deteriorating environment. The future catastrophes are not distant events, they are happening here and now. Appropriate conservation and sustainable development should be an integral part of our urban and rural projects. If most religions and cultures propose that protection of environment is a form of piety, what stops us from believing and implementing the few changes in our lifestyle?

—Vera Alvares

(With inputs from
Bishop Allwyn D'Silva)

Inspiration!

Nurture yourself with positive self-talk

One of the best ways is to use self-talk in a positive manner on an every-day basis. You can feed your mind and heart with positive affirmations. They can overcome your persistent

WHAT'S THE VOICE like inside your head? Have you practiced nurturing self-talk? Self-talk can have a great impact on your confidence. The effect can be good or bad, depending on whether your self-talk is positive or negative. There are a few ways you can develop better self-talk, starting with just listening to what you routinely say to yourself. It's worth the effort to practise talking positively to yourself because the pay-off will be that you'll feel better and your self-esteem will improve.

When people think about positive self-talk they typically think about affirmations and phrases to pump themselves up. However, it can also be useful to construct self-talk to specifically counteract any patterns of self-sabotage you have. Self-talk is basically your inner voice, the voice in your mind that says the things you don't necessarily say out loud. We often don't even realize that this running commentary is going on in the background but our self-talk can have a big influence on how we feel about who we are. To identify how you talk to yourself you must know the difference between positive and negative self-talk.

Positive self-talk makes you feel good about yourself and the things that are going on in your life. It's like having an optimistic voice in your head that always looks on the bright side. For instance: "These clothes look pretty awesome on me", "I can totally make it through this exam", "I don't feel great right now but things could be worse!" On the other hand negative self-talk makes you feel pretty crappy about yourself and the things that are going on. It can put a downer on anything, even something good. For instance: "I look stupid in these clothes", "Everyone thinks I'm an

idiot", "Everything's crap", "Nothing's ever going to get better." Negative self-talk tends to make people pretty miserable and can even impact on their recovery from mental health difficulties. But it's not possible or helpful, to be positive all the time, either. So, how can you make your self-talk work for you? There are things you can do to help change the direction of your self-talk:

Listen to what you're saying to yourself:

We don't always consciously take note of what we're saying in our minds. The first step in improving your self-talk is to notice what your inner voice is saying. Is your self-talk mostly positive or mostly negative? Take some time each day to listen to and even write down, what you're thinking.

Challenge your self-talk: Ask yourself things like:

- Is there actual evidence for what I'm thinking?
- What would I say if a friend were in a similar situation?
- Is there a more positive way of looking at this?
- Am I keeping everything in perspective?
- Can I do anything to change what I'm feeling bad about?

Change your self-talk:

This can be easier said than done but it's definitely worth working on. Try countering your negative thoughts with positive ones. For instance, if you find yourself thinking, "I'll never be able to do this", ask yourself: "Is there anything I can do that will help me be able to do this?" Avoid speaking in finite terms and try to look for things that might put a more positive spin on a tough situation.

Use affirmations in your self-talk:

negative self-talk and help promote a healthy, self-confident state of mind. Affirmations work best when they are said in the present tense and state what you want, not what you don't want. If you say them every day, they will support your success in becoming more self-confident. Using visualisation, which is seeing yourself actually being the person you're describing, as you're speaking will add power to your affirmations.

Nurture your inner child:

If you were ignored, punished or made to feel unworthy at a very young age, you probably got stuck at that age. A part of you remains that age until you recognise as an adult what happened and then begin to re-parent yourself. This means listening to the child in you, understanding what happened to you as a child and then nurturing your inner child to heal the painful places.

You will never speak to anyone more than you speak to yourself in your head. Be kind to yourself.

SELF-TALK STATEMENTS

- I care about myself.
- My health is important to me.
- I love myself.
- I believe in myself.
- I see my future with confidence and trust.
- I am grateful for my life.
- I am safe and loved.
- I am a creative and caring person.
- I allow myself to grow.
- I am a smart and resourceful person.
- I cherish the happy moments in life.
- I appreciate kindness.
- Life is beautiful in so many ways.
- There is always something new to discover.
- Never give up hope for a better day.
- My life is guided by love.

Jesus Asked Peter: Do You Love Me? 3 Times

Did it ever strike you to know WHY Jesus asked Simon Peter if he loved Him, not once but three times? (See John 21:15-17).

The truth was demanded from the apostle Peter with honesty, not simply a spoken word or by an action, but with a clear demonstration of trust and faith. After all, Peter was to inherit the Keys of the Kingdom.



BY MELVYN BROWN

Were those the real reasons to ask the first time? No. There was a greater need.

(Contd.. from p. 15)

church. It seems the first hint of trouble came when the Pastor preached on "Dedicating Oneself to Service" and the Choir Director chose to sing: "I Shall Not Be Moved." Trying to believe it was a coincidence, the Pastor put the incident behind him. The next Sunday he preached on "giving". Afterwards, the choir squirmed as the director led them in the hymn: "Jesus Paid It All." By this time, the Pastor was losing his temper. Sunday morning attendance swelled as the tension between the two built. A large crowd showed up the next week to hear his sermon on the "sin of gossiping." Would you believe the Choir Director selected, "I Love to Tell the Story." There was no turning back. The following Sunday the Pastor told the congregation that unless something changed he was considering resignation. The entire church gasped when the Choir Director led them in: "Why Not Tonight?" Truthfully, no one was surprised when the Pastor resigned a week later, explaining that Jesus had led him there and Jesus was leading him away. The Choir Director could not resist singing, "What A Friend We Have In Jesus."

Simon son of John, the apostle, was destined to be the "rock" for Christ's Church on earth. The Lord himself vested Peter to be the first Pope of the Roman Catholic Church, given the authority to propagate the Word of God, to appoint and anoint, and to implement the rules of the faith to follow.

Was it necessary to ask a second time? Yes.

Peter was raised to be the pillar of the Church. He had to face the test of faithfulness, loyalty and spiritual trust in the divine office he was to represent. One reason, to prove his faith Peter asked to be crucified upside down, and not as his Master. Only God could examine his chosen disciple. Peter had been taken by surprise that his Lord should ask him, if he loved Him. "Lord you know everything; you know that I love you." The apostle exclaimed.

Truly, was it still relevant to ask a third time? It was certainly admissible.

I would suggest that Simon Peter at that moment did not comprehend that God had created humankind with the gift of having 'free will', and so, we too will also stand accountable.

The story of creation in the Bible, book of Genesis, narrates how it all began with the Word and the Word was with God, and the Word was God. On the sixth day of creation the Lord "God saw everything that he had made and indeed, it was very good...". Then God created man in His image to enjoy the fruits of His creation. Thinking that Adam was alone and lonely, the Lord created woman taking a rib from Adam's side. Eve would be his companion. To both of them God gave the gift of "Free Will".

Jesus Christ asked Peter three times if he loved him. The number three is favorable to public-relations, self-expression and it has a special power

over human affairs. The name Peter adds up to One and that stands for leadership, courage and the power of the will. So, Peter was put to the test three times to review his dedication, faith, belief and trust.

Wrong. Christ was not interested in the value or influence of numbers. The Lord was not compromised by numerology – God had higher things of spiritual and of divine nature to temper the design of His tapestry.

In Catholic theology Love is an integral part of traditions, spirituality and long-term areas of pastoral life. For consecrated men and women, as also with the laity, love is essential. Safeguarding the grace and virtues of love in general is a universal policy highlighting the need for truth and trust. "Simon son of John, do you love me more than these?" He said to him. "Yes, Lord, you know that I love you." Jesus said to him, "Feed my lambs".

A second time he said to him, "Simon son of John, do you love me?" "Yes, Lord; you know that I love you."

Jesus said to him, "Tend my sheep.."

Christ said to him the third time: "Do you love me?" And he said to him, "Lord you know everything; you know that I love you."

Jesus said to him, "Feed my sheep.." (Jn. 2:15-17).

Peter, the chosen one among the other apostles had not for a moment thought of the Trinity. It all happened so suddenly when Jesus took Peter off-guard and questioned him.

The Holy Trinity, each in his own divinity found it necessary to ask Peter if he loved God, the Father; the Son, incarnate; and the Holy Spirit.

The divine plan was now complete: Simon Peter was to be the first Pope, the Vicar of Christ on earth. He was confirmed by The Trinity to receive authority over God's lambs (who must be baptized), to grow in the love of Holy Mother the Church and to be protected as the Catholic laity with the food of the Eucharist. "Feed my lambs". "Tend my sheep". "Feed my sheep".

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kgs, Wheatish Complexion, Edn.B.Com., working as a C.S.R. Contact email : canute86@gmail.com

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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 : shamlcoutho@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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ian.roshan.dsouza@gmail.com

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6884. MANGALORE : Mangalorean RC Bachelor, (Born in April 1984), 5', Wt. 55 kgs, Wheatish Complexion, Edn. 8th Pass, working with Interior Designer. Seeks a simple poor girl, studied upto 10th std., Contact Mob: 7795733200 / 8971267606

6864. DUBAI : Mangalorean RC Divorcee, (Born in December 1963), Ht. 5' 6", Wt. 75 kgs, Wheatish Complexion, Edn. Non SSC. working as a Driver in Well known Company. Well settled. Contact 971-50-3564608

6872. MUMBAI : Affluent Family Mangalorean R.C. Bachelor, (Born in September 1982), Ht. 5' 10", Wt. 86 kgs, Fair Complexion, Handsome, MBA, M.Com., B.Com., (Rank Holder) Banker by experience, (Director - Managing very profitable Business). Contact email :

rajiv_alvares@yahoo.com

6867. PUNE : Goan RC Bachelor, (Born in April 1984), Ht. 5' 4", Wt. 70 kgs, Wheatish Complexion, Edn. MBA Finance, working For Bank. Contact email :

adrian.aries@gmail.com

6862. MUMBAI : Goan RC Bachelor, (Born in February 1983), Ht. 5' 11", Wt. 72 kgs, Fair Complexion, Edn. B.Com., well settled working in Mumbai. Contact email : keith_peter1983@yahoo.co.in

6856. MUMBAI : Mangalorean RC Bachelor, (Born in September 1973), Ht. 5' 7", Wt. 67 kgs, Fair Complexion, Edn. MBA, working as a HR. Contact email :

clifforddsilva@yahoo.co.in

6854. MUMBAI : Mangalorean RC Bachelor, (Born in October 1985), Ht.

5' 6", Wt. 78 kgs, Tan Complexion, Edn. F.Y. B.Com., working as a Sales Executive. Contact email : rquadres85@yahoo.co.in

6852. MUMBAI : East Indian RC Bachelor, (Born in August 1983), Ht. 5' 8", Well built, Wheatish Complexion, Edn. Bachelors in Hospitality and Tourism Management. Working as a Chef Head Chef in **DUBAI**. Contact email : joslyn.gomes@gmail.com

6899. MUMBAI : RC Bachelor, (Born in June 1968), Ht. 5' 7", Wt. 77 kgs, Wheatish Complexion, Edn. Diploma, Mechanical Engineering Graduation, MBA, working as an Engineer. Contact email :

teresa.mimr@gmail.com

6896. MUMBAI : Goan RC Bachelor, (Born in March 1982), Ht. 5' 11", Wt. 75 kgs, Wheatish Complexion, Edn. B.E. Electronics, Master in Information Management, working as a Finance Professional. Contact email : clyde25@gmail.com

6886. MUMBAI : Mangalorean RC Bachelor, (Born in May 1980), Ht. 5' 9", Wt. 68 kgs, Fair Complexion, Sober, Edn. S.Y. B.Com., working as a Sales Expert. Contact email : sandypinto70@gmail.com

6847. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in April 1973), Ht. 5' 10", Wt. 75 kgs, Tan Complexion, Edn. SSC, Having own business. Contact Mob: 9833176215

6846. MUMBAI : Mangalorean RC Bachelor, (Born in July 1985), Ht. 5' 5", Wt. 70 kgs, Fair Complexion, Edn. B.Com., working as a Office Administrator. Contact email : kevinbr85@gmail.com

6845. MUMBAI : Goan Roman Catholic Bachelor, (Born in November 1982), Ht. 5' 7", Wt. 67 kgs, Fair Complexion, Edn. B.Sc., working as a Internet Manager. Contact email :

dsilvaahimsa@gmail.com

6838. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in October 1974), Ht. 5' 4", Wt. 55 kgs, Wheatish Complexion Edn. VII std, working as a Electrician in BEST. Having House. Seeks a simple, understanding and good natured girl. Contact email :

belindacardoza777@gmail.com

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

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

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

6815 MANGALORE : Mangalorean RC Bachelor, (Born in January 1971), Ht. 5' 7", Wheatish Complexion, Edn. PUC Diploma in Civil Engg., having own business, Contact email : wilmamenz@hotmail.com

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

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6816. MUMBAI : Mangalorean Roman Catholic Divorcee, church marriage annulled, (Born in June 1980), Ht. 5' 1", Wt. 67 kgs, Wheatish Complexion, Edn. T.Y. B.Com., working. Contact email : marianike04@gmail.com

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

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

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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

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

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6969. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1983), Ht. 5' 3", Wt. 54 kgs, Wheatish Complexion, Edn. M.A., Working as an Educational Consultant. Contact email : elviraaranha@rediffmail.com

6957. ABU DHABI : Mangalorean Roman Catholic Spinster, (Born in September 1986), Ht. 5' 3", Wt. 60 kgs, Fair Complexion, Edn. M.Sc. / BFI, working as a H.R. Executive. Contact email : fidora86@hotmail.com OR +91 702 006 2880

6947. NEWZILAND : Goan Roman Catholic Spinster, (Born in July 1984), Ht. 5' 4", Wt. 55 kgs, Wheatish Complexion, Edn. B.Com., MBA Finance, working as a Finance Analyst. Contact email : ronifernandes2001@yahoo.com

6945. GOA : Goan RC Spinster, (Born in July 1982), Ht. 5' 7", Wt. 80 kgs, Wheatish Complexion, Edn. M.Arch., Architect by profession. Contact email : ishasoares82@gmail.com

6951. MUMBAI : Born Again Christian Divorcee, (Born in October 1976), Ht. 5' 5", Wt. 55 kgs, Fair Complexion, Edn. Post Graduate Diploma, working for Insurance Company. Contact email : sonalmodawal33@gmail.com

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Edn. Post Graduate Diploma, working for Insurance Company. Contact email : sonalmodawal33@gmail.com

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6945. GOA : Goan RC Spinster, (Born in July 1982), Ht. 5' 7", Wt. 80 kgs, Wheatish Complexion, Edn. M.Arch., Architect by profession. Contact email : nishasoares82@gmail.com

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

6878. MUMBAI : Mangalorean RC Spinster, (Born in October 1986), Ht. 5' 3", Wt. 75 kgs, Wheatish Complexion, Edn. Edn. B.A., PGDID, Service. Contact email : terrenceseq123@gmail.com

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6814. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in February 1992), Ht. 5' 3 1/2", Wt. 47 kgs, Fair Complexion, Edn. M.Com., NET, SET doing Phd., Lecturer by profession. Contact email : albanpereira1991@yahoo.com

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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

6658. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1987), Ht. 5' 5", Wt. 45 kgs, Wheatish Complexion, Edn. B.E. in E&T. with Master, working for Corporate firm. Contact email :

jovi_tangerine@yahoo.co.in

6657. VADODARA : Goan Roman Catholic Spinster,(Born in May 1989), Ht. 5' 9", Wt. 75 kgs, Fair Complexion, Edn. B.A., working for MNC. Contact email : cheryl24052001@yahoo.com

6656. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in May 1988), Ht. 5' 1", Wt. 49 kgs, Fair Complexion, Edn. M.Tech (Biotechnology), working as a Scientific Assistant, Contact email :

rachealm28@gmail.com

6653 MUMBAI : Goan Roman Catholic Spinster, (Born in July 1990), Ht. 5' 2", Fair Complexion, Edn. M.B.B.S., Doctor & pursuing M.D. Seeks M.D. / M.S., Doctors. Contact email :

selwynhenriques13@gmail.com

6651. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in May 1984), Ht. 5' 2", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., working

as a Customer Support in DUBAI. Contact email :

dsilva.seema@gmail.com

6645. ABU DHABI : East Indian Roman Catholic Spinster from Mumbai (Born October 1992), Ht. 5' 5" (166 cms), 62 kgs, Wheatish Complexion, B. Com, MBA (Finance) U.K. working for a Bank in Abu Dhabi, United Arab Emirates. Family U.A.E. based for past 25 years. Seeks a Professionally qualified bachelor, below 30 years working or settled overseas / On Board with sober habits, good family values, from a respectful family. Contact email : leteciaprisca@gmail.com

6644. MUMBAI : Goan Roman Catholic Spinster, (Born in December 1991), Ht. 5' 4", Wt. 52 kgs, Fair Complexion, Edn. Graduate (Travel/Tours), working as Sr. Operation Exe., Contact email : bernie0164@gmail.com OR 9930466725

6642-R 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

6640. MUMBAI : Goan Roman Catholic Spinster, (Born in December 1980), Ht. 5' 4", Wt. 85 kgs, Fair Complexion, Edn. M.B.A-HR, B.Com., 1st class, working as an Asst. to Vice President. Contact email :

rodrigues2631@gmail.com

6639. MUMBAI : Protestant Spinster, (Born in June 1981), Ht. 5', Wt. 50 kgs, Wheatish Complexion, Edn. B.A. Journalist, Working as a Fashion Designer. Contact Mob: 9820250350

6638. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in May 1989), Ht. 5' 2", Wt. 57 kgs, Wheatish Complexion, Edn. M.Com., Bank Officer. Contact email :

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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

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

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The correct career planning process

A GOOD JOB is what everyone desires after proper education. To land up having a good job, it needs a lot of hard work and smart choice of career through correct and thoughtful career planning procedure

There are many aspects one has to look at while making appropriate career plan. Better choice of career will make you a better person with good finance and a stable life. The career planning process is a difficult and significant mission. To plan a proper one has to be very cautious about several points and it is important for achieving success in life. Here are simple steps for choosing a career.

What you want to be ?

In our childhood we dream to become a Doctor, Engineer and Teacher and many more. Once we enter the teenage phase, we are so fascinated by the television world that most of us want to become actors. Check and make sure you make a wise decision of choosing a right career; because right career will help you excel in life.

Research :

When you choose a career make sure you do thorough research and development of the topic. Search on the internet, read books regarding

the career you are going to choose. Search for renowned people who are in the same field.

Talk to people who are already into it :

When you have chosen a career and you know that this is it. You need to put more efforts even after doing research on it. Check in your circle, who is in the same field. Talk to them and understand the details of it. Do not restrict talking to only one person, make sure you at least seek guidance from two to three such individuals. You can also make them your mentor who can guide you throughout your career. But don't be dependent on them always. Decision making capacity should be from your end. Also, discuss with your



parents about the career you are going to choose. They are experienced and will guide you on true sense.

Pros and cons :

When you talk with your mentor, ask him about the pros and cons of the career. There are pros as well as cons for each and everything. So when you decided on a career, it is very important to analyse the pros and cons of



it. The pros should be your strong points for your career and excel yourself in that. Whereas the cons are the weakest points which have to be eliminated in due course of time.

Determine your ultimate career :

After doing a detailed study, you are ready to determine your ultimate career. By this time you are sure what you want to be and how the very important to go through step by step such that you don't land up having a bad deal about your career. Nobody wants to regret in life after choosing a wrong career. Isn't it?

ACTION PLAN

The final step in the career planning process is to create an action plan. The action plan is designed to help you reach your goals. In your action plan you should identify your short-term and long - term goals, identify education and training requirements for your career, develop a job search strategy, identify potential employers and prepare for job interviews.

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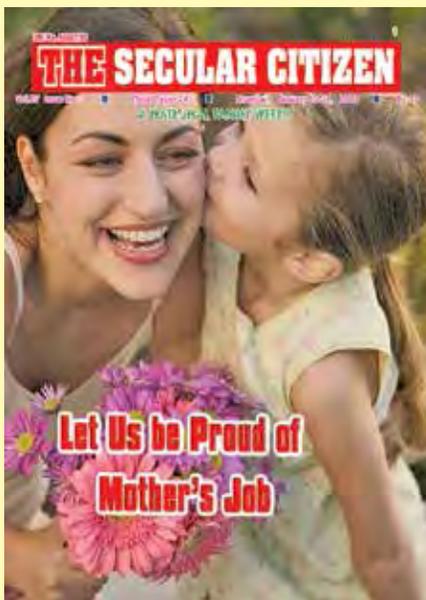
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