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A NATIONAL FAMILY WEEKLY

LIES

LIES

LIES

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Are We Living a repetition of Lies?

by Don Aguiar

Isaac Asimov could really see the future and says - When stupidity is considered patriotism, it is unsafe to be intelligent. Rightly so we are living a future that we are not recognizing as our present; it is taking us in, layer upon layer, in ways that we probably need to recognize if we are to be able to combat its consequences. Else we run the peril of leaving ourselves irredeemably diminished.

Are we living a repetition of lies — malevolent lies, constructed lies, deliberate lies; blatant, unembarrassed lies. Nothing happened in seventy years. But now we've arrived in *achchhe din*. The leader can do no wrong. Besides, there's none other than him. Corruption has been wiped out. Women are safe, and the RSS is a cultural organization. Varanasi is galloping towards becoming Kyoto and India towards becoming *Vishwaguru*. We shall be tagged a five trillion dollar economy, an act of god has probably delayed things a bit, but we shall soon arrive there. A hundred smart cities are prepping in the mixer, about to spill out. All homes have been lit. There is no open defecation anymore. That is one of the reasons we have done better than most others in our fight against the coronavirus. Such lies. Or lies like the lie on the losses to the Chinese in eastern Ladakh: no one came, there's nobody there, those that tried to come, we stared at and repelled. Passive lies too, passive as pronouns; the sudden annulment of "China" from the prime minister's vocabulary is akin to the annulment of truth. We are living such annulment. But such are the truths handed to us by the establishment as fundamental articles of faith.

We are living the wantonly piled weight of deficits upon us — the surging double-helix of unemployment and consumer prices, the bleakness

of an economy wilfully mismanaged, the inspired erosion of social security, the onward-upward march of the coronavirus. We are living ridden lives — with hunger and scarcity, with joblessness, homelessness, dislocation, with uncertainties over today and cascading angst over tomorrow. What's there to assure us that once the perils of this deathly epidemic have been contained and put away — someday, surely, though nobody yet knows — the clamour and chaos over what preceded its arrival will not again descend upon us — the flaming demagoguery and disquiet over who is Indian who is not, and how one shall be sorted from the other like rotten chaff from grain, our plurality tortured into homogeneity. We are living in the lee of such anxieties.

We are living the frequent ridiculing and scorning of ourselves. In this marooning of ourselves by tough tides, we are invited to gawk at a tableau of medieval majesty, and applaud — the emperor strolling his bespoke estate, peacocks prancing and preening; the emperor cutting his path through the loops of the spectacle as if it were all so quotidian and dreary he could not be bothered to notice the splendor of peacocks at untrammelled dance; the emperor then taking a break to feed his favoured bird, a piece shot in two sequences, once seated on a sofa, once squatting on the ground; the emperor then resorting to a spell of reading, or so it appears, his favoured bird looking askance at his feet. All through this, the emperor having changed his clothes five times, probably six, it's often tough to keep count.

The visual treat is followed by an audio repast. An engaging vocal-for-local menu of dogs and the virtues of native breeds and pedigrees, and toy making; the imperial proclamation of a nationwide meme competition staged by the official portal of the sarkar,

teamed with multiple quizzing opportunities on food and nutrition. Shades of Haile Selassie feeding lions and other favoured pets in the menagerie of Addis Ababa's Jubilee Palace while Ethiopia lay famished in her ruins. However, ours seems not to reason why, we are happy audiences to such sublime stuff of distraction from all that should really bother and concern us. We also want to live the indulgence of our delusions; we see an ascetic where there is only calculated pomp and callous extravaganza, from that cave retreat in Kedarnath to the private lawns of 7, Lok Kalyan Marg.

We are a living parade of the compliant and the complicit. We clap when we are asked to clap. We turn off the lights when we are commanded to. We willingly sacrifice and suffer and believe it to be a necessary virtue because sacrifice and suffering have been so decreed. We have stopped to ask what for? Or who for? We have stopped to think for ourselves. We listen to the most absurd mumbo-jumbo with rapture and invest in ludicrous wisdoms against our good sense and knowledge. We wantonly ignore the disfiguring of our history and heritage. We seem to have forsaken our collective intelligence to embrace pure baloney, or at least we don't seem to mind it. The prime minister spins a tale of extracting gas from the gutter and giving it flame. The education minister tells us that astrology is the highest of all sciences known to man. The aspiring finance minister reveals the magical innovation of using footwear sales to turn the economy. Her boss once proffered the alternative of *pakodas*. *Papad* and *gau mutra* have been hawked as effective antidotes to the pandemic.

It will not do to ignore such claptrap, or merely laugh and mock and move on. That is to miss the meaning of



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(Contd.. from p. 2)

why such claptrap is being showered down upon us. Or why sacrifice is being demanded. Or why compliance is being assumed. Or why lies are being told and festered. Or why the prime minister devotes time and resources — public resources we must presume — to having himself shot among peacocks, or why he begins a discourse, with no reference or relevance, on native dogs and the benefits of breeding them.

The truth may be this, and it is for us to grasp: we have been systematically turned into a laboratory of diminution, we are willing material for dipstick trials. Each time idiocy or affront is inflicted on us is a test of how much we can be reduced; each time we are ordered to swing and dance in unison

is a test of how much we will obey; each time we are goaded under the burdens of cynically imposed adversity — remember demonetization? — In the name of national interest and the larger good, it is a test of how much we can be heckled; each time a miscarriage is enacted, each mindful mutilation — political, social, economic, administrative, judicial — is a test of what we will witness and let pass. Indians have never before been persuaded to hate fellow Indians so radio-actively as today, nor to celebrate the pillaging and plight of fellow countrymen. Indians have also never been so robbed and poorly across aspects of their lives and not thought of complaining. We are living the funereal carnival of our dispossession. And we probably do not know. Successor generations might turn to ask: What were you applauding?

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Reopen Church doors

The great enemy of our God 'Satan' has been dancing with glee because the government all over the world has closed church doors since March due to the Covid-19 pandemic. It's high time now the government opened them back. Places of worship are essential to all of us and our very way of life as people of God. We are not designed to live in isolation from other believers. We can open them back safely and with precaution. Hearing online Mass on YouTube or on TV is not what God wants us to do. He wants us to go to church because He (Jesus) is only present in the Eucharist.

—*Jubel D'Cruz,
Dombivili, Mumbai*

On re-opening of churches

The reopening of churches in the country for the resumption of church services, is unlikely to bring cheer to most Catholics for whom live-streamed and 24x7 televised masses are proving to be more spiritually uplifting and edifying. There is spiritual life even outside the church, and though church services have come to a halt during the pandemic, the liturgical spirit of the faithful has not dampened, with almost every home becoming a virtual domestic church with a renewed spirit, and the new normal of worshipping God in spirit and truth. In this context it is pertinent to mention that the temple of Jerusalem was not central to the life and ministry of Jesus Christ, who spent

more time with the people than in the temple. Secondly, it remains to be seen how the church copes with large parishes in view of the stringent safety protocol of social distancing, and restriction of the number of devotees to a maximum of 50-100. Finally, even though due consideration is required to be given to senior citizens and the vulnerable at church services, I wonder how many would choose to risk their lives, when the percentage of Covid positive cases in the country is much above the national average and WHO requirements.

—*A. F. Nazareth,
Alto Porvorim, Goa*

Good Articles

There are two good articles in the Secular Citizen dt 2nd November, by Don Aguiar on Pope Francis' purported statement on gay couples, and Rev Michael Gonsalves on how Catholics should vote for the US President.

Aguiar has presented a balanced approach, devoid of "burn in hell" rhetoric. Unfortunately, in the absence of a statement from the Vatican itself, one is not too sure of what the pope actually said in his native Spanish, and how it has been translated.

Pope Francis has often used words like mercy and compassion in his public statements. Theologians could be left to discuss theological issues, but pastors needed to address people's real life issues. He is following the path of Jesus who said that the Sabbath was made for man and not the other way around. An allegory will help illustrate the point between a dogmatic and pastoral approach.

There was a signboard near a fast

flowing river that read "Danger, don't enter". Nevertheless a hot blooded young man jumped in and was being swept away. The dogmatist pompously said "You deserve it for not listening, now pay the price". The pastor said with compassion "We need to save that man's life". I feel that Pope Francis' comment should be seen in this light.

As far as we know his comment was about an empathetic attitude towards a homosexual person who should not be ostracised by his family or society. The comment on civil unions seems to have been lost in translation, with various claims and no clarification from the Vatican. I would prefer to see the pope's comments in the larger context of his papacy and not in isolation.

I am reminded of when I was the National President of the All India Catholic Union (1990-94). We had been pushing hard for changes in Christian personal laws pertaining to marriage, divorce, succession and adoption. When we submitted our proposals to the Govt the CBCI opposed them leading to much acrimony. Eventually Bp Bosco Penha called a meeting of all the stakeholders, including from sister churches, at the CBCI Centre, New Delhi. We stated that we were not challenging the doctrinal teachings on marriage or divorce. We were only referring to the civil effects – like custody of children, maintenance, protection from domestic violence etc. The CBCI accepted our approach and the rest is history. Perhaps this is what was on Pope Francis' mind.

As for the US Presidential elections, Gonsalves has presented the issues from a Catholic (Christian) perspective. Right wing conservatives have stressed just one issue, that of abortion; in which Trump is seen as being on the "Catholic" side. However, almost everything else about Trump is largely against Christian values of equality, fraternity and justice. Biden is reportedly a "practic-

(Contd.. on p. 7)



The Virus Is Still Out There

“The lockdown has ended, but the virus is still there!”

The Prime Minister couldn't have been more forthright about the situation in the country today. In an impassioned appeal to the nation, he cautioned citizens against any laxity until an effective cure is found.

Although a government appointed committee is of the opinion that India has crossed the COVID peak, apprehensions over an increased susceptibility to the infection with the onset of winter and the upcoming festivals are not unfounded.

But while lockdowns would be the least desired of actions to check the spread of coronavirus, it is more than apparent that any relaxations in safety measures could yet lead to a significant rise in cases.

However, for a country that has been in the throes of the epidemic for the past few months, it would be wrong to say that the populace is not conversant with the well-defined protocols in place to counter the threat of the virus.

It is nevertheless the laxity shown towards following the system of rules that explain the correct conduct and procedures to be followed during the pandemic which has led to the alarming spike in infections.

Hence it was indeed a rude shock to

have numerous videos of Saturday night parties the preceding week at popular restaurants and clubs in the coastal area in North Goa going viral on social media platforms.

A sea of humanity partying the night away in complete violation of the safety norms prescribed may be the public's idea of celebrating the sudden freedom after the slew of restrictions imposed denied people the liberty to enjoy during the pandemic.



by Pachu Menon

But are we in the safe zone as yet!

When it is said that the country should now move towards full resumption of activities it clearly implies that besides efforts to consolidate the economic front; citizens are to make a gradual shift towards

bringing back normalcy in their everyday lives, but strictly remaining within the parameters of the safety protocols stipulated.

'Reopening' of the tourism sector for that matter should be a very cautious affair with the authorities ensuring a strict enforcement of the government diktats vis-à-vis the COVID environment prevalent. Any complacency in this regard can only bring about drastic consequences.

Beach belts in the state are teeming with tourists and the number of vehicles bearing Maharashtra and Karnataka registrations should give one an inkling of the travel enthusiasts who

have driven down all the way from neighbouring states to enjoy a relaxed stay in India's very own paradise.

But for many of them it is as if wearing face masks and maintaining social distancing are things of the past!

The reluctance of the people to adhere to strict safety measures has always been a matter of great concern for the state health authorities. And especially now when people will slip into the mood for festival gaieties!

The low-key celebration of Ganesh Chaturthi ought to have set a precedent with regard to the vivacity which would mark the manner in which the other festivals which are to follow would be observed in the state.

But somehow people do not fancy festivals and their celebrations without the traditional fanfare associated with them.

It is Navaratri time now, and every raver would be excited about taking part in Garba functions.

However, a missive from the government to have all jollities while celebrating festivals toned down during the pandemic may pour cold water on the plans of quite a few.

With many celebrators firm in their opinion that live performances have a certain magic to them, taking part in virtual Dandiya and dancing the night away at home may not appeal to many.

However, with a majority of the populace indicating a preference for socializing during festivals, fears of another spike in COVID cases are not baseless either!

After remaining cooped up inside their homes for so long due to the virus fear, relaxation in restrictions which has seen the situation returning to near normal may have people venturing out in a big way to celebrate festivals.



Jai East Indian Prize Winners

At a talent contest of East Indians held recently, the following are the winners:

1. Rovina Vaz & Victor Misquitta (Second Consolation Prize) Juhu & Vile Parle - Duet
2. Rufus & Annette Creado (Third Consolation Prize) Baltimore USA - Duet
3. Rev. Fr. Chris Bandy Best (Picturization) Assissi, Italy - Solo
4. Charlie & Charlotte D'Mello (Promotion of East Indian Culture_ Sahar - Duet
5. Jascinto D'Souza (World Best East Indian Singer Champion 2020) Worli - Solo
6. Rev. Fr. Victor Dalmat (Joint Second Prize Winner) Bhate Bandar, Uttan - Solo
7. Rev. Fr. Ashlie Bhanga (Joint Second Prize Winner) Virar - Solo
8. Macdonald Gomes & Christilda Gracias (Third Prize) Dongri - Duet
9. Rev. Donald Rodrigues (First Consolation Prize) Marol - Solo

— Herbert Baretto

(Contd.. from p. 6)

The Standard Operating Procedures issued by the Ministry of Health notwithstanding, the 'COVID-19 appropriate behavior' during the festival season is too much to ask for from people who are already tired of having had to constantly take precautions for months at a stretch now.

In view of mass gatherings characterized by concentration of people during various festivals resulting in the rapidity of COVID infections, imposition of Section 144 in the state in view of the upcoming festivals is indeed welcome.

As it curtails the Diwali celebrations in the capital this year, the Corporation of the City of Panaji has cancelled its annual Narkasur competition, loud music and the use of firecrackers.

Yet, considering the traditional aspect of the Narkasur spectacle on the eve of Diwali, the Mayor has requested those wanting to make effigies of the demon to restrict their size to five feet only.

It is all such 'traditions' associated with various festivals which make people get together to celebrate them. But when, thanks to the virus, the entire world finds itself in dire straits; it now remains to be seen how well people cooperate to ensure an 'uneventful' festival season in these pandemic times.

'Onam' celebrations which dented Kerala's admirable COVID-control statistics will serve to be a handy lesson for Goa when it gears up for the upcoming religious festivals.

News that infections caused by many respiratory viruses swell in winter and drop in summer is also a cause for concern.

Growing evidence suggests that a small seasonal effect will probably contribute to bigger outbreaks in winter on the basis of what is known about how the virus spreads and how people behave in colder months.

Epidemiologists continue to believe that by far the biggest factor that will affect the size of an outbreak will be control measures such as social distancing and wearing face masks.

Need anything more be said!

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(Contd.. from p. 5)

ing" Catholic of Irish descent; shades of John F Kennedy, barring his age.

Hopefully, by the time this letter is printed the world will have come to know what Americans, including its Catholics, believe to be more important. This election should not be seen as a binary of black and white, for there are many shades of grey in between.

—*chhotebhai
Kanpur*

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“Why do we remain poor?”

Lucas, a young man with dreams in his eyes and a smile on his lips, migrated to the glitzy city in search of a better life for himself and his family. Back home, in the District of Naupada in Odisha, the few goats the family owned failed to feed the six hungry mouths. He needed more, not only food, clothing and shelter but also the means to acquire education and medical facilities. In this megacity of booming construction business, he quickly found a job that provided him free accommodation in a tiny secluded corner of the building he was helping to build. In the company of other construction workers, youth from similar backgrounds, he found joy and contentment.



by Vera Alvares

Attending the Sunday Hindi Mass in the nearby church provided him an opportunity to mingle with his own people. Soon he found a life partner and started a family of his own. But the juggernaut of life in the big city abruptly came to a grinding halt, plunging lives into darkness.

When the pandemic struck the city, all construction work came to a standstill and Lucas' income dried up, forcing him to flee the city with the other migrants. He found himself trudging along the highway, pushing a bicycle loaded with his meager earthly belongings including his toddler son.

the modern-day amenities like electricity, water, school or hospital. His question had been mostly shrugged off by a generation that had seen it all and now was resigned to its fate. But then he discovered that he was born in a low-class family which had no access to livelihood resources such as land, water and forests. Generations in his family had lived and died poor only to swell the statistics of Indians (BPL), below the poverty line.

Not many details are known as to how he too became a mere number in the list of deaths due to the deadly disease. But it is ironical that the pandemic did not kill him but poverty did! He had died of exhaustion, starvation and dehydration, one among the faceless often-cited multitude.

With these prevalent conditions it is not surprising that India has 220 million poor according to the last poverty count and we are adding to that number! Policies and welfare schemes may be temporarily raising people above poverty levels, but are not able to keep them there. Examining our own lives could help us to decode this baffling conundrum.

Most of us grow up in an India that worships the values enshrined in India's Constitution, i.e. equality, liberty,

justice and fraternity- the 'middle-class' India! What we do for our less fortunate brethren is not sufficient to dent the mountain of growing poverty unless conscientious efforts by a united India are planned and executed meticulously.

His pregnant wife plodded by his side, thirsty, hungry and distressed. Unable to afford any kind of transport, he sent up a silent query, “God, why do we remain poor?”

“Why do we remain poor?” was the question he had often asked the elders in his remote hamlet that had none of

It is that other India inhabited by businessmen billionaires and success stories of rags to riches that can truly make an impact. But the stark realities of migrant workers, bonded labour, caste and class distinction escape the notice of people engrossed in their own affairs. In recent times the widening wealth gap drastically widened further due to millions of Indians being uprooted and rendered jobless. Under the circumstances, Mahatma Gandhi's words ring so true, “The world has enough for everyone's needs, but not for everyone's greed”. Until and unless the two Indias meet on a level playing field, a beleaguered society will continue to face questions like- Why do we remain poor?

Records show that some areas in India have been chronically poor for generations. The regions of Kalahandi and Nuapada in Odisha, Jhabua and Tikamgarh in Madhya Pradesh, Gumla and Khunti in Jharkhand, the Bastar region in Chhattisgarh and some others have remained poor and the reasons are many. Economists analyze it as 'Hereditary Poverty'. “if rules, institutions and mentalities make it hard for people to escape the social class of their parents, then this not only reduces fairness, just reward and opportunity, but it also determines the kind of poverty in society” It is said that if caste and religion are the two default hereditary burdens, poverty is the next. Would does it mean to people like Lukas?

According to World Bank, “Poverty is pronounced deprivation of well-being due to low income, inability to acquire basic goods and services, necessary for survival with dignity. It also encompasses low levels of health and education, poor access to clean water



Do Not Mask Real Working Atmosphere

While better treatment means that Covid-19 is becoming less deadly, its many other long-term effects remain the subject of much study and debate. With the coronavirus now linked to Parkinson's disease and delirium and it is impacting our brains. Now, it is time for the commencement of work to start in full force and with all the activities to commence without any itch and the office premises are becoming highly Covid resistance friendly and it is good news.

To work safely at a COVID-ready workplace necessary steps are being taken up in full swing. It is time to build a return-ready suite which complies with the recent WHO workplace guidelines offering touchless guest check-ins and thermal scanning to contact tracing and safety status



Jayanthy Subramaniam



screening. Thus, a contactless solution enables your guest to check-in via their personal device, scan a QR-code, enter a virtual visitor lobby and confirm check-in, creating a 100% touchless visitor experience. Moreover, it is also needed to integrate a temperature scanning device into your overall entry process to record and screen body temperature, blacklist high-risk individuals and raise red alerts to security teams.

Empower your security teams to screen visitors for facial mask adherence right at the point of check-in. Allow the visitor check-in, only when mask adherence is confirmed by the Veris terminal. Identify the risk status of every visitor who enters your premises by using the Veris App to scan their Aarogya Setu QR code and instantly alert security, if a visitor is found to be at risk. Add a configurable COVID-19 screening questionnaire to the overall visitor flow, mapping details such as latest travel history, COVID-19 symptomatic status, and capturing relevant data for every visitor. Create configurable and creative background images to your tablet and mobile based visitor application to educate your visitors about mandatory rules and recommended COVID-19 safety protocols.

Ensure that your visitor management process aligns with WHO-recom-

mended contact tracing. Ensure easy access to an accurate and detailed record of all visitors who enter your premises, in real-time. Trigger and broadcast alerts to all hosts and visitors present at your premises, in case of emergency. Reach all checked-in members instantly via sms/mail within a few clicks on the Veris dashboard. Replace the infection-prone biometric solution with our facial recognition based clock-ins, ensuring a zero touch attendance experience while integrating with your existing HRMS employee management system.

Capture staff temperature and display their live health and safety status on TV/App/web, ensuring social distancing with low human density while raising customer confidence in dealings with your institution. Masks are recommended as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the mask coughs, sneezes, talks, or raises their voice. This is called source control. This recommendation is based on what we know about the role respiratory droplets play in the spread of the virus that causes COVID-19, paired with emerging evidence from clinical and laboratory studies that shows masks reduce the spray of droplets when worn over the nose and mouth. COVID-19 spreads mainly among people who are in close contact with one another with proper precautions.

Masks are not surgical masks or respirators. Currently, those are critical supplies that should continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance. Masks also are not appropriate substitutes for them in workplaces where surgical masks or respirators are recommended or required. In all, create a congenial office atmosphere during the Covid time and make sure that all the precautions are taken in a timely way.

(Contd.. from p. 8)

and sanitation.....and insufficient capacity and opportunity to better one's life."

The truth is the rich get richer and the poor mostly remain poor. Today, the richest 10% in India controls 80% of the nation's wealth, according to a 2017 report published by Oxfam, an international confederation of agencies fighting poverty. And the top 1% owns 58% of India's wealth. Another way to look at it is, the wealth of 16 Indians is equal to the wealth of 600 million people.

India is young with 600 million of its population under the age of twenty five, striving to break through the glass ceiling and rise higher. Those ready to take chances hardly find footholds of opportunities to climb higher Are we ready to stretch our hands and lift them up?



Stand With Stan Now!

It is more than three weeks now: on the night of 8 October 2020, the 83-year-old Jesuit Fr Stan Swamy was taken into custody by the National Intelligence Agency (NIA) from his residence in Ranchi to an undisclosed destination. According to his colleagues, the NIA did not serve a warrant on Fr. Stan and that their behaviour was absolutely arrogant and rude. The next morning, he was forcibly flown to Mumbai, where he was immediately produced before a special court and then sent to the Taloja Jail just outside the city. Fr Stan is sickly and feeble; it is over three weeks now since he is in jail. He was already denied bail once. No one knows how long he will be kept in jail and/or whether he will survive the ordeal. There is however, a national outrage from civil society. Protests are being held everywhere and so are prayer services. Webinars, press conferences, social media interventions (#StandWithStan) and other programmes are held every day and everywhere, demanding his immediate and unconditional release. The UN High Commissioner for Human Rights, Michelle Bachelet has also demanded his release and so have others the world over. We must stand with Fr Stan Swamy now for several significant reasons.



BY FR. CEDRIC PRAKASH
SJ

Stand with Stan now because he epitomises all that is good in the Gospel of Jesus and the Constitution of India. He has always radiated compassion, truth, justice, liberty, equality, non-violence and fraternity. He spoke about these values, he taught them, he embraced them and lived them. This is exactly what Jesus did and does -and expects each of his disciples to do the same today! We have to promote and protect the sanctity of the Constitution for the generations which will follow us!

Stand with Stan now because he is by default the face of several others languishing in jail. Those, who like him, are illegally incarcerated in the Elgar Parishad/ Bhima-Koregaon case like Sudha Bhargava, (human rights lawyer and activist from Chhattisgarh), Varavara Rao (78-year-old Activist, writer and poet from Andhra Pradesh; he is currently very sick), Anand Teltumbde (70-year-old Dalit scholar and activist), Arun Ferreira (advocate and human rights' activist from Mumbai), Vernon Gonsalves (civil rights activist and former professor at Mumbai University), Sudhir Dhawale (writer and Mumbai-based Dalit rights activist), Shoma Sen (professor

at Nagpur University), Surendra Gadling (a UAPA expert and lawyer from Nagpur), Mahesh Raut (a young activist on displacement issues from Gadchiroli), Rona Wilson (Delhi-based prisoners' rights activist), Gautam Navlakha (Delhi-based journalist and civil rights activist), Hanybabu Tarayil (DU Professor) and three members of the Kabir Kala Manch, Sagar Gorkhe, Ramesh Gaichor and Jyoti Jagtap; besides these, there are several others like Umar Khalid and Sai Baba; some anti-CAA protestors who are also in jail on false charges, because they have taken a stand for justice and truth.

Stand with Stan now because his arrest has brought into focus the draconian UAPA (Unlawful Activities Prevention Act). At a recent Media Conference, Opposition Leaders from across the political spectrum have called for an immediate repeal of the UAPA. CPI(M) leader Sitaram Yechury at a virtual conference recently organised by the People Union of Civil Liberties (PUCL) *"This the Unlawful Activities Prevention Act must go from statute books. It has to be removed. We do not need these sorts of laws that can be misused. The present regime removed checks and balances on UAPA and misused this draconian law. It must go."*

Stand with Stan now because he has shown us what it means to truly accompany and empower the Adivasis. He has struggled alongside with them on issues related to the violation of laws in acquiring land for mega projects for mining and infrastructural development which flout the rights of the downtrodden and tribals. He has been consistently his raising voice in democratic, legitimate ways against the state-sponsored violations of laws and assault on democratic rights of people aimed at paving way for unrestricted exploitation of land and natural resources. He has questioned the non-implementation of the 5th Schedule of the Constitution why the Panchayats (Extension to Scheduled Areas) Act [PESA], has been ignored. He has expressed disappointment at

(Contd.. on p. 12)

Gubernatorial over-reach?

The Governor of Maharashtra, Bhagat Singh Koshyari, lowered the dignity of his high office with inappropriate language in his letter to the Chief Minister Uddhav Thackeraray on the delay in opening of the places of worship [read Hindu Temples]. He was not talking of all the places of worship like Mosques, Churches, Gurudwaras & Fire Temples. He publicly displayed his partisan approach by talking about Hindutva and Hindu temples, crudely questioning the 'secular' credentials of the incumbent Chief Minister. In doing so, the Governor implied that if the CM is a secular person then he is a misfit in the BJP scheme of things. Ever since the BJP has come to power it has consciously appointed Governors who have a RSS bent of mind which is Hindu-centric with visible aversion or indifference towards a particular minority. Shocking, a Governor blatantly chooses to be a stooge of the ruling party.

The Maharashtra Chief Minister reacted immediately and decisively in his response to the Governor telling him that it is his prerogative to decide on the opening of the places of worship keeping in view the prevailing situation in the State. The CM also told the Governor that he does not require any certificate from anybody [Governor]. That was a very impactful message a CM could have conveyed to the Governor. This is not the first time that the Governor has acted irresponsibly. The CM, by not opening the places of worship even after this episode, sent a stern message that only he is the boss.

The ruling coalition in the State has appointed a Chief Minister and it is his writ that should run in the State. In opposition States, of late the Governors have tried to exceed their constitutional duty which is to oversee the governance of the state and give advice to the Chief Minister. There is a running battle between the CM and the Governor in Bengal where he comments on murder of a BJP worker but remains silent when a TMC worker is killed. That is partisan politics – something a Governor is forbidden to indulge in by virtue of his constitutional status. President of India does not indulge in politics. Unfortunately, the Governors in states want to please their masters in the BJP and the RSS. Earlier the Lt Governor of

VIEWS on NEWS

Delhi had a running feud with the Delhi CM till the Supreme Court put him in his place.

The elder statesman of Maharashtra Sharad Pawar took umbrage at the language used by the Maharashtra Governor in his letter to the CM. He was so perturbed that he felt it appropriate to take up the matter with the PM who also must have been embarrassed with the language normally used by a politician to score a point or two. In a recent interview Amit Shah HM made his displeasure public without mincing words which shows how much damage Koshyari has done not only to the BJP but also to his constitutional position. It is very rare for the HM to openly berate a Governor. Koshyari who was himself a CM in U'khand earlier should have known the protocol better.

Having Governors from the party which rules at the centre has been in vogue for many years and it became a norm when Indira Gandhi was the PM. While the Governors normally did not have day to day problems with the CMs from other parties, their role was important in ministry formation, testing of strength on the floor House and more particularly when State governments were to be dismissed under article 356 of the constitution. Today their approach is visibly hostile. It appears a Governor has been given a brief to confront the opposition CM. Hopefully with this embarrassing episode, henceforth Governor Koshyari will be extremely careful in his interactions when it comes to the Maharashtra CM. All governors need to remember that they are 'selected' while Chief Ministers are 'elected'. They should maintain dignity of office and avoid getting into day to day affairs of a State.

Ghost Insurance Agents?

Some years back I had purchased a Term Policy for my NRI son as the interest rates on NRO/NRE funds were minimal. This term policy, it was explained, could fetch returns in the region of 7 to 8% which looked reasonable then. I was told that though the term of the policy is 10 years the insured has the option of an 'exit' after five years. The annual premium amount was fairly big and with



by Marshall Sequeira

a 10 year term the aggregate was substantial. This policy was purchased from a private bank and only the bank official concerned was involved. The policy document was received and sadly, it was filed without going into all the details. After five years I casually checked at the branch [officer who sold the policy was transferred by then] and I was shocked to hear that if the holder opts for exit, he stands to lose approximately 40% of the premium paid. Shocking! This was never clarified when the exit option was offered.

The final installment was paid and it was time to check the procedure to get the proceeds at the end of the 11th year. On perusal of the policy document name of an Insurance agent appears on it. I was rather surprised because at no stage a third party was involved either directly or otherwise. The application form which forms part of the policy documents also has a rubber stamp of an agent. It was not affixed at the time of signing the form. An agent is supposed to service the policy but not once did the so called agent get in touch for 10 long years. That raises the crucial point – why was his name incorporated and by whom? Most private banks are aligned to some insurance company and they sell their products.

A bank official may not get any commission on premium [which could have been substantial in this case] I suppose but such business is only considered at the time of his/her annual appraisal on the performance. May be the officer get a 'performer of the month' citation? It gives an impression that at some point there is this sinister plan. By involving some agent the commission can be shared and the ratio would definitely be in favour of the Bank/insurance company official. In this situation an unknown person gets access to the insured person's personal data, which among others, also includes overseas earnings, address, contact numbers etc. People should be aware of such malpractices.

(Contd.. from p. 10)

the silence of the govt on Samatha Judgment, 1997 of the Supreme Court; he has raised his voice at the half-hearted action of the Government on Forest Rights Act, 2006. He has expressed his apprehension at the recently enacted Amendment to 'Land Acquisition Act 2013' by the Jharkhand government which sounds a death-knell for Adivasi Community. He has strongly disagreed with the setting up of 'Land Bank' which he sees as the most recent plot to annihilate the Adivasis. He has challenged the indiscriminate arrest of three thousand young Adivasis under the label of 'naxals' just because they question and resist unjust land-alienation and displacement.

Stand with Stan now because he understood and lived the call of 'Laudato Si' – even when many of us have been in our comfort zones, cosmetizing this powerful Encyclical, Stan has had the courage to take on the mining mafia who were destroying the forests, the natural habitat of the Adivasis and looting precious natural resources for their profiteering. He has been living the mandate of Pope Francis, *"The human environment and the natural environment deteriorate together; we cannot adequately combat environmental degradation unless we attend to causes related to human and social degradation. In fact, the deterioration of the environment and of society affects the most vulnerable people on the planet: "Both everyday experience and scientific research show that the gravest effects of all attacks on the environment are suffered by the poorest" (#48) ... Today, however, we have to realize that a true ecological approach always becomes a social approach; it must integrate questions of justice in debates on the environment, so as to hear both the cry of the earth and the cry of the poor."* (#49)

Stand with Stan now because he believes in the Joy of the Gospels. Pope Francis emphasises in 'Evangelii Gaudium' *"An evangelizing community gets involved by word and*

deed in people's daily lives; it bridges distances, it is willing to abase itself if necessary, and it embraces human life, touching the suffering flesh of Christ in others. Evangelizers thus take on the "smell of the sheep" and the sheep are willing to hear their voice. An evangelizing community is also supportive, standing by people at every step of the way, no matter how difficult or lengthy this may prove to be. (#24). I prefer a Church which is bruised, hurting and dirty because it has been out on the streets, rather than a Church which is unhealthy from being confined and from clinging to its own security. (#49) Peace in society cannot be understood as pacification or the mere absence of violence resulting from the domination of one part of society over others. Nor does true peace act as a pretext for justifying a social structure which silences or appeases the poor, so that the more affluent can placidly support their lifestyle while others have to make do as they can. Demands involving the distribution of wealth, concern for the poor and human rights cannot be suppressed under the guise of creating a consensus on paper or a transient peace for a contented minority. The dignity of the human person and the common good rank higher than the comfort of those who refuse to renounce their privileges. When these values are threatened, a prophetic voice must be raised". (#218)

Stand with Stan now because in spite of perhaps not having read Pope Francis' Encyclical 'Fratelli Tutti' (which was released on 4 October and Stan was arrested on 8 October), he has been living the letter and spirit of this great document. Pope Francis unequivocally states, *"For these reasons, the Church, while respecting the autonomy of political life, does not restrict her mission to the private sphere. On the contrary, "she cannot and must not remain on the sidelines" in the building of a better world, or fail to "reawaken the spiritual energy" that can contribute to the betterment of society. It is true that religious ministers must not engage in the party politics that are the proper domain of the la-*

ity, but neither can they renounce the political dimension of life itself, which involves a constant attention to the common good and a concern for integral human development. The Church "has a public role over and above her charitable and educational activities". She works for "the advancement of humanity and of universal fraternity". She does not claim to compete with earthly powers, but to offer herself as "a family among families, this is the Church, open to bearing witness in today's world, open to faith hope and love for the Lord and for those whom he loves with a preferential love. A home with open doors. The Church is a home with open doors, because she is a mother". And in imitation of Mary, the Mother of Jesus, "we want to be a Church that serves, that leaves home and goes forth from its places of worship, goes forth from its sacristies, in order to accompany life, to sustain hope, to be the sign of unity... to build bridges, to break down walls, to sow seeds of reconciliation".(#276)

Stand with Stan now because just before his arrest he wrote, *"Over the last two decades, I have identified myself with the Adivasi people and their struggle for a life of dignity and self-respect... In this process, I have clearly expressed my dissent over several policies and laws enacted by the government in the light of the Indian Constitution. I have questioned the validity, legality and justness of several steps taken by the government and the ruling class. If this makes me a 'desh-drohi', then so be it. We are part of the process. In a way I am happy to be part of this process. I am not a silent spectator, but part of the game and ready to pay the price whatever be it... I / we must be ready to face the consequences. I would just add that what is happening to me is not unique. Many activists, lawyers, writers, journalists, student leaders, poets, intellectuals and others who stand for the rights of Adivasis, Dalits and the marginalised and express their dissent to the ruling powers of the country are being targeted. Grateful to all who*

(Contd.. on p. 13)

(Contd.. from p. 12)

have stood in solidarity with me all these years". Can there be a more motivating reason?!

Stand with Stan now because like a true son of St Ignatius he has been walking the talk; giving without ceasing. In keeping with the Universal Apostolic Preferences of the Society of Jesus he was convinced that he had to work with the excluded. He did so in a most unassuming manner, standing up for their rights, ensuring that they live a more dignified life in an environment of justice! Like him, our stand today for him, necessarily has to be visible and vocal!

Stand with Stan now because the harassment, intimidation, the hours of interrogation he has been subject to and his incarceration in Talaja jail is not only unwarranted and illegal but downright inhuman. That an innocent eighty-three-year-old with physical ailments, can be a victim to such horrendous treatment from the ruling regime speaks volumes of the abysmal depths to which the country has fallen into; that too when the country has been gripped by a pandemic which has taken a toll everywhere! All civil behaviour and democratic norms have been thrown to the wind.

We MUST Stand with Fr Stan Swamy NOW... yes, because he is a Christian, a Jesuit, an elderly person and feeble... but we need to Stand with Stan for much more than that – it is about the Constitution of India, of India being a democracy, of the rights and freedom of every single citizen-very specially the poor, the marginalised and the excluded; about the future of our country above all, ...simply and selfishly put – today it is HIM; tomorrow it will be YOU and ME! And then there will be no one left to stand with us!

**(Fr Cedric Prakash SJ is a human rights and peace activist/ writer. Contact cedricprakash@gmail.com)*

Prayer to St. Expedite for solving a financial crisis



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

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

—Shirley, Mahim

LifeStylingwithKim

WINTER 2020 TRENDS

Fashion trends change with every coming season, this brings in new angles in clothing. A series of popular colours and styles are introduced to clothing, hitting the refresh button with new trends. Here are some new Winter 2020 trends for you.

Colours To Mix & Match:

1. CLASSIC BLUE:

This boundless blue hue brings flashback memories under the evening sky. This colour has also been chosen as 'Colour of the Year 2020.'

2. GREEN SHEEN:

Optimistically rebellious, this shade will always make you stand out with its bold acidic yellow-green.

3. SANDSTONE:

Earthy, depicting a rustic outdoor feel.

4. ROSE TAN:

Calm, this shade of gentle dusky pink imparts a sense of being in control of oneself.

5. ULTRAMARINE GREEN:

Poise, a deep cool blue-green displays self-assurance.

6. MAGENTA PURPLE:

Hypnotic, this shade of purple intrigues mystery.

7. FIRED BRICK:

Strong and sturdy, this shade adds se

8. PEACH NOUGAT:

Nuturing, its inviting warmth creates comfort.

Styles To Play With:

- FLOWY FLORAL MOTIF
- COOL DENIM
- QUIRKY POLKA DOTS
- ROMANTIC RUFFLES
- PLAYFUL CHECKS
- GINGHAM

— Kimberly Linhares

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THE SECULAR CITIZEN,

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Wisdom Is The Crown Of Creation

The Word of God has riches for us to discover in wisdom. But, it's not as if we live in the darkness that this happens. You can reboot your time to find a quiet moment to permit the Holy Spirit to come alongside to help you perceive the extraordinary things in the Plan of God. The Word or wisdom of God is the Crown of Creation.

The Old Testament awakens our belief in God as being supernatural. In the Book of Proverbs, wisdom and the Holy Spirit are the same. Furthermore, the Book of Exodus informs us that wisdom is directly connected to the Holy Spirit.

To receive wisdom is the iconic gift of God. When Yahweh, the God of King Solomon chose him to be king in place of his father David, it made the young Solomon turn to God asking the Lord to give him an understanding mind to know good from evil. God was pleased and granted the young king his wish for wisdom.

"Start with God – the first step in learning is bowing down to God; only fools thumb their noses at such wisdom and learning." -King Solomon.

The theology of wisdom begins with the wisdom of knowing that Christ told

his apostles he would not leave them alone, that he would send the Holy Spirit to be with those who believe in him.

Saint Thomas Aquinas (1225 – 1274) was an Italian theologian. In his classic work, 'Summa Theologica' the saint had great thoughts to share on wisdom. He said: "Man should not consider his material possession his own, but as common to all, so as to share them without hesitation when others are in need."

One Sunday morning at Holy Mass I was surprised to find a new priest celebrating the Eucharist. I waited in prayer and worship for the time when



BY MELVYN BROWN

the celebrant would give his homily. To my amazement his subject was entwined to the gospel message of the day and the topic of the philosophy based on metaphysics. What intrigued me were the nuggets of insight and foresight on wisdom. To this day I can recall what he said: "The love of wisdom relates to the true nature of all things." That the philosophy of metaphysics he went on to say, " was a love which went beyond the physical."

He must have been a visiting pastor passing through the parish. I never saw him again. His sermon reminded me of 1.Cor.12:8, "One is to speak with wisdom, through the Spirit".

When discovered, the Ark of the Covenant, one imagines, will have not only the rock slabs written by the finger of God, the Ten Commandments; but a repository of the most powerful psalms of wisdom. The prophet Job had declared, "The price of wisdom is above rubies". (Job.28:18).

The wisdom we gain in life is a treasure trove for our souls. Today, the world is filled with a sudden outburst of human cries seeking the compassion of God, the forgiveness of sins for every evil perpetrated against His

name. The cry echoes across nations for God's mercy. Let us change to be worthy to receive His clemency.

"Your own soul is nourished when you are kind; it is destroyed when you are cruel." -King Solomon

The divine power of the Spirit had given wisdom across the world to create languages for humanity to meet and communicate, each in his own tongue. The human voice of wisdom reached out to build races and tribes across the earth, that one day the Word of God would bond humanity in His name.

Saint Paul in his letter to the "Hebrews", a name given to the Jews who stayed in Palestine, stated: "He is the one God appointed heir of all things, since, through him he unfolded the stages of the world." (Heb.1:2).

"Cognoscimus Deum tamquam ignotum."

We know God as one unknown.

St. Thomas Aquinas

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Remembering The Dead, Learning To Die! ⁽¹⁾

On 2nd November we remembered our dear and near ones who are dead. We prayed that they may 'rest in peace'. What exactly is death? What exactly is 'eternal peace'? Why is there so much fear of death in us? In pandemic days faithful are shutting themselves in houses for months; hiding their faces from dear ones, do not take the last dashan of their other halves died of Corona! Human love and relationships are trampled down due to the fear of death! Why? In fact, to achieve victory over death is our Christian aim in life. "Death where is your sting?" (1Cor 15.55). We join Christ in Baptism to die and rise to a new life! Is it only ritual or real experience? To achieve the eternal peace here and now is the Christian spirituality. Once we achieve it, all our desires for small pleasures and earthly joys fall flat! Have we to wait till we die to achieve eternal peace? Can we not learn to die and rise already in this very life, here and now? In the Corona lockdown period I went deeper in my spiritual search and I found treasures! This is an attempt to share a bit of it with you; since it helps me to become clear on them myself!



Fr. Michael G. Vasai

EXPERIENCING GOD WITHIN

We perform many religious acts like Reciting rosary, attending the holy Mass, offering novenas, pilgrimages, penitential acts and many other holy actions like reading of the Bible etc. But are these exercises contributing to our spirituality, to realise our union with God? In the final analysis it is to realise our union with the Father through Christ. Jesus has said, "I am the vine, you are the branches. Unless you are united with me, you will not bear any fruit" (Jn 15.5). If the liturgical acts and devotions help achieve this union they are in place otherwise we are missing the mark! The spiri-



tuality is not just achieving small little earthly pleasures but achieving the final goal, the highest happiness, the bliss which results from our union with God himself! It is true that in the midst of the crowded religious activities we have forgotten the main goal of our spiritual life.

This ultimate goal, the oneness with Christ has been offered to us in this life itself (Mt. 10.7). The true spirituality is achieving this union with God through Christ. Where is God? Where can we unite with him? In heaven up after death after purification in the purgatory? He is to be found in nature, little children, beautiful flowers, etc. But in fact where is he to be united with? The union is above all to be realised within ourselves, in the bottom of our hearts. God is within us, within the body as his temple, in the heart as his throne! So my first search for God is by knowing my body. I know my body by becoming aware of it, aware of every part of it, every muscle, every nerve, every tissue every atom. For that exercise we have to catch the mind and apply it to every part of our body. This becoming aware is called meditation. This is the only means, meditation or dhyana.

DEATH IS GIVING UP THE BODY.

I become aware of my body and by becoming aware of my body I realise that I am not the body. I am distinct from the body. I am the master of my body! In dhyana I learn to disengage

myself from my body, I become independent of the body. Further I reflect, who is 'I' who becomes aware of my body? That is the soul. By disengaging from the body I realise that I am soul, I am spirit. So being in body to

realise the total disengagement from the body is a great act of spirituality, experiencing death in this very life. Is it painful? No. A great spiritual author has given an example to explain this realisation. It is an example of a dried coconut. As the coconut matures, the juice ripens into the solid white flesh known as coconut meat. When it is tender, the kernel and the meat are so one that it is difficult to separate the two. When it gradually totally matures, the fruit inside gets disengaged easily and without violence from the kernel. When you shake the coconut one can hear the fruit, we call it Khobare, shaking and making noise within. So is the mature spiritual person. When by the help of meditation within, he gradually and easily realises his disengagement from his body. He is free from the body. This realisation comes as easily as a mature coconut by meditation. There is no effort, no force, no tension in giving body up! It is not a violent break up; but it just happens! What we need is meditation.

This disengagement is desirable as it slowly takes place with meditation. Then the person realises that his body pains are not 'his' pains. He is only watching the body suffering as a third person would do, a Sakshi, as a witness to whatever happens in the body. Of course this awareness given to the body parts improves the bodily health. Body is vivified and receives new spirit. It heals itself and becomes

(Contd.. on p. 17)

Dussehra Humour

It was understandable, the anger Raavan was going through..

Looking at the crowd, who was about to burn him, he angrily asked

"Did I kidnap any of your wives..??? you idiots..!!!"

A voice from the crowd said..

"No, You didn't..!! That is why we are burning you".....!!!

So David Is finally engaged, and is excited to show off his new bride. "Ma", he said to his Mother, "I'm going to bring home three girls and I want you to guess which one is my fiancée." Sure enough twenty minutes later, David walks in the door with three girls following behind him. "It's that one", said his mother, without blinking an eye. "Holy cow", exclaimed David, "how in the world did you know it was her?" "I just don't like her", she replied.

A constantly nagged and harried son-in-law decided to buy his mother-in-law a cemetery plot as a birth day present.

The next birth day came but this year he didn't buy her a gift.

The mother-in-law was upset and asked the son-in-law why was he had forgotten this time.

The angry son-in-law responded, "Well, you still haven't used the gift I bought you last year!"

Doctor: I have some bad news and some very bad news. The lab called with your test results. They said you have 24 hours to live.

Patient: 24 hours! That's terrible! What's the very bad news?

Doctor: I've been trying to reach you since yesterday.

Patient: Doctor I've swallowed a spoon,



Doctor: Sit down and don;t stir.

Q : Why did the doctor tell the nurse to walk past the pill cupboard quietly?

A : So she wouldn't wake the sleeping pills.

Once two ladies came before King Solomon, fighting over a boy. "He's my son-in law" one said "No he's mine" countered the other. After thinking for a few minutes the King finally decided on a ruling. "Bring me my sword and we will cut the boy in half, they will each get half." "No" the first lady screamed "don't cut him in half I would rather the second lady get the whole son-in-law." Ah Hah said King Solomon with a big smile I now know who is the real mother-in-law. For a only the real mother-in-law would stand quietly while her son-in-law gets cut in half."

A business owner tells her friend that she is desperately searching for an accountant.

Her friend asks, "Didn't your company hire an accountant a short while ago?"

The business owner replies, "That's the accountant I've been searching for."

A 54-year-old accountant leaves a letter for his wife one evening which read: "Dear Wife, I am 54 years old, and by the time you get this letter I will be at the Grand Hotel with my beautiful and sexy eighteen year old secretary."

When he arrived at the hotel, there was a letter waiting for him that read

as follows: "Dear Husband, I too am 54 years old, and by the time you receive this letter I will be at the Savoy Hotel with my eighteen year old toy boy. Because you are an accountant, you will surely appreciate that 18 goes into 54 many more times than 54 goes into 18."

An accountant is having a hard time sleeping and goes to see his doctor. "Doctor, I just can't get to sleep at night."

"Have you tried counting sheep?"

"That's the problem - I make a mistake and then spend three hours trying to find it."

Budget: An orderly system for living beyond your means.

How many accountants does it take to change a light bulb?

"What kind of answer did you have in mind?"

Two, one to change the light bulb and one to check that it was done within the given budget.

An accountant is someone who solves a problem you never knew you had, in a way you don't understand and for a fee you can't afford.

Doctor: "Nurse, how is that little boy doing, the one who swallowed ten quarters?"

Nurse: "No change yet."

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new.

CHRIST LIVES IN ME

After 'knowing' the body, comes the awareness of the spirit within me. I become aware of 'it' that orders the mind and applies it to the body. It is the soul! I am a soul. Soul, whose soul? As one meditates deeper one becomes aware of the one who says, "my" soul! Who is the master of the soul? This question brings us to know 'who am I'; I am Christ! St. Paul says, "And now it is not I who live but Christ lives within me!" (Cr. Gal 2.20). *I am aatmaa* which is in fact particle of *Parmaatmaa*. Jesus said, "I and the Father are one (Jn 10.30), and so you with me are one (Jn 17.22)." We are told in the book of Genesis that God himself created our body and infused his own breath, 'the spirit' within us and we began to breathe! Therefore becoming aware of the breathing is the best way of becoming aware of the breath of God, the soul, the spirit within us!

The spirituality consists of becoming aware of the spirit within us. I am a spirit not just a body. *I am aatma, I am Parmaatmaa*. Aatmaa is untouchable, not affected by anything. Water cannot wet it, fire cannot burn it, (Bhagwat Geeta). The spirit is beyond all the earthly powers. Once you realise this spirituality, what is death for you? It is giving up the body. The dhyana removes fear of death in us. Death is a mature moment when a human being gives up this body easily already in this present life; like a mature coconut separates the fruit from its kernel, so naturally and easily!

Is it a difficult spiritual exercise? Not at all! It is as simple as becoming aware of your body, then of your soul, of your own self, of Jesus and finally of the Almighty, Parmaatmaa. You have to make a decision whether you would like to live as a simple religious person or a spiritual person! Read more in the next article.

I AM THE RESURRECTION AND THE LIFE!



Roasted Suckling Pig, Stuffed

Ingredients:

1 whole suckling pig about 4-5 kgs

For the stuffing:

2 onions, finely chopped
80 gms butter
250 gms fresh white breadcrumbs
Liver and kidneys of the pigling (finely chopped)
3 tbsp chopped parsley
100 gms green peas
100 gms carrots, finely chopped
150 gms potatoes, finely chopped
1 tbsp ginger-garlic paste
2 eggs (beaten)
1 tbsp salt

Method:

Soften the onions in the butter, then add the prepared liver and kidneys; saute over brisk heat for 2-3 minutes, then turn into a bowl and cool. Add breadcrumbs, parsley, green peas, carrots, potatoes, ginger-garlic paste, salt and season it well. Stir in the beaten eggs.

Roasting the pig:

Set oven at 400 degrees F or mark 6 on it. Clean and wipe the pig thoroughly and fill it with the stuffing, packing it in well, and sew it up. Set the pig on the roasting tray (set the pig's forelegs forward, straight out from the carcass and the hind legs out backwards in the same manner) and brush it with 2-3 tbsp of oil (to make the crackling crisp). Roast it in the present oven for 2 hours or a little more, according to the weight of the pigling, basting it frequently. Halfway through cooking, dredge with flour and continue basting.

When done, serve it on a large tray with an apple in the mouth and arrange salad leaves around it and thinly sliced lemon, onions, cucumber and tomatoes.



Sweta D'Cruz

Mangalore Diocese - November 8, 1845.

- Dr Micheal Lobo. Mangalore.

The anniversary of a rare date in the history of the Mangalorean Catholic community – 8 November 1845 – yet, the million-odd members of the Mangalorean community that are currently scattered around the world may not realise the greatness of that day. What exactly happened on this date, November 8, 1845? Well, it marked the foundation of an institution of Mangalore that is very powerful; known by a different name – a name that may not even be recognized by Christians. This institution is now known as the "Diocese of Mangalore". It was in the year 1886 that Mangalore was designated as a 'Diocese'. It was in fact one among eighteen divisions of Catholic India that received this designation by Pope Leo XIII, the others being Agra, Bombay, Calcutta, Madras, Pondicherry and Verapoly – all of which were accorded the status of 'archdiocese' – and Allahabad, Coimbatore, Dacca, Hyderabad, Krishnagar, Lahore, Mysore, Poona, Quilon, Trichinopoly, and Vishakapatnam – all of which were accorded the status of 'diocese'. In February 2012, the church in Mangalore organized a spectacular celebration to mark 125 years of its existence as a diocese. Of the 18 Catholic divisions of India that were accorded this status by Pope Leo XIII in 1887, only Mangalore saw reason to celebrate this jubilee, it was pointed out at that time. .

The 11 th and 12 th of February, 2012, have witnessed spectacular celebrations of what was termed the post-centenary silver jubilee celebrations of our diocese. The grounds of Rosario Cathedral on Saturday, 11 th February, and of Nehru Maidan on Sunday, 12 th February, were packed to capacity.

But . . . As a historian of our Mangalorean community, I have to point out, the term 'post-centenary silver jubilee celebrations' has conveyed

the impression, both to the people of our diocese as well as to the distinguished guests, that our diocese is only 125 years of age. Surprised by that . . . it has conveyed the erroneous impression that prior to February 1887, the town of Mangalore and the surrounding district of South Kanara formed part of another larger diocese and that the diocese of Mangalore was carved out of this parent unit in February 1887.

In fact our diocese has been running continuously as an independent ecclesiastical unit since the year 1845. And if I were asked to select a specific date to mark the birth of our diocese,

Castro in 1684, the area reverted to its erstwhile status as a dependency of the Archdiocese of Goa.

Following the return of the captives from Srirangapatna in the year 1799, the Mangalorean Catholics slowly rebuilt their lives . . . and by the year 1840, its leading members felt that the time was now ripe for Mangalore to be independent of Goa and be erected into a diocese in its own right. Several leading Mangaloreans of the era took up the cause in earnest, including Fr Joachim Pio Noronha (the first native Mangalorean priest), Boniface Fernandez (the first Mangalorean



I would pick the 8 th of November, 1845. On that date, the sailing ship St Antony docked at Mangalore, and the Italian Bishop Bernardine, who had been appointed by Pope Gregory XVI in May that year to assume charge at Mangalore, was solemnly led to Rosario Church (soon to be raised to the status of a cathedral), where he celebrated a pontifical high mass. The Holy See had appointed a Goan bishop, Thomas de Castro, to assume charge in Mangalore. But the time was not then ripe for this area to attain independent diocesan status, and, following the death of Bishop de

to attain the position of Deputy Collector; one of his grandsons was the famous Dr L.P. Fernandes), John Joseph Saldanha (a subjudge in North Kanara; his youngest son was the famous Joseph Saldanha, poet and editor of the Christa Purana), and Martin Basil Coelho, head of the illustrious Falnir Coelho family of timber merchants. Some of the correspondence between John Joseph Saldanha and Martin Basil Coelho with ecclesiastical authorities in Rome and India has been preserved (not the



(Contd.. from p. 18)

originals, unfortunately).

Those were the days when the only affordable mode of land transport was the bullock cart. Horse carriages were the privilege of the British administrators and the native aristocracy. Trains were unheard of and steamships were in their infancy. From Mangalore they would ply along the west coast, going north as far as Bombay and south as far as the cape. Some of Mangalore's leading families of that era were timber industrialists, timber being the essential ingredient both of residential houses as well as of sailing ships. Our 21st century perspective does not help to imagine what life was like in the 19th century. Mangalore or Kodial, towns and neighbouring villages then comprised their 'country'. Under British jurisdiction, the district collector was the highest authority. Natives of Mangalore may have been aware that there was a governor of the presidency at Madras, and even a governor-general at Calcutta, but these potentates were just about as remote as the King of England.

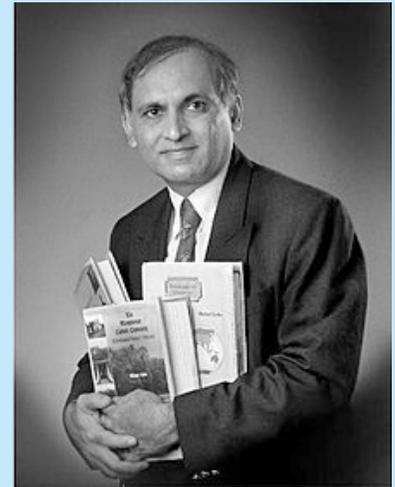
One family in particular – the Coelho family of Falnir, Mangalore – built its own sailing ships. Their sailing ship – the "St Antony" – played a major role in the story of the days leading up to 8 November 1845. And when Bishop Bernardine was appointed to assume charge at Mangalore in 1845, he was escorted from the older diocese of Verapoly (near Cochin) in a sailing ship, the St Antony, belonging to the Falnir Coelho family (built from the family's own timber industry). Six young men formed the bishop's escort, headed by Peter Venantius Coelho, eldest son of Martin Basil Coelho. The others were Leo Tellis, Clement Vas, Francis Mascarenhas, Lawrence Adrian Coelho, and Ignatius Britto.



Ever since 1845, Mangalore has been an independent ecclesiastical unit – headed by a bishop. Why then did the current diocesan council decide to adopt 1886-87 as the year of birth of the diocese? It is simply a matter of nomenclature. When Mangalore became independent of Goa in 1845, it was initially accorded the status of a Pro-Vicariate, being promoted to the status of a full Vicariate eight years later. Ironically, so far as size is concerned, the Pro Vicariate of Mangalore was much larger than the current diocese of Mangalore. The promotion of Mangalore to the status of a diocese in 1886 was part of a general decision made by the Vatican to promote all vicariates in India to diocesan status.

Just like Mangalore, all these archdioceses and dioceses could well have celebrated their post centenary silver jubilee in 2012! But perhaps they have a better sense of history than we do. But for the fact that the term 'Vicariate of Mangalore' was replaced by the term 'Diocese of Mangalore', the year 1886 has no particular significance in the ecclesiastical history of Mangalore. Far more significant was the year 1870 (the foundation of the Cloistered and Apostolic Carmel – and of St Ann's School) and the year 1879-80 (the advent of the Jesuits and the foundation of St Aloysius College and other institutions). There were also other significant events in the 40-year-period from 1845 to 1885. All these events ought to form an integral part of any history of the Diocese of Mangalore – and thus it is necessary that the history of the Diocese of Mangalore should commence from the year 1845. But for the accident of nomenclature, this is indeed the true year of birth of the Diocese of Mangalore, hopefully it will be marked suitably soon.

- Adapted for SC :
Ivan Saldanha-Shet.



Dr Michael Lobo

The Author Dr Michael Lobo : Well known personality of renown, his continued mission and commitment, the way he has dedicated his efforts and services for the good of the Community is admirable. Giving up a fortune overseas to return home; his research and books are to consolidate the community and culture which generally no one seems to really care about. His seriously researched books on Genealogy of the Konkani Catholics of Kanara, on music, on religion and so on apart from perhaps academic subjects are not meant for popularity or profit which is very rare in today's commercial world. His work for the Catholic Association of South Kanara (CASK) in recent years, which he updated and turned around is phenomenal. In these times when reading has taken a back seat among the young, the immeasurable labour put in has brought him little recognition and is nullified by some elements. While the world now is focusing on money, fortunes and a name, this humble unassuming luminary, a human computer, is going about a mission that really matters to the moral fibre. Better encouragement and appreciation for the truth is the need now, may this great person be blessed always

Royal Christian Family MATRIMONIALS - GROOMS

7130. DUBAI : Mangalorean RC Divorcee, (Born in July 1972) Ht. 5'11", Wt. 80 kgs, air Complexion, handsome, simple down to earth, Edn. B.E. (Mech.), Working as an Engineer. Contact email :

francisdsouza472@gmail.com
OR 00971501532702

7129. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1987 1989), Ht. 5' 7", Wt. 60 kgs, Fair Complexion, Edn. B.Com., working in Back Office. Contact email : roshan7687@gmail.com

7119. KUWAIT : Goan Roman Catholic Bachelor, (Born in November 1989), Ht. 6', Wt.78 kgs, Fair Complexion, Edn. F.Y. B.Com. + 2 yrs Hotel Management Diploma. working in Kuwait. Contact email :

fernandes.clayton@rocketmail.com

7118. MUMBAI : Goan Roman Catholic Bachelor, (Born in January 1981), Ht. 5' 5", Wt.87 kgs, Wheatish Complexion, Edn. Graduate, working in Dhoha Metro, in Doha Qatar. Contact email :

josephfernandes10@yahoo.com

7116. MUMBAI : Goan Roman Catholic Bachelor, (Born in December 1988), Ht. 5' 9", Wt.79 kgs, Wheatish Complexion, Edn. Masters in Financial Management, working for US based Investment Bank in Compliance and Audit dept. Contact email :

williamgonsalves123@gmail.com

7114. GOA : Goan Roman Catholic Bachelor, (Born in January 1973), Ht. 5' 5", Wt.70 kgs, Fair Complexion, Edn. 12th + Dip. in Technical Field, working as a Projectionst in **KUWAIT**. Contact email :

hilarylobo48@gmail.com

7113. POONA : Tamilian Roman Catholic Bachelor, (Born in December 1982), Ht. 5' 6", Wt.65 kgs, Fair Complexion, Edn. B.Com., working in Logistic Co. in **DUBAI**. Contact email

: shantasam1955@gmail.com

7112. MUMBAI : Converted Roman Catholic Bachelor, (Born in October 1970), Ht. 5' 7", Wt.80 kgs, Fair Complexion, Edn. B.Com., & Masters in International Journalism (UK). Looking for a bride below the age of 42 years (below 40 - 42 years) who is willing to raise a family. Contact by email : decemberwedding08@yahoo.com

7110. MUMBAI : Goan + East Indian Roman Catholic Bachelor, (Born in December 1984), Ht. 5' 10", Wt.85 kgs, Wheatish Complexion, Edn. B.Sc. IT, working as a Server Engineer. Contact email :

fernandes.raymond@gmail.com

7104. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in August 1975), Ht. 5' 3", Wt. 95 kgs, Wheatish Complexion, Edn. H.S.C., working as a Office Assistant. Contact email :

agnelo.nazareth1975@gmail.com

7102. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in August 1988), Ht. 6' 1", Wt. 95 kgs, Wheatish Complexion, Edn. Masters, working for MNC. Contact email : am.pereira@rediffmail.com

7101. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in April 1988), Ht. 5' 5", Wt. 68 kgs, Wheatish Complexion, Edn. Masters in Logestics doing part time MBA. Working as an Asst. Manager. Contact email : gracian.moras@gmail.com

7100. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in March 1987), Ht. 5' 7", Wt. 52 kgs, Fair Complexion, Edn. H.S.C., working as a Event Coordinator. Contact email : celeseinepereira@gmail.com

7099. USA : Mangalorean Roman Catholic Bachelor, (Born in March 1988), Ht. 5' 8", Wt. 82 kgs, Wheatish Complexion, Edn. M.Sc., working as a

Computer Engineer in USA. Contact email : willatauro@gmail.com

7097. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in October 1991), Ht. 5' 11", Wt. 97 kgs, WheatishComplexion, Edn. B.Com., working as Sr. Account Recievable in private company. Contact email : dsouzadonald11@gmail.com

7088. MYSORE : Mangalorean Roman Catholic Bachelor, (Born in March 1983), Ht. 5' 9", Wt. 70 kgs, Fair Complexion, Edn. MBA. Marketing. well employed. Contact email : vishwasturners@yahoo.com

7084. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in May 1956), Ht. 5' 7", Wt. 70 kgs, Wheatish Complexion, Edn. 9th std., working as a Machine Operator. Contact email : fern.gilbert54@gmail.com

7083. MUMBAI : East Indian Roman Catholic Bachelor, (Born in November 1985), Ht. 6', Wt. 68 kgs, Wheatish Complexion, Edn. M.Com., PGDLM, PGDSM, working as PPM & Data Engineer in Shipping Company. Contact email :

ryan.intermilan@yahoo.co.in

7079. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in December 1962), Ht. 5' 5", Wt. 67 kgs, Fair Complexion, Edn. B.Com., Inter MBA, working as a Manager. Contact email : archielewis.al@gmail.com

7077. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in March 1987), Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn. B.Com., working as a Manager. Contact email : leroy2266@gmail.com OR Mob: 9503282306

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7160. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1988), Ht. 5' 7", Fair Complexion, Edn. BMS, working as a Senior Merchandiser in a Global Retail Company in Dubai. Contact email : prislobo10@gmail.com

7128. MUMBAI : Affluent business family R.C. East Indian Spinster, (Born in 12-04-1988), Ht. 5' 2", very beautiful and pretty. Edn. MS General Surgeon, Doctor by profession. Contact email : drvd2019@gmail.com

7126. U.S.A. : Mangalorean Roman Catholic Spinster, (Born in January 1992) from Mumbai, Ht. 5' 7", Wt. 60 kgs, Fair Complexion, Edn. B.E. (Computers) from Mumbai, M.S. (Information Systems) from US. Possesses H1B visa and is working as a Technical Analyst with an MNC in USA. Contact email :

wilfyjoy1315@gmail.com or call +91 98603 02527 / + 91 9970172527

7171 MUMBAI : Roman Catholic Spinster, (Born in April 1994), Ht. 5' 3", Wt. 50 kgs, Fair Complexion, Edn. M.Com., working as an Analyst. Contact email :

patriciaswamy94@gmail.com

7066. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in June 1987), Ht. 5' 4", Wt. 78 kgs, Fair Complexion, Edn. B.E., (EXTC) M.S. (International Business Management), working as a Consulting Manager. Contact email :

l2018anselm@yahoo.com

7169 MUMBAI : Roman Catholic Spinster, (Born in September 1992), Ht. 5' 1", Wt. 50 kgs, Wheatish Complexion, Edn. MBA in Event Management. Contact email :

rosypetters74@gmail.com

6741. MANGALORE : Mangalorean RC spinster, 26 years, 5' 3", Doctor, Qualification : MD. Very fair and beautiful. Belongings to an affluent business family. Email : sona68500@gmail.com

7167 MUMBAI : Goan Roman Catholic Spinster, (Born in October 1987), Ht. 5' 2", Fair Complexion, Edn. BMS. M.Com., and MBA, working as a Business Analyst. Contact email : soulmateforlife2019@gmail.com

7162 MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1993), Ht. 5' 5", Wt. 58 kgs, Wheatish Complexion, Edn. B.A., working as a Secretary. Contact email : t.banze@rediffmail.com

7163 MUMBAI : Tamilian Roman Catholic Spinster, (Born in December 1991), Ht. 5' 3", Wt. 41 kgs, Wheatish Complexion, Edn. B.Com., PGDM in HR working as a Receptionist. Contact email : dafrin1991@gmail.com

7078. USA : Mangalorean Roman Catholic Spinster, (Born in September 1992), 5' 6", Wt. 65 kgs, Brownish Complexion, Edn. B.E. Mumbai, MS Newyork, working as a Consultant. Contact email :

rcmatrimonial 2892@gmail.com

7161 MUMBAI : Roman Catholic Spinster, (Born in July 1986), Ht. 5' 6", Wt. 62 kgs, Wheatish Complexion, Edn. B.Sc. Science, Masters in Mass Media, working as a Asst. Accounts Director. Contact email :

padmarrao@gmail.com

7072. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in April 1991), Ht. 4' 10", Wt. 60 kgs, Fair Complexion, Edn. Digital Media, working for Designing Firm. Contact email :

aubreyds@gmail.com

7147 MUMBAI : Goan Roman Catholic Spinster, (Born in July 1992), Ht. 5' 4", Wt. 65 kgs, Fair Complexion, Edn. MBA Finance, working as a Fund Accountant. Contact email :

stefsasha09@gmail.com

7071. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in April 1983), Ht. 5' 3", Wt. 63 kgs, Fair Complexion, Edn. M.A. B.Ed., Teacher in Aided School. Contact email :

marinamia44@gmail.com

7145 MUMBAI : East Indian Roman Catholic Spinster, (Born in December 1992), Ht. 4' 11", Wt. 50 kgs, Fair Complexion, Edn. M.Sc., Lecturer by profession. Contact email : andrea210358@gmail.com

7067. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1994), Ht. 5' 4", Wt. 54 kgs, Fair Complexion, Edn. Chartered Accountant, working for Finance Department in MNC. Contact email :

wpm999@gmail.com

7127. MUMBAI : Goan R.C. Spinster, (Born in December 1992), Ht. 5' 5", Edn. Ph.D., Student. Contact email : exmi2019@gmail.com

7065. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in December 1989), Ht. 5' 6", Wt. 69 kgs, Fair Complexion, Edn. M.Sc., & Dip. in Clinical Research, working as Business Process Lead in TCS. Contact email : mendonca_luke@yahoo.co.in

7069. MUMBAI : Tamilian Roman Catholic Spinster, (Born in April 1992), Ht. 5' 3", Wt. 50 kgs, Fair Complexion, Edn. B.Sc., Nursing, Staff Nurse. Contact email :

mpchandran68@gmail.com

Mobile : 9820041633

7063. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in January 1993), Ht. 5' 2", Wt. 60 kgs, Wheatish Complexion, Edn. Intert CA. working as a Fiancee. Contact email : eshitapais@yahoo.co.in / paischarlie@yahoo.com

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How Healthy Couples Are Keeping Away From Mental Pressure And Stress

Mental pressure and mental stress are the two enemies that would kill you at the time of pandemic. It is time to maintain a healthy relationship during the time of coronavirus threatening us of normal living. How to combat both mental pressure and mental strength in one stroke and still survive during the tough time. How you respond to stress during the COVID-19 pandemic can depend on your background, your social support from family or friends, your financial situation, your health and emotional background, the community you live in, and many other factors. The changes that can happen because of the COVID-19 pandemic and the ways we try to contain the spread of the virus can affect anyone.

Anxiety, tension, brokenness, conditional love, death, dejection, emptiness, insignificance, guilt, hopelessness, illness, falsehood and a sense of shame on failure are major factors to be faced in a cornered situation. Depression is a strong mood involving sadness, loneliness, discouragement, despair or hopelessness that lasts for weeks, months or even for a longer period creates the guilty feel-

ings. Over 18 million people suffer from depression every year. The last 9 months gave a torrid time and the couples staying in a work from home atmosphere feel the tension most.

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

In this spectrum, office work falls somewhere in the middle but allotting useful time for the morning workout keeps one fit and fettle. We all propagate the importance of fitness and walking regularly is a good one. Try to avoid using your car for going a short distance. Join with a core group in a virtual meet and do a world of good to adapt to fitter activities and achieve fitness goals in the most beneficial way. This can prove to be a stress buster



C.K. Subramaniam

in the long run and provide you extra energy to cope up with the present gloomy picture among the couples facing a ticklish situation in their life.

Taking care of your friends and your family can be a stress reliever, but it should be balanced with care for yourself. Helping others cope with their stress, such as by providing social support, can also make your community stronger. During times of increased social distancing, people can still maintain social connections and care for their mental health. Phone calls or video chats can help you and your loved ones feel socially connected, less lonely, or isolated.

Have you discovered your passion during the lockdown? I have done mine. Though time is never in surplus, I often devote an hour in the day for pure entertainment. I consider it both legitimate and graceful to treat myself. Listening to music, watching movies, TV serials and stuff of that kind fill my hour. Surfing channels and shuffling options came naturally in the entertainment hour. As a freelancer, the writing habit saved my lockout lethargy as I was doubly busy at the time of pandemic and that sounds good for the health as an idle man's mind is the devil's workshop.

Like the mercury, passion shifts with changing times, across persons and across stages in the same person. We are anyway living in difficult times. Occasional shocking news disturb us creating remorse but the shocks are almost commoditised because of the haplessness humankind is facing. Passion suffers loss of intensity in these trying times. What will happen after sometime. Two scenarios will appear. At the one end there is the doomsday predictor, who says that the world in general and India in particular will be in dire straits with millions finding hard to make both ends meet. On the other end there is an optimist, who sees a golden opportunity in crisis. His opinion is based on the



(Contd.. from p. 22)

unprecedented unity shown by the Indian public.

There is always an opportunity in crisis be it financial stress / economic stress or in Job Markets, provided one has developed unique capabilities to support the organisation in critical times. This crisis will definitely change priorities of the Government, society we live and individuals. This too will pass so too opportunities to correct including staying positive will bring you fresh lease of life. And your passion will show signs of recovery in the days to come.

Mental health is an important part of overall health and wellbeing. It affects how we think, feel, and act. It may also affect how we handle stress, relate to others, and make choices during an emergency. People with pre-existing mental health conditions or substance use disorders may be particularly vulnerable in an emergency. Mental health conditions such as depression, anxiety, bipolar disorder, or schizophrenia affect a person's thinking, feeling, mood or behavior in a way that influences their ability to relate to others and function each day.

It can be stressful to be separated from others if you have or were exposed to COVID-19. Each person ending a period of home isolation may feel differently about it. Sadness, anger, or frustration because friends or loved ones have fears of getting the disease from you, even though you are cleared to be around others. Guilt about not being able to perform normal work or parenting duties while you had COVID-19. Worry about getting re-infected or sick again even though you have already had COVID-19. Other emotional or mental health changes all cause a troubled time and the couples should have strong mind and mental health to face trying times with a heart of facing the mental block in a bold manner.

Andemic Outrage For The Common Good Of Humanity

Tribute to Covid 19 Warriors

"Be strong in the Lord and in the strength of his might"

—Eph.6:10

2020 will be remembered in the annals of global history as the Year of Fear, Horror, Shock and Disgust.

FEAR of the unknown affairs and hidden agendas among humanity's leaders. HORROR reports at the sweeping bloodshed in corners of the world, in Yemen, Iraq, Lebanon and in Syria. SHOCK at the impact Covid 19 has taken upon the global village, and DISGUST at the spending of billions on arms and hostilities. The hour has come to save the lives of men, women, children, refugees, migrants and those suffering humanitarian problems at large.

For the common good of all Covid Warriors who continue to collaborate fearlessly in helping the sick, we, The Ambassadors For Jesus, profoundly offer our prayers and thanksgiving. May Almighty God grant special graces to all Covid Warriors, true brave hearts across the planet, and reward them as only He can, for their love, dedication and solace. (See Citation).

We are blessed to be in the digital era where virtual communication is possible, with the use and benefits of online services for our interaction. Internet counseling, social bonding, all of which would not have been possible a decade ago. We are learning to take in stride the benefits of wearing masks and using social distancing.

Although we are deprived of the advantages of globalization, the internet assures us of solidarity in work, worship, education and industry. Place hope in faith, after all, life never dies in the Lord. The virus frightens everyone without discrimination, it also binds humanity in spirit.



The Holy Father, Pope Francis, addressing popular movements recently, placed an open challenge to those with responsibility in conflicts at the table of humanitarian welfare, to take more seriously the plight of suffering humanity. "Do not flee like some of the apostles who could not face reality in fear and insecurity." (Jn.18:25-27).

Simply talking about concrete action is not the pulse of the Spirit; but, to implement positive action with follow ups should be the impetus and need to bring about change. The Pontiff, in his universal plea, Laudato Si (2015) declared: "I wish to address every person living in the planet."



BY MELVYN BROWN

The Covid – 19 catastrophe has been looked at from every possible angle by our scientists who say one thing today, and change their opinion or theory the next time round. Yet, we believe them. The views of God never change. The Covid is said to be all around us, and we are told to wear masks, keep our distance and wash our hands.

What God says, remains. We should learn to trust more in the Word of God. The spiritual power of goodness inevitably reaches out, "Send forth your Spirit O Lord, and renew the face of the earth." Ps.104:30.

Have faith and trust in God for he has the supreme power beyond our finite understanding. Saint Paul, in his first letter to the Corinthians wrote: " God does not allow us to endure more than we can bear (1 Cor.10:13). God is faithful and will not let you be tempted beyond your strength. "

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