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A NATIONAL FAMILY WEEKLY



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Possibility Of A Catholic Robot Clergy

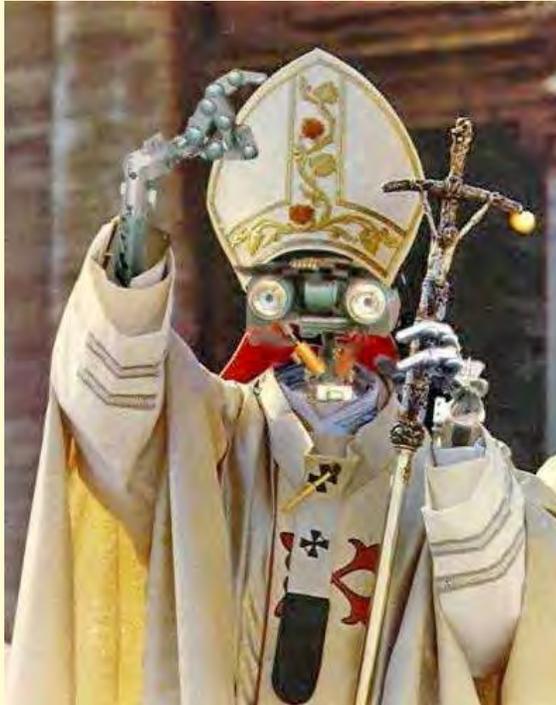
It's not a printing mistake, it's a technical possibility. Robots and artificial intelligence today assists humans in every possible way from farming to brain operations, from school teachers, domestic servants, to advising governments. Man has taken the movement to a higher level of robot designed androids for work in some smart areas of business, military, medicine and a deeply concerned effort in space technology.

Recently, 3rd November 2020, proved to be a prophetic moment in Church history when Pope Francis emerged from the Vatican with an appeal to world Catholics to pray that robotic intelligence would serve humanity.

The Pontiff's concern in our age of transformation was justified, knowing what is happening with the pandemic washing away millions of lives worldwide. The transformation is unmistakable. In future, the Third World Countries may not be available to furnish the workforce in Europe or the Middle East, not as in the past when they came forward after World War II, to help rebuild Europe among other nations.

Pope Francis knows better that the Church is essential and the face of the clergy plays a striking role in the promotion, dispensation and authority of her teachings. The idea of a robot clergy might possibly be the end of days Reformation in Catholicism, and Francis would know that.

"We pray that the progress of robotics and artificial intelligence will remain always at the service of human beings", Said the Bishop of Rome. This message appeared in the pontiff's prayer intention for November 2020.



The robot clergy vision could well be a part of God's plan, we can never know.

The thought of a digital ministry has already made a meteoric impact on the world of Catholicism. What more when a Robot or Android comes on the scene to create a digital Renaissance in the Vatican whirlpool of Faith formation. We must be aware of making self-satisfying dreams on the digital threshold.

The Age of Digital Spirituality is becoming a quest for the nourishment of the soul, not forgetting the human factor. After all, a human being will always be needed to remote-control a broken

Android or Robot. There is no place for the gratified independent spirit in Christianity. One will have to be alert for the evil ways of the prince of darkness.

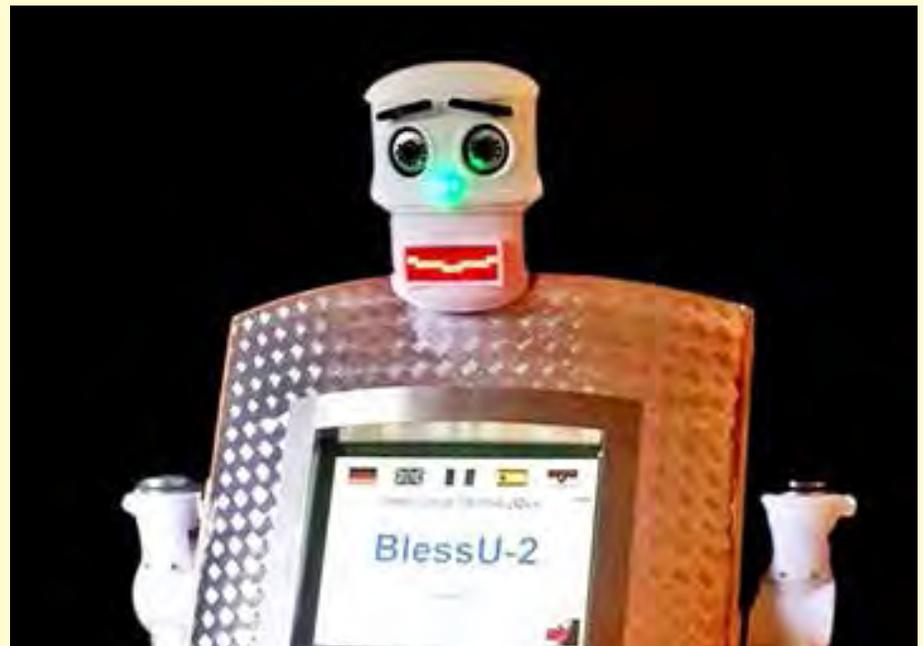
The possibility of a clergy with artificial intelligence could set new boundaries in ways to perform devotions. Till then, let us pray for the hope of a better tomorrow.

The glorified humanity of Christ is the measure of all our work and grace we receive. He bestows on us the grace of salvation, and inspires us with the efficacy of His supreme sacrifice. His spiritual thoughts reach us in micro-moments of flashes for the preservation of his children and the propagation of His Church.



BY MELVYN BROWN

and the



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Joe Biden - A tough task ahead of him!

The curtains have finally come down on the American Presidential Elections 2020 or have they? Joe Biden has been elected to be the new President of the United States of America. And it is said that sixty years after John Kennedy, America gets a Catholic President. However, the words that he used in his tweet soon after his victory, must have definitely been soothing to the ears of the Americans.

In his tweet he said, "America, I'm honored that you have chosen me to lead our great country. The work ahead of us will be hard, but I promise you this: I will be a President for all Americans – whether you voted for me or not. I will keep the faith that you have placed in me."

In his victory speech, Biden further assured the people that 'he would become the President who seeks not to divide, but to unify.' Emphasising on the message of unity, Biden said, 'the time has come to 'heal and restore the soul of America'. He certainly has a tough task ahead of him.

These are definitely reassuring words to the people of a deeply divided nation. A nation which has seen several traumatic incidents since the past several years, like the wildfires, tornadoes, shootouts, the killing of George Floyd, etc. Our country is also in a delicate situation, torn apart by differences of caste, religion, social status, hatred, suspicion, crimes, rising unemployment, economy on the backfoot, etc., etc. The unprecedented pandemic has further added to the woes to the people of our country. At a time like this, we would also like to hear some reassuring words from those at the helm of affairs. **We also want to see a 'united: nation not a divided one. We would also want somebody to heal and restore the soul of our nation. When will that day come? Is that too much to expect?**



Melville X. D'Souza
- Orlem, Malad West

Has Corona transformed spiritual perceptions

November 2020.... six months plus into the Corona pandemic and closed religious rituals around the world, with a possibility of more lockdowns predicted, the church scenario is confusing and confounding - perceptions are seriously transforming. Older people, above 60 years, particularly before 'Vatican II', were well drilled into the norms of traditional rituals / worship in the church and found the adjustments post 1960s disrupting their accepted outlooks. Younger people, around 50 years and below, are flexible and not very firm. Regulations of the church on prayer, mass and communion, sadly are very casual in recent times, no eyebrows are raised or objections active for any out of the box behaviour.

Organised worship :

The ever present doubts about the communion in church these days, is a constant controversy and dilution of tradition. Communion on the hand was not meant in all circumstances as has been loosely extended in India and has widely become a misused and unethical situation which the church fathers turn a blind eye to. Where is the true faith posture regarding the 'presence of Christ' in the small, delicate white wafer, it has become grossly ignored and treated as a myth (and even a joke) by those very Catholics charged to believe through sacraments of the church. Emeritus Pope Benedict, in the course of his reign and later too, clearly exhorted, to show the utmost reverence, not re-

ceived in the hand but on the tongue, and in a very fervent posture of kneeling. Pope Francis has ignored it and this is on the back burner; the handling of the eucharist in the church,

underway by ecclesiastical authorities is always in wraps and not transparent, making transparency a serious casualty. So, where and what is the real cause and remedy?



now with mask wearing and physical distance keeping is very like a mockery mixed with disrespect as per the church's own standards and teaching.

Observations cited are a plenty where even faithful considered mature, well educated, responsible and from traditional catholic backgrounds (even religious), receive communion in a most casual manner, hold the consecrated host in their hand/fist, along with kerchiefs, mobiles and so on, walk to their seats and pop into the mouth without attention or reverence. Instances have been admitted where some put inside hand bags and pockets, to carry home and God knows why. This is against basic ethics and civility, highly wrong as per moral doctrine of the church. Failure to implement seriously and neglected due to gross indifference. The doings of the clergy and action

It may fail to edify the general congregation to experience how regular, routine prayers and rituals in private chapels and communities are held - it all points to inattentive, crudely recited, half articulated recitation at regular intervals which hardly meets the norms of worship, adoration and prayer to Glorify a God who is supreme.

Post Corona :

Many regular formal worshippers are nursing grudges and hurts against the church and clergy for cognisable indifference and marginalisation post corona 2020, without giving any due reason. Online worship and rituals have caused aversion in many regular faithful, who after years of sincere attendance at services feel deeply deprived. They are convinced it is best to be in their homes and pray fervently voiding the formalities and repetitive rituals in church - the satisfaction they say is more durable than any church service.

To many it seems that God himself has directed the faulty worship to a better level without superfluous ceremony in this scenario. However, the church beliefs are transformed not based on God's commands but, convenience of the humans, church hierarchy for, of and by man. Worship and adoration of the supreme has

(Contd.. on p. 7)



A church, both open and distanced

The compulsions of social distancing during the pandemic has undoubtedly rendered our churches both sterile and distanced for their parishioners with the absence of congregational worship and administration of holy communion. People have been wondering where our priests have disappeared during the past seven months. Thanks to the internet and online masses, the faithful though physically separated, continue to remain spiritually connected, though sacramentally deprived of the Eucharistic meal of holy communion. This lacuna could very well have been filled, had our clergy been reminded of their pastoral and ministerial obligations of reaching out to the sick, the disabled and senior citizens of their parish in times of need, through weekly visits, and the administration of holy communion. We also have several Eucharistic lay ministers and parish council members in every parish, whose services could have been availed of. Unfortunately, nothing of this sort was witnessed, which is a poor reflection of our missionary zeal and spirit.

—A. F. Nazareth,
Alto Porvorim, Goa

Release Fr. Stan Swamy

Fr. Stan Swamy's arrest on the night of October 8, 2020, has caused a stir among many people in Central India, where he has spent more than 70 years relentlessly fighting for the rights and values of the region's

indigenous people. His arrest is a violation of human rights. The case against him is fake and fabricated. Fr. Stan Swamy (full name Fr. Stanislaus Lourdasamy) is a veteran tribal rights activist who has worked for over five decades in Jharkhand, fighting for the rights of the adivasi community. He was vocal on the discrimination against tribal and Dalit communities in Jharkhand. The false charges against this 83-year-old ailing Jesuit priest aim to discredit intellectuals, legal professionals and social activists who raise their voices for the rights of poorest of poor people. It is nothing but a complete concoction and absolute falsehood that is being propagated by the Maharashtra police.

Fr. Stan Swamy is not a terrorist. His arrest by the Maharashtra police is not fair and he should be released.

Just because we Christians are peace-loving people and do not retaliate, it does not mean that the government and the police can take an upper hand on us. Churches are being burnt and desecrated and the police does nothing to arrest the culprits.

— Jubel D'Cruz,
Dombivili, Mumbai

Dissent in a Democracy

The Editorial in The Times of India of 30th October was appropriate in the present situation in the country, where any criticism of the government is treated with contempt. The Supreme Court has granted relief to a Delhi-based woman summoned for questioning by Kolkata police over a social media post that attracted an FIR. Without going into the merits of the case however, the supreme court seems to have sent across the right

message to the authorities who act irresponsibly against those who speak up. Indeed the courts of the land have a huge responsibility of safeguarding the Rights of the citizens.

The Editorial also cites the case of the Uttarakhand High Court quashing a sedition case against a journalist who accused the Uttarakhand Chief Minister of corruption. The High Court has rightly stated that, if dissent is suppressed under the sedition law it would make democracy weak. The point being stressed upon, is the citizen's right to speak in a democracy. The caption of the Editorial very appropriately states, "Let India remain a free country." Don't treat criticism as crime. That is what the citizens of this country want desperately, today. Was it the legendary French philosopher Voltaire who said, I may not agree with what you have to say, but I will defend to the death your right to say it?

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

Rise and fall of Donald Trump

Mr. Donald Trump, you have lost a golden opportunity of your life by your arrogance and weakness of faith. Your policy of clash with religions and civilisations was shortsighted and biased.

Your rise and fall as President, rests with one word, lies. Your lies won you a first term and your lies lost you a second term.

—Jubel D'Cruz,
Dombivili, Mumbai

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Prop. B. D'Souza

The Real Divide in India

by Don Aguiar.

THE common view of Indian politics today is of a clamorous divide between the Congress and the BJP, an unyielding, inevitable clash of harsh partisan polarization. But that focus obscures another, enormous gulf — the gap between those who follow politics closely and those who don't. Call it the "attention divide."

Most Indians — upward of 80 percent to 85 percent — follow politics casually or not at all. Just 15 percent to 20 percent follow it closely (the people we call "deeply involved"): the group of people who monitor everything from coffee to the politics of "Cuties."

This gap between the politically indifferent and hard, loud partisans exacerbates the perception of a hopeless division in Indian politics because it is the partisans who define what it means to engage in politics. When a Congress or opposition imagines a BJP, he is not imagining a co-worker who mostly posts cat pictures and happens to vote differently; he is more likely imagining a co-worker he had to mute on Facebook because the BJP posts became too hard to bear.

For partisans, politics is a morality play, a struggle of good versus evil. But most Indians just see two angry groups of people bickering over issues that may not always seem pressing or important.

How can politics better match the opinions of the majority? It's not an easy problem to solve. We can try to give the hardened partisans less voice in the news. Featuring people who exemplify partisan conflict elevates their presence in politics (though of course by definition, it is the partisans who are most closely watching the news who are also most likely to give their opinions). This is particularly true of



social media: **What a vocal minority shares on social media is not the opinion of the public. Yet such political tweets, are increasingly making their way into news coverage as stand-ins for public opinion.**

There might be an advantage for politicians who focus less on the demands of partisans and more on tangible issues. Yes, hard partisans are more likely to reward ideological victories, but they are also a minority of the electorate.

Each day, partisan Congress and the opposition wonder whether that day's "outrage" will finally change how people feel about Prime Minister Modi. Partisan BJP's wonder the same thing about Congress and the opposition. But most "regular" Indians are not paying that much attention to the daily onslaught. It turns them off.

And the major scandals that do break through? Well, to many of them, that is "just politics."

Who are we? How did we come to this? How did this country elect Narendra Modi and does it have the collective constitution to admit the error and reverse it?

Modi is the prime minister of India because a majority of Hindutva ideology people in this country wanted him to be. Perhaps some supported him despite his obvious flaws, but others undoubtedly saw those flaws as laudable attributes. For the latter, Modi's racism was welcome in the coven.

Still, according to the latest survey, more communally minded people support Modi than any secular leader of the opposition. This is primarily a function of Hindutva ideological men who prefer Modi over other secular leaders. **The Hindutva ideology's racist, sexist, xenophobic patriarchy and all those who benefit from or aspire to it are in a battle with the rest of India, for not only the present in this country but also the future of it.**

The BJP, which is now without question the Party of Modi, has become a structural reflection of him. They see their majorities increasing and the country turning saffron with a quickness, and they are becoming more tribal, rasher, and more devious, just like him.



(Contd.. from p. 6)

The BJP sees a future in which the only way they can win is to cheat. That is why they are stacking the courts. That is why they openly embrace tactics that are well known to result in voter suppression. That is why they encourage underhand dealings. That is why they staunchly oppose minorities.

BJP's base of mostly Hindutva ideological men, mostly without a college degree, see Modi as the ambassador of their anger, one who ministers to their fear, consoles their losses and champions their victimhood. Modi is the angry Hindutva ideological man leading the battle charge for angry Hindutva men.

The most optimistic among us see the Modi era as some sort of momentary insanity, half of the nation under the spell of a conjurer. They believe that the country can be reunited and this period forgotten.

Political scientist say that we're at the beginning of a soft civil war. If 2018 was the beginning of it, it is now well underway.

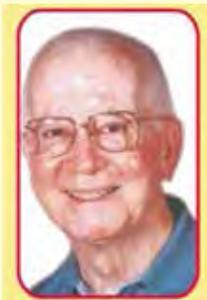
Modi is building an army of the aggrieved in plain sight. It is an army with its own mercenaries, people Modi doesn't have to personally direct, but ones he has absolutely refused to condemn.

Modi has harnessed anger over racial displacement disguised as economic anxiety and has bottled defiance and sold the serum to his acolytes and henchmen. He is fighting for Hindutva ideological power and a Hindu Rashtra — he mourns the loss of "beautiful" monuments to racists while attacking racial sensitivity training.

He is fighting to keep out non Hindus, if they are from the neighbouring countries, an overwhelmingly Hindu Rashtra. He is fighting for people to be foolish, listening to his dictate of lighting diyas, banging utensils and the likes in the middle of a global pandemic caused by an airborne virus to

Fr Carlos Valles SJ A Gujarati at Heart

Fr. Carlos Valles, SJ, passed away this morning in Madrid, Spain. Born in Logrono on November 4, 1925, Fr. Valles came to India in 1949 and became not only an Indian



but a Gujarati at heart. Fr Valles has written over 78 books containing his essays dealing with life and how to live it. Some of those are *Sadachar*, *VyaktiGhadta*, *Lagnasagar*, *Gandhiji ne Navi Pedhi*, *Parvotsav*, *Murli*, *AtmkathanaTukda*, *Shabdlok* etc. Besides this, Fr. Valles contributed a new style of writing in Gujarati using short sentences and a conversational style. He published over 24 books in English and 42 in Spanish. His books have been translated into other European languages, and Chinese as well. In 1999 he created his own website so as to reach out to the youth of today. From 1960 to 1982 he taught Mathematics at St. Xavier's College, Ahmedabad. During ten of those twenty-two years, he lived in the by-lanes of the walled city among various middle class families as their guest. Our outstanding literary figure Umashankar Joshi praised his style of writing. His writings won him the *Kumar Gold Medal*, the *Ranjitram Gold Medal*, the *Saccidanand Appreciation Award*, etc. Our nation honoured him by conferring on him Indian citizenship. Gujarat will always be indebted to Fr. Valles for his contribution to literature and upholding our culture.

drive away this pandemic.

Modi is fighting for these people and they will continue to fight for him. Modi knows that. And he keeps them angry because he needs them angry. **The question then is how an angry Modi and those angry men will be satisfied after working towards the real divide in India.**

(Contd.. from p. 4)

fallen to be secondary. Anything is now acceptable in organised religion - homosexuality, termination of life at any stage, usurp wealth and power by any and all means in all walks of life, with morals eliminated and ethics obsolete.

Do we need these worship places at all? Who created them and for what? Who actually benefits from them? A song whose words went, "Human being created religions; Religions created Gods; Human beings and Religions together divided the land and minds of the people". This is the bitter truth.

Finally, the words of Rabindranath Tagore : Leave this chanting and singing and telling of beads! Whom do you worship in packed, posh religious places? Open your eyes and see that God is not in a consecrated sanctuary. God is there where the labourer is slogging, tiller is tilling the hard and where the path-maker is breaking stones. God is with them in sun and shower, and his garment is covered with dust. Put off your holy shining mantle and like God come to the dusty soil. Come out of your meditation and leave aside the flowers and incense. What harm is there if your clothes become tattered and stained. Meet God and stand by him in toil and sweat of thy brow. This process will enable people to move towards spirituality and become spiritual. Their spiritual empowerment is the need of the hour and the lesson you need to learn from the present situation. God is with you and within you.

- Compiled By :
Ivan Saldanha-Shet.

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Remembering The Dead, Learning To Die! (2)

During these pandemic days I cultivated a habit of going in the evening to the garden at Nanbhat pond, close to our church. It's a busy road in the evening. Of course I am with my mask on my face. Many just say hello to me, recognising me in the twilight just in my T-shirt. Some stop their scooters and make a little inquiry. But some do take me aside and have a little sharing in depth. Sometimes even a short session of counselling takes place! Imagine a counselling session outside the office, without an appointment, by the roadside! One day a person asked me, "How are you?"

I said, "I am improving my health.
Thanks to Corona!"

"I see you moving about daily and so freely!"

"Yes, nothing to worry about."

"Do take care, Father!"

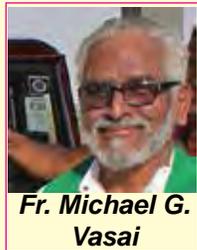
"I do take a lot; but inspite of that if Corona wants to embrace me? Alright!"

"Father, do not speak of death so freely."

And I said, "Why not? I am 78 now. It's time to be ready to meet the Lord!"

LIFE IS A PREPARATION TO DIE

Often death is considered as an evil, not even to be talked about. Why? Our Christian faith teaches us that with death 'life does not end but only changes'; death is the beginning of a new life; it is the union with the Lord; death is the end of all problems of life here and now! We repeatedly hear these phrases but we do not really believe the goodness of death. This week we are '*remembering the dead and learning to die.*'



Fr. Michael G.
Vasai

We began to learn that our body teaches us to die to itself. Through the constant practice of meditation I learn to die to all the objects of my attachment. By realising the distinctness of the soul from the body we learn to detach ourselves from everything that we have been attached through the body. It is interesting to note that from our birth we are owning things and getting attached to them. How funny, an infant of just a few months, lying on the ground, casually catches its own tow, puts into its own mouth, bites and when it hurts it owns it as its own! Thus he goes on claiming as his own the toys, clothes and all. He goes on owning and storing all as his own property. But natural law is that man has to start giving up all slowly. As he grows up he starts giving up toys and titbits. One day he gives up

his parents and attaches himself to his wife. And one day he has to give up his other half too! The meaning of retirement is to give up ... job, position in the family, to be replaceable everywhere, readying oneself to take *Vanaprasthashram* and *Sanyaas*. The meaning of old age and sickness is to learn to give up everything and get ready to die peacefully.

In fact half of life is to attach oneself to things and persons and the other half to detach oneself from all. Not because the world is bad but because we need to be free from it '*to go from where we came from.*'

Jesus asks us to love him more than our property (Mk 10.21) our father and mother, (Mt. 10.37), more than our hands and feet (Mk 9.43-48). How is it possible without this detachment? How did Jesus bear the inhuman suffering and death? Jesus had been spiritually detached from his body when in the garden of Gethsemane with his Father. He was only a witness to his body suffering. As he was hanging on the cross he bore those sufferings, peacefully and said, "Father, forgive them for they know not what they are doing!" He then hands over his spirit which is already detached from his body, to the Father and says, "It is complete!"

Will one feel empty when detached of all things? Never. As you get emptied you will be filled with the Lord. John said, "Let him increase and I



(Contd.. from p. 8)

decrease!" (Jn 3.30) Do you want to live with the Lord? Retaining your own individual personality? Why? Rather why not dissolve your individuality and let only Christ live (Jn 17.22)? What a wonderful life after death it is! And why not experience it already in this world by dying to self (Ro 6.6)? Are we 'dying' to all? Nay, they are 'freeing' themselves from the world though living in this world; free from all worries and yes, sorrows too! "Truth shall make you free" (Jn8.32). He has come "to proclaim the Lord's year of favour" Sufferings are there but they do not touch our souls.

SHARIRAM KHALU DHARMA SAA-DHANAM

The spiritual training, learning to die is given with the help of our own body. 'Shariram Khalu Dharma Sadhanam.' Body is a means of spirituality. There is a Yoga exercise for learning to die, called *Shavaasana*. (शवासन) Corpse Pose, or *Mrtasana*. (It should be learnt from a Yoga book or a master) It is often used for relaxation at the end of a yoga session but it leads to the practice of yoga nidra meditation too. *Shavaasana* maintains the balance between relaxation and meditation which are two key components of yoga, by their equal input of physical stimuli. In *Shavasana*, one lies on the back with the legs spread wide and arms relaxed to the side, and the eyes closed. The whole body is relaxed on the floor with an awareness of the chest and abdomen rising and falling with each breath. During *Shavasana*, all parts of the body are scanned for muscular tension of any kind. Any muscular tension the body finds is consciously released as it is found. All control of the breath, the mind, and the body is then released for the duration of the asana. The asana is released by slowly deepening the breath, flexing the fingers and toes, reaching the arms above the head, stretching the whole body, and exhaling while bringing the knees to the chest and rolling over to the side in a foetal position, drawing the head

in the right arm. From here, one can push up into a seated position. Drowsiness or restlessness of the mind while in *Shavasana* may be counteracted by increasing the rate and depth of breathing. While in *Shavasana*, it is important to be in a neutral position.

Body teaches first to relax the body itself, then the mind, then the heart. What a peace it brings! Secondly it teaches us to detach ourselves, nay, witness to the body itself, then to breathing, to our thoughts, to our feelings, anxieties and enjoy a peaceful life! The promise of Jesus is fulfilled: "Come you all who labour and are tired. I shall give you rest!" (Mt. 11.28) Jesus said, "Any one who wants to save his life will lose it; but anyone who loses his life for my sake will find it." (Mt 16.25).

So we remember the dead this week and learning to die! To die? Never! It is to meet the Lord! He is coming at the feast of Christ the King on 22nd November. Let us get ready to meet as the five sensible virgins did (Mt25.1-13).

FOR YOU MY SOUL IS THIRSTING, O LORD, MY GOD.

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"Uncleanliness"!

A teacher took an orange and squeezed it dry. She now asked her students, "What came out?" A little girl replied, "Orange juice! – Yes sweetheart, you are absolutely right," replied the teacher.

"Now extend this example to someone who squeezed you like this orange – say someone who behaves with you in a dirty manner, or abuses you or hurts you. And then out of you comes forth anger, bitterness and hatred. But my dear children, you could surely change all this, by changing yourselves and changing the world around you!"

"In the Holy Bible, the Lord revealed, 'although you use much soap to wash yourselves, yet the stain of your sin is before Me // Pity me for I am unclean, a person of impure lips!'" (Jeremiah 2:22 // Isaiah 6:5).

"But now good children, you love Jesus so very much, Jesus also carries you on His shoulders, like tender lambs! Jesus had warned us about being unclean! He said, 'The things that come out of your heart are the things that make you unclean like, evil thoughts, murder, adultery, stealing, false witness, and telling lies about others!'" (Matthew 15:18-19).

"St. Paul also later said, 'You know that it is not lawful for a Jew to associate with a foreigner. Yet God showed St. Paul not to call anyone unclean!'" (Acts 10:28).

"Now my innocent children, compare this to your dear mom and dad: 'Your unbelieving dad is made holy through your mum who believes; and likewise, your unbelieving mum is made holy through your believing dad!'" (cf. 1Corinthians 7:14).

—Dr. Hazel Colaso,
Memphis, TN. USA

THE SECULAR CITIZEN

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And so it continues.....

I know you were expecting me to say “the pandemic and COVID-19 disaster continues....” But that’s not what I meant.... What I want to say is that “the blessings of God continue in our lives.... Amen!”

Look around you... look at you.... Look within you.... I saw a WhatsApp message which read: “We are safe, not because of the absence of danger, but because of the presence of God”. I believe this is the crux of the title “And so it continues....”

There seems to be mayhem and the odour of death hovering over our homes, hospitals, and cemeteries. Our streets and shanties, even our offices and high-rises, have not been spared the mysterious movement and entrapment of this virus - so demonic does it appear!!!!

The resilience of the human spirit is far more solid than any disaster that can besiege humankind. In every such circumstance, one will realize that man along with God has overcome each and every vicissitude. From the faith perspective, a reading of the Biblical texts suggests this in no uncertain terms. From the debacle in the Garden of Eden, which gave us the promise of “And I will put enmity between thee and the woman,

and between thy seed and her seed; it shall bruise thy head,” to the Flood – rescue of Noah and his family, to Lot being turned into a Pillar of Salt, the remnant of Israel and the heroism of David and Eleazar and Ruth and the others, the Lord.. showed the Way and humankind has never been brought to its knees in wanton destruction and annihilation.

The mixed messaging of the politicians and the medical staff, our

WhatsApp forwards and quick-cures and the at times hidden-real-numbers of infection and death, have left us all uncertain...and uncertainty kills and lulls one into a false sense of the unknown and creates insecurity. Knowledge is wisdom and

the more we know of the true and tested ways of study of secular science and the Divine Word of God, the better equipped are we to face the storm and the unknown. So being abreast of what the world has to offer and what the Word of God offers is crucial and helpful.

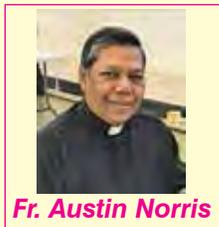
When we look at ourselves, we may find that we have moved on from fear to a better sense of management of ourselves and the pandemic. We have become more hygienic and concerned about one another in terms of social norms and social-distancing. We live and survive as a community because we are necessarily social beings and community is our strength and support. We have perhaps learnt to live on little and with more love and appreciation of what and who we have around us: the world that screams for attention and the people around that long for connections and sanity. Yes, perhaps we have become “better people” and perhaps more humane and more humble.

When we look within, perhaps the



change may be more subtle or visible, as the case maybe, depending on whether you are circumspect or whether you wear your heart on your sleeve. We have been silenced into a strange silence that mulls on the finality of life. Too many of our loved ones and acquaintances have “simply gone” in the blink of an eye. We look at ourselves and say: Why not me... why am I still here – is there a bigger purpose to my life...?? The answer to this must come from a deep reflection and from a “within that is God-centred and spirit-filled.” Whatever the space, one cannot but be awed by the enormity of the times that we live in – perhaps this is the epochal or Kairos moment of our generation, to discover God and the godly within ourselves.

This one single realization will have made us richer – as an outcome of these days and times. Stay safe and God bless...!!



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THE SECULAR CITIZEN,

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Thanksgiving

May the Sacred Heart of Jesus be Praised Adored, Glorified and Loved today and everyday throughout the world, now and forever. Amen!!

Ask St. Clare for three favours two impossible and say nine Hail Mary's and the above prayer for 9 days with a lighted candle and publish on the 9th day your request will be granted no matter how impossible it is

—Maria J. M. D'Souza, Bandra



Thanksgiving



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

—Cecilia Rego, Pune

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)

—Robert V. Vaz, Thane

Indian Origin Leaders in the World

Indian's are 'rejoicing' over Kamala Harris becoming the 'first' woman vice president and that too with Indian origin. The other day, we saw, Priyanka Radhakrishnan being sworn in the Newzealand Ministry and Keralites have been proud of her 'achievements'. Canadian Prime Minister Justin Trudeau already have four Ministers of Indian origin, three of them being Sikhs who are represented far better than in Narendra Modi's cabinet in India. Apart from them there is one woman Minister too. In the United Kingdom, Rishi Sunak heads the Finance, Priti Patel is Home Secretary and Alok Sharma is Secretary Business and Industries.

There are many other leaders of Indian origin who were leaders of their countries like Surinam, Gayana, Fiji and Mauritius but yes, these countries had indian who suffered a lot and were taken as indentured labours or I would simply call them as 'slave labour' even when slavery was abolished by that time, by the British to work in their plantation fields but over the years they slowly rebuild their lives and many of them became the leader of their countries. Obviously, they loved their Indian roots but had no connection with India as they forefathers had left long back and had no support like the NRIs today have. Those were the difficult years but they manage to maintain their dignity and succeeded in these countries.

The stories of Kamala Harris, Priti Patel, Priyanka Radha Krishnanan and other 'successful' politicians of Indian origin in US, UK, Canada and Newzealand is bigger proof of the diversity and opportunities provided by these countries and rather than a 'contribution' of India or Indian system. Kamala Harris's grandfather i.e. Nana was a joint secretary during Jawaharlal Nehru's time and he sent his daughter to study in US which was a favorite of youngsters who could afford to go in search of better opportunities. All these new leaders who we all are feeling proud of, are just first and second generation who migrated to these countries in ei-

(Contd.. on p. 19)

We have not missed even a single issue during the Lockdown Period

Simple Living And High Thinking During Covid Time

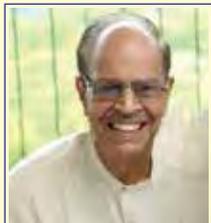
Any decision to hold an event during the COVID-19 pandemic, no matter how large or small, should rely on a risk-based approach. Precautions to consider include actions to prevent transmission between people, and where to hold the venue and how it can be modified to make a safer environment. Canceling a planned event is an option that should always be considered, especially in case of non-essential events or when precautions cannot be implemented or adequately communicated.

Marriage ceremonies across India have been put on hold due to the coronavirus lockdown. But some couples choose to swap their big fat weddings for small intimate affairs. The Bridegroom having already completed 30 years of age and running around 32-33 will be willing to tie knot during knot. The best option is to have a simple engagement in a Temple and fix the marriage date for a future somewhere in early next year in February or March, hoping that Covid virus effect will come down drastically by that time.

When times are tough, men and women often turn towards family and friends for support, sustenance, and solidarity. This is certainly true in 2020. Amidst so many trials and tribulations — a global pandemic, the worst recession in a century, political and social turmoil, and wildfires, to name a few -- many families fix arranged marriages in a simple way with fewer invitees. The presence of parents of both the families and the boy and the girl are needed to conduct the rituals.

The pandemic locked us all up in our homes, with our families, as if to tutor us through all or at least some of those barriers, to introspect and take notice of what is valuable to us. The intimate relationships have been the most complex to understand, to heal and the hardest to sustain mutual health and happiness. That said, they are also the most beautiful, emotionally uplifting and joyful stories.

A ceiling of 100 persons will apply after September 20, allowing a higher number of people to attend social events for the first time since the coronavirus lockdown was enforced in March this year. Having waited for so long, to be married couples are not ready to wait for a much longer time. Parents are also feeling pity on their son or daughter and the pandemic should not come in



C.K. Subramaniam

the way for marriages to take place. After all marriages are fixed in heaven and the pandemic does not have any bearing on this count. Keeping the count down to the nearest minimum one can manage the marriage in the best way possible.

Basically the tenets of the Marriage, its conduct, procedure and styles are explicitly laid down in the vedas. Due to Regional Cultural influences, pleasant variations have crept in without altering the fundamentals. The Wedding is a balanced blending of Religious, Moral, cultural and joy, making it a memorable event. The vedic rituals solemnize the marriage while indoctrinating specified duties of the couple through life.

The Hindu Wedding Ceremony has a number of rituals and customs, most of which are often labelled as superstitious or time-wasting. It is believed to be nothing but rituals and more rituals. But have asked ourselves what a "Ritual" is? A ritual begins as a creative rational action to express a sentiment or an idea-like the lighting of a lamp to dispel darkness at twilight or the folding of hands into a "Namaste" to greet an elder. As more and more people in succeeding generations repeat the action, it becomes a convention-then a Rituals. A Ritual is thus an action on which time has set its seal of approval and Sanctity.

People are now paying attention to their inner selves and recognising the absence of self-awareness. The life-threatening nature of the virus has made us question our egos, grandiosity, expectations, lifestyles and needs, making us more humble and aware of the real sources of happiness. The Rituals of the Weddings are each symbolic of beautiful and noble sentiments. Unfortunately today many parents and couples perform them without an awareness of the rich meanings behind them. A modest attempt has therefore been made to briefly describe the implications of the rituals of a wedding.

Mostly these are applicable to any other sect. For the elders, this information may be superfluous but it is hoped the younger generation, especially those yet to be married, may find these as general guidelines. So, the South Indian Wedding has a significance and signify the theme 'Simple living and High thinking'



The Coal Strife

Are plans afoot to convert Goa into a coal-hub!

Recently the CM opined that developmental works related to the National Highway are necessary. There is of course no denying this fact!

But when the developments are purportedly to facilitate programs that are detrimental to the cause of the state, there is every reason to be alarmed.

For, it is being alleged that Goa is gradually easing into its new identity. Dubbed as a coal hub by activists, the government is apparently in no mood to dispel notions of the state being one. At least its half-hearted attempts fail to convince one otherwise!

A series of investigative reporting by the *Indian Express* way back in 2017 gave indications of a systematic built up to the current horror which has a huge section of the populace raising the banner of revolt against an inconsiderate government hell-bent on imposing its will on the people.

The construction of the Verna-Borim four-lane highway, presumably to cut down on the time taken by large cargo trucks and container trucks transporting materials and finished goods from, and to, Verna Industrial estate hardly raised any eyebrows initially.

In fact, the visage of the long asphalted surface was on the contrary acclaimed as a marvel of the latest techniques in road construction.

The four-lane link road along with

paved shoulders being built on NH17B to connects Verna Industrial Estate with Borim, and passing through Loulitolim, is now dubbed as the new 'coal corridor' being designed to facilitate the transportation of coal through the state.

The 'coal strife' is nothing to new to Goa though.



by Pachy Menon

The *Goan* newspaper carried an article, *Death By Coal*, by Neshwin Almeida, on October 20, 2012.

"Way back in 1975, the Dempo Group of Companies set up a coke and carbon plant to process graphite rods in the sleepy village of Sao Jose de Areal near Nessai Industrial estate. The village was excited with the prospect of jobs, of prosperity and of development. The entire process involved burning coke at high temperatures and extracting hydrocarbons in the form of oil out of the burnt coke."

Now comes the most interesting part!

"Carbon particles which flew out of the chimneys of the Goa Carbon Limited, had, according to health experts, poisonous carcinogens that caused breathing problems and even lung cancer in the village."

Social Justice Forum Sao Jose de Areal held a rally at Panaji in December of 2017 to protest against the coal pollution that the villagers are suffering from due to the hazardous emissions

from the Goa Carbon Limited at Nessai.

This was after a two-hour long demonstration was held by activists four months earlier highlighting the plight of the villagers who were 'compelled to habituate' themselves to live with coal dust pollution because of the noxious contaminants from the factory in Nessai.

Not having elicited any favourable response from the government but for a few cosmetic 'adjustments', the protests over the years gradually petered out and have had nothing much to show for the years of struggle.

Very recently, as we all know, Nessai, has been at the epicentre of another anti-coal movement in the state. This once it has come by way of the massive protests building up all over the state over the rail double tracking to enable transportation of coal.

The blight of coal does not seem to leave Nessai alone, or so it appears!

It is however the transportation of coal through the cities and hinterlands of the state which has galvanized a movement which is giving the government the jitters today.

The statement by the Chief Minister that the double tracking of South Western Railway line is not being carried out to promote coal transportation in the state hence appears to have a hollow ring about it.

The vehemence with which the local NGO groups, along with other politically connected organizations, have gone about drumming up support against railway double tracking in Salcete ensures that since the Konkan Railway realignment movement, this would be an agitation which will rock the entire state.

If the Konkan Railway realignment movement was all about protests against the proposed rail line through Goa which, besides having a huge

(Contd.. on p. 17)

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Why can't Trump go to White House
Anymore?
Because it's
FOR BIDEN

"Doctor, please hurry. My son swal-
lowed a razor-blade."
"Don't panic, I'm coming immediately.
Have you done anything yet?"
"Yea, I shaved with the electric razor."

"Doctor, doctor, will I be able to play
the violin after the operation?"
"Yes, of course..."
"Great! I never could before!"

Translation and Advertisement

The Dairy Association's huge suc-
cess with the campaign "Got Milk?"
prompted them to expand advertis-
ing to Mexico. It was soon brought to
their attention the Spanish translation
read "Are you lactating?"

Coors put its slogan, "Turn It
Loose," into Spanish, where it was
read as "Suffer From Diarrhea."

Scandinavian vacuum manufactur-
er Electrolux used the following in an
American campaign: "Nothing sucks
like an Electrolux."

Clairol introduced the "Mist Stick,"
a curling iron, into Germany only to
find out that "mist" is slang for ma-
nure. Not too many people had use
for the "Manure Stick."

When Gerber started selling baby
food in Africa, they used the same
packaging as in the US, with the
smiling baby on the label. Later they
learned that in Africa, companies
routinely put pictures on the labels
of what's inside, since many people
can't read.

Colgate introduced a toothpaste
in France called Cue, the name of a
notorious porno magazine.

An American T-shirt maker in Miami
printed shirts for the Spanish market
which promoted the Pope's visit.
Instead of "I Saw the Pope" (el Papa),



the shirts read "I Saw the Potato" (la
papa).

Pepsi's "Come Alive With the Pepsi
Generation" translated into "Pepsi
Brings Your Ancestors Back From the
Grave" in Chinese.

If you owe the bank \$100, that's your
problem. If you owe the bank \$100
million, that's the bank's problem.

Jones applied to a finance agency
for a job, but he had no experience.
He was so intense that the manager
gave him a tough account with the
promise that if he collected it, he'd
get the job.

Two hours later, Jones came back
with the entire amount. "Amazing!"
the manager said. "How did you do
it?"

"Easy," Jones replied. "I told him if
he didn't pay up, I'd tell all his other
creditors he paid us."

A man goes into a drugstore and
asks the pharmacist if he can give
him something for the hiccups. The
pharmacist promptly reaches out and
slaps the man's face.

"What did you do that for?" the man
asks.

"Well, you don't have the hiccups
anymore, do you?"

The man says, "No, but my wife out in
the car still does!"

A doctor is to give a speech at the
local AMA dinner. He jots down notes
for his speech. Unfortunately, when
he stands in front of his colleagues
later that night, he finds that he can't
read his notes. So he asks, "Is there a
pharmacist in the house?"

A pharmacist looks out the front of
the store and sees a woman holding
a bottle jumping up and down in the
parking lot. The pharmacist walks
out to the parking lot and asks the
woman what the matter. She replies
"I saw it said 'Shake Well' after I took
it".

Customer gets a topical cream. Di-
rection: apply locally two times a day.
Customer says to the pharmacist: "I
can't apply locally, I'm going over-
seas."

A funeral procession is going up a
steep hill on main street when the
door of the hearse flies open and the
coffin falls out then speeds down
main street into a pharmacy and
crashes into the counter. The lids
pops open and the deceased says to
the astonished pharmacist, "You got
anything to stop this coffin?"

"I came in to make an appointment
with the dentist." said the man to the
receptionist.

"I'm sorry sir." she replied. "He's out
right now, but..."

"Thank you," interrupted the obvious-
ly nervous prospective patient. "When
will he be out again?"

Patient: "It must be tough spending
all day with your hands in someone's
mouth."

Dentist: "I just think of it as having my
hands in their wallet."

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(Contd.. from p. 14)

environmental impact, would flood coastal regions and destroy its unique coastal estuarine agro-eco system; the anti-double tracking agitation, after about three decades, is against the 'agenda' of the state government which proposes to turn Goa into a coal-hub and use the rails for coal and not the people.

It is definitely encouraging to have the locals responding in thousands to the call made by organizations opposing track doubling and coal transportation projects in the state.

People should have a say in the affairs of the state. It is said that a strong democracy is built on questioning state policy. Maybe it is this belief that gives masses the courage to align with groups opposed to any project that has 'anti-people' stamped all over it.

When the government bulldozes ahead with plans that are disadvantageous to the state, the people have every right to take the issue out to the streets.

But it is the presence of quite a few disgruntled leaders in their midst that the protestors should be wary about. Most of them showing solidarity with the cause are out of power and in political wilderness themselves, and are doing so only to worm their way out of the miserable position they find themselves in.

Leaving one in no doubt as to what their response to this quandary would have been were they to be associates in the ruling dispensation, let us sincerely hope that this people's movement reaches a logical conclusion and is not 'hijacked' midway by any politician or political party to promote its interests.

To cut a long story short, roads and rails in the state have apparently moved over from being travelling means for the public to safe conduits as cargo passages for transportation of coal.



This lemon rice dish is easy to make.

You can make lemon rice with freshly cooked rice or even with leftover rice.

1. First rinse one cup heaped regular rice a couple of times and then soak it in water for 20 minutes.
2. Then drain all the water from the rice. Add the rice in a pressure cooker. Add salt as required.
3. Now add 2 cups of water.
4. Pressure cook the rice for 8 to 10 minutes on a medium-high flame. When the pressure settles down on its own in the cooker, open the lid.
5. Remove the rice in a bowl and let it become warm or cool at room temperature. You can also fluff the cooked rice and let it cool in the cooker itself.
6. Squeeze juice from one lemon. Keep it aside.
7. Heat two tbsp oil in a pan. Add peanuts as required.
8. Fry the peanuts on a low to medium flame till they become golden and crunchy.
9. Remove and keep aside.
10. In the same pan, add cashewnuts and fry them till they turn golden. Keep aside.
11. Now add one tbsp oil in the same pan. When the oil becomes hot, add 1 tsp mustard seeds.
12. When the mustard seeds begin to crackle, add 2 tbsp urad dal.
13. On a low flame, sauté the urad dal till they turn golden.
14. Next add curry leaves, chopped green chilies and dry red chilies.
15. Sauté for a few seconds till the red chilies changes colour.
16. Switch off the flame and add turmeric powder and asafoetida.
17. Mix very well.
18. Now pour this tempering mixture in the cooked rice.
19. Add the fried peanuts and cashewnuts.
20. Add lemon juice and salt according to taste and mix well.
21. Check the taste and add more lemon juice to it if you want. Keep the lemon rice covered for the flavours to blend for 4 to 5 minutes.
22. Serve with papads or with coconut chutney. You can even pack lemon rice in a tiffin box for a travel journey.



Sweta D'Cruz

The world is a better place today, thanks to

#HelpOurHeroes!

A worldwide health crisis forced us to realize how much we depend on our essential workers. The fumigators working at night, the garbage collectors driving on the dark streets, shopkeepers delivering groceries to their customers, doctors stretching out over exceptionally long shifts, policemen making sure nobody wanders the streets without an emergency - the frontline workers are providing a lifeline to the country during this pandemic.

While these frontline workers express pride in their work even while ignoring the fear for their own and their families' safety; is their sacrifice being rewarded and thanked for enough?

Well, there are several ways to express gratitude, but what Dr. Geoffrey Vaz (MBBS | MD) of Maven Esthetics is doing, is commendable.

Dr. Geoffery Vaz and his team at Maven Esthetics have set up a unique initiative called #HelpOurHeroes. This initiative provides online consultation at no cost to frontline workers to treat facial skin and hair damage caused by prolonged usage of PPE kits and other reasons during the pandemic. This generous initiative enabled frontline workers to reach out to Dr. Vaz and leverage his eight years of expertise in dermatology to help them with skin and hair problems caused during this unprecedented crisis.

A recent study of medical staff treating COVID-19 infected patients found 42.8% experienced serious skin injury related to the use of personal protective equipment (PPE), including masks, goggles, face shields, and protective gowns.



Here are some adverse effects of long-term PPE use:

- Spending long hours in layers of masks, gloves, hooded caps, face shields, goggles, gowns, shoe covers and towels can be exhausting, tiresome and extremely uncomfortable.
- It puts them on a higher risk of developing rashes and other skin lesions that includes acne, redness and even bruises in some cases.
- Wearing gloves for long hours result in wrinkled palms, rashes, eczema-like effects due to the glove material and the powder within it, which can eventually lead to parched skin.
- Moving with PPE kits on also causes friction which can lead to abrasions and skin trauma.
- Excessive sweating is another major concern that may eventually lead to skin rashes and fungal infections if not properly attended to.

Skin and hair problems may seem like a minor complication but ignoring

them can lead to severe infections in the future. While wearing PPE kits is the only way to steer clear of the contagious virus, simple precautions like applying moisturizers to prevent excessive friction, skin barrier creams which have a neutral pH and can help most people evade rashes. Depending on the severity or complexity of the skin problem, a person may even need a dose of antibiotics

or steroids. An expert should be able to guide through the various treatment options. And, Maven Esthetics is just that; the brand specialises in preventive, maintenance and regenerative treatment for skin and hair. Their team comprises professionals excelling at Dermatology, Anti-aging, Profile Harmonization, Botox, Peels, Laser Hair Removal, Fillers, PRP, Stem Cell Therapy, and Regenra Treatment.

As much as this pandemic has been an unprecedented challenge, it has brought out the realization that we humans are capable of global, collective action. Individuals, corporates, and brands have come together to help those in need and make the journey easier for one another. Maven Esthetics is exemplifying benevolence by providing a holistic approach to skin and hair care for the frontline heroes of the country, with



(Contd.. from p. 18)

a selfless spirit of being of service to them. Any frontline worker - medical staff, delivery personnel, essential workforce, law and order resources - can email or call the Mumbai based clinic to seek help.

“Most of our heroes have always been behind television screens, and this time, the world has had a first-hand experience of real-life heroes in the form of doctors, delivery- agents, policemen and all those on the front-line. Being a doctor with my own practice, I felt like I wasn't contributing enough. Around the same time, I was in conversation with some police personnel and even my local grocer, they asked me to help diagnose and suggest treatment for skin infections they faced and rashes around the ear caused by the constant use of masks,” shares Dr. Vaz. “My observation was, that as most dermatologists weren't operational then and due to the fear of contracting the virus at Hospital premises, most never consulted a doctor. This prompted me to do my part with the Help Our Heroes initiative, by helping out those on the frontlines from the comfort of their home, by offering them free tele-consultation in my area of expertise, skin and hair” he adds.

Dr. Geoffrey Vaz, is known for his diagnostic accuracy, derma patient care, cosmetic skills and artistic eye. Even heroes need saving during these trying times and there couldn't be a safer set of hands to take care of our heroes other than Dr. Geoffery Vaz and his team at Maven Esthetics.

As the situation eases, Dr. Geoffrey and his entire team are now attending to patients and providing treatments out of the Maven Esthetics Clinic, based in Versova. The entire clinic is sanitized and all recommended safety precautions are being adhered to.

(Contd.. from p. 12)

ther mid 1950s or 1960s and many are of 1980s generation and yet they got the opportunity to lead.

Listen to Kamala Harris and Joe Biden and they are speaking of inclusion, fight against systematic racism and unity of the country. Kamala Harris's success is attributed to that US is a country of possibilities and hope for migrants. So most of these leaders who have flourished are not there for several generations but not more than fifty years. What is happening back in our country. The leaders of division and hatred don't want people whose seven generations are settled in India. We are asking hundreds of questions about history of some body great great great great great great grand father. We are seeking revenge for the wrongs of past. A government or political class which is stuck in the 'wrongs' of history can not provide vision for future. What happened to the issue of Sonia Gandhi when she could have become the leader of Congress Party. Even after refusing to be leader, she has been harassed and humiliated by the Sanghi media. How can you make a country stronger if you make 12% Muslims suspect of all the evils and wrongs of the country.

What would have happened to Kamala Harris if she were in India. Her marriage to a Christian would have become the hunting ground for Sangh Parivar and they would have brought the conspiracy theory of the Christian evangelists by 'converting' our 'innocent' women. The whole attempt to bring Love Jihad laws state after state are nothing but to harass the couples particularly where the male partner is a Muslim or Christian. Why are we celebrating for Kamala Harris ? Because we don't want our children to decide their own fate ? Because we don't treat our minorities equally or make them look suspect ? Because the representation of minorities is reducing in every sector and

our politician want to intimidate them and suggest to them that you are a second class citizen of this country and because we don't want to give protesters even right to protest and file cases after cases against them.

There is a lot for Indians and Indian 'nationalists' to introspect of what has happened in india. Just before 'celebrating' about Kamala Harris or Priti Patel or Priyanka Radhakrishnan please peep into your own prejudices and how you have made every neighbor of our look like unwanted. Societies which embrace diversity and are inclusive in nature, which leave their prejudices aside will grow and progress. Indians who want to enjoy democracies elsewhere need to strengthen the same kind of structure in their own country. Whether it is US or Canada or New Zealand or England, we need to ensure that we too respect freedom of expression of the minorities, respect individual's right to chose their faith and partner, respect differences of opinion and as Joe Biden said that differences do not mean that our opponents are anti national. Let us understand that providing level playing field to all will make us better and encouraging minorities and migrant to be part of our decision making will always bring their knowledge and strength to our political structure. At the moment, we hope that leaders of Indian origin will prove successful in raising issues of minorities and immigrants and will have the same message back home in India to respect the similar values so we become a true democracy. A country without fair representation of marginalised and minorities can not become a true democracy. Let us hope our political class will read the message of hope, love and healing from these the outcome of the elections in the United States.

—Vidya Bhushan Rawat

Royal Christian Family MATRIMONIALS - GROOMS

7136. HYDERABAD : Anglo Indian RC Bachelor, (Born in July 1988) Ht. 5' 8", Wt. 80 kgs, Wheatish Complexion, Edn. Post Graduate, having own business. Contact email : phillipctocher@gmail.com

7135. U.S.A. : Mangalorean RC Bachelor, (Born in June 1990) Ht. 5' 10", Wt. 65 kgs, Wheatish Complexion, Edn. B.E. in Electronics & Telecommunication (EXTC), working as a Senior Software Engineer. Contact email : ryandcunha01@gmail.com

7168. USA : US Citizen Goan Roman Catholic Bachelor, (Born in June 1985) Ht. 5' 7", Wt. 73 kgs, Fair, Edn. M.Sc., working for a Global Pharmaceutical Company. Contact email : lspinto84@gmail.com

7164. MANGALORE : Mangalorean Roman Catholic Bachelor, (Born in May 1984) Ht. 5' 9", Wt. 65 kgs, Fair, Edn. ITI Course, working as a Techincian. Contact email : rajesh.dsz15@gmail.com

7165. MUMBAI : Goan Roman Catholic Bachelor, (Born in October 1979) Ht. 5' 9", Wt. 63 kgs, Fair, Edn. B.Com., Post Graduation in Supply chain & Ship Management, working as an E-commerce online support. Contact email : examiner4@yahoo.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

7159. MUMBAI : Roman Catholic Bachelor, (Born in September 1982) Ht. 5' 5", Wt. 65 kgs, Ethical, Healthy, Simple, Sober, Wheatish, B.E. Software Engineer, works @ Mumbai, 9224335003, mariosofttech@gmail.com seeks matrimonial alliance from Mumbai based Catholic Spinster. Please exchange relevant information.

7157. PUNE : Roman Catholic Bachelor, (Born in September 1990) Ht. 5' 6", Wt. 75 kgs, Wheatish Complexion, Edn. MBA (Marketing) & M.Com., working as a Senior Executive, Sales and Development. Contact email : amlahenry11@gmail.com

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

7155. MUMBAI : Goan Roman Catholic Bachelor, (Born in March 1980) Ht. 5' 4", Wt. 67 kgs, Wheatish Complexion, Edn. 12th std., having own business asm well settled. Contact email : mendoncajason@gmail.com

7152. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in December 1989) Ht. 6', Wt. 70 kgs, Fair Complexion, Edn. B.Com., having business. Contact email : emi_dalmeida@yahoo.com

7151. MUMBAI : Goan Roman Catholic Bachelor, (Born in May 1990) Ht. 5' 8", Wt. 65 kgs, Wheatish Complexion, Edn. Masters in Marketing, Working as a Asst. Marketing Executive. Contact email : emanuelfindz90@gmail.com

6507. MUMBAI : Mangalorean Roman Catholic Bachelor (Hearing Impaired) (Born in September 1989), Ht. 5' 9", Wt. 62 kgs, Fair Complexion, Edn. HSC., Dip. in Computer Hardware. Working as a Cashier. Contact email : clifford9948@gmail.com OR 9920331773

7150. POONA : East Indian RC Divorcee, (Born in November 1960) Ht. 5' 10", Wt. 69 kgs, Wheatish Complexion, Edn. Graduate Engineer from CWIT University of Pune, working as an Engineer. Contact email : joeskf@gmail.com

6713. MUMBAI : Mangalorean RC

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

7146. MUMBAI : East Indian RC Bachelor, (Born in July 1988) Ht. 5' 10", Wt. 79 kgs, Fair Complexion, Edn. B.E. (Mech), + PG course in Finance, working as a Asst. Manager in MNC. Contact email : lenin.pdsouza@gmail.com

7144. POONA : Goan RC Bachelor, (Born in October 1985) Ht. 5' 5", Wt. 60 kgs, Wheatish Complexion, Edn. Hotel Management Graduate, working as an Executive. Contact email : merrolmenezes@gmail.com

7133. MUMBAI : Goan RC Handsome Bachelor, (Born in February 1977) Ht. 5'9", Wt. 78 kgs, Wheatish Complexion, Edn. B.Sc., PG, MBA, working as a Sr. Manager in US IT Company. Contact email : trinidadefranco@gmail.com

7132. MUMBAI : Goan RC Bachelor, (Born in January 1987) Ht. 5'8", Wt. 72 kgs, Fair Complexion, Edn. B.A., PG in Advy. / Graphics & Animation, working as a Graphic Designer. Contact email : dcostastephen03@gmail.com

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

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Email : royalchristianfamily@gmail.com

Royal Christian Family MATRIMONIALS - BRIDES

7174. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1990), Ht. 5' 6", Fair Complexion, Beautiful, Edn. B.Com., MBA, PGDM, working for a Ad Agency in Toronto, **CANADA**. Contact email : roshanmehra@hotmail.com

7134. MUMBAI : Goan Roman Catholic Spinster, (Born in April 1992), Ht. 5', Wt. 55 kgs, Wheatish Complexion, Edn. B.Com., working as a Modification and Writer. Contact email : jacklinemascarenhas@gmail.com

7173 BANGALORE : Mangalorean Roman Catholic Spinster, (Born in December 1989), Ht. 5' 5", Wt. 65 kgs, Fair Complexion, Edn. Bachelor of Engineering in EEE, working as a Sr. Engineer. Contact email : clara.kalare@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

7131. DUBAI : Roman Catholic Spinster, (Born in September 1990), Ht. 5' 5", Wt. 60 kgs, Tan Complexion, Edn. T.Y. B.Com., working as a Manager. Contact email : rebecca.raj06@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

7120. CANADA : Goan Roman Catholic Spinster, (Born in April 1986), Ht. 5' 2", Wt. 51 kgs, Wheatish Complexion, Edn. B.Com., University of Toronto, working as a Customer Support for Canada Government. Contact email : joafaria@yahoo.ca

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

7117. MUMBAI : Goan Roman Catholic Spinster, (Born in May 1991), Ht. 5' 7", Wt. 65 kgs, Wheatish Complexion, Edn. M.A. in English Literature, Teacher by profession. Contact email : examiner2019@gmail.com

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

7115. MUMBAI : Roman Catholic Spinster, (Born in October 1989), Ht. 5', Wt. 50 kgs, Wheatish Complexion, smart and good lookingt, Edn. Vlth Std., Non working, homely. Contact Mob: 7021135272

7166 MUMBAI : Mangalorean Christian Parents seek alliance for their daughter, (Born in May 1992), Ht. 5'4", having completed her BCAF, presently working with MNC in Mumbai. Contact email : ste004ffy@yahoo.in

7108. MUMBAI : East Indian Roman Catholic Spinster, (Born in December 1990), Ht. 5' 3", Wt. 58 kgs, Fair Complexion, Edn. B.Sc. (Aviation), Ae SI (Part), AME (Aircraft Maintenance Engineer), working as a Aircraft Maintenance Engineer. Contact email : lucyann.alvares@yahoo.com

7170 MUMBAI : Mangalorean Roman Catholic Spinster, (Born in August 1996), Ht. 5' 7", Wt. 80 kgs, Fair Complexion, Edn. Graduate, working for Bank. Contact email : jenniferdello25@gmail.com

7107. MUMBAI : Tamilian Roman Catholic Spinster, (Born in September 1990), Ht. 5' 2", Wt. 50 kgs, Wheatish Brown Complexion, Edn. M.Com., working as a Commercial Executive. Contact No. 8108216595 email : jkanth74@gmail.com

7125. CANADA : Mangalorean Roman Catholic Spinster, (Born in February 1983), Ht. 5' 8", Wheatish Complexion, Edn. M.A., working as a Consultant. Contact email : llmendonca@shaw.ca

7106. AHMEDNAGAR : Goan Roman Catholic Divorcee, (Born in January 1986), Ht. 5' 3", Fair Complexion, Edn. High School, Contact email : anthonyfernandes9850@gmail.com

7124. CANADA : Mangalorean Roman Catholic Spinster, (Born in October 1993), Ht. 5' 3", Wt. 60 kgs, Wheatish Complexion, Edn. B.M.S., M.B.A. Operation, working as a Co-ordinator in Shipping Company. Contact email : carrel.dsouza@gmail.com

7098. MIRAJ : Protestant Spinster, (Born in November 1983), Ht. 5' 4", Wt. 52 kgs, Wheatish Complexion, Edn. Masters in Dental Science, Doctor by profession. Contact email : dprebentisch@yahoo.com

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Make Children More Active



In a creative world children are the future of this country and that was fully revealed when 25 children turned curators and proved that the Museum belongs to them totally. In this competitive world, students will work hard to get on in their career at the best by facing tough competition. Awareness to the students has to come from parents as well as teachers who need to make them aware of historical facts of the country, current issues, social issues, international issues, development in science and technology. This makes the students go through the general knowledge books, magazines, news papers with keen interest to know what it is then and what happens next.



Jayanthy Subramaniam

Knowledge is power and by inculcating knowledge the future of children will be at the top of the world. Mall culture has come to stay in India in general and Mumbai in particular. It is high time to have regular drawing and painting sessions during weekends. Kiosk can be made available for children to play intelligent games. More on physical activity a cricket ball can be hung in the indoor net arrangement for knocking for 5 minutes for a price of Rs.15. With summer vacation on it is the right time to have a more expansive treasure hunt for children.

The talent in children will come out in the best way possible with a variety of activities.

An hour of physical activity per day is recommended for all children above the age of five, but is commonly lacking in girls. It helps against the early onset of lifestyle diseases like diabetes, hypertension and heart disease, PCOS and menstrual irregularities for girls. Sitting in itself slows down metabolism. When we sit, the large skeletal muscles in the legs and back practically go into hibernation. They do not utilise glucose, as they require very little energy to be still. That is why fidgety children do not gain weight.

Sitting at home, studying all day, induces cabin fever which reduces productivity, believes Mind. After a long day of sitting, poses such as the ardhha matsyendrasana release compression in the spine. Surya namaskars are also easy to learn and fun to do. These help expend the excess energy in the body, and reduce distractions. Most kids enjoy doing inversions like sirsasana, as it calms them down by reducing the tempo of your breathing, and sends blood to the shoulders, neck and brain, areas that you should be relaxing. This should be done with

support, with a parent, against the wall. Simple rhythmic breathing helps increase focus and memory power, and reduces anxiety. One deep breath, followed by one short breath.

Running, cycling, swimming, walking, dancing and playing sports such as cricket, badminton, football, or basketball, all pump up cardiovascular activities, even if children have just 40 minutes for it. On days that they don't have a lot of time, help them find at least 15 minutes for light exercise, whatever they enjoy doing. Stretching at least once every hour is important.

The mere act of moving about, doing whatever eases the mind, whether it's playing games or walking and gossiping with friends, or riding a cycle alone, counts as free play. There is an absolute need for children to relax during their study time. Playing a few games of chess or playing carrom board for half an hour will provide the children the much needed relaxation. It is time to practice good habits during the summer vacation so that the children can maintain in the same vein when their regular school commences in a couple of months. Mind games for children are the most effective tool to be inculcated by children on a regular basis.

The Final Coincidence

Short Story

You have no doubt heard people say that love is an experience which cannot be measured by thought, deed or the closeness one gets to each other. Love is so sacred that words fail to describe it. And yet, the concerned couple know that they are in love.

Brian, a chartered accountant and Clare, his beloved was a fashion designer. They had been together and in love for over five years. They seldom argued, loved the same things on the domestic front and on the world stage. They enjoyed watching films, musicals, thrillers and musicals, went to church together and always found the time to be alone.



BY MELVYN BROWN

This evening, sitting in their favorite corner in the park, Brian decided it was time for him to propose marriage. Beads of sweat rolled down his flushed face. His left hand finger twitched as it often did when he made decisions.

"Clare, will you marry me?" he blurted.

"What? Say that again!"

"Will you marry me?"

Clare screamed with unabashed glee. "I often wondered when you would ask, yes, yes of course, how about next month?" Brian had to catch his breath. Clare had agreed to marry him. It was like the explosion of an emotional bomb. Next month would be too soon, he mused.

"Not next month, darling."

"Why not, next month?"

"Well, we must first get the bless-

ing of your parents, and then to get a wedding planner to take charge of the marriage details, for example the church service, the hall for the reception, the cake, the printing of the cards, the decorations and what not"

A sparkle lit her brown eyes. "Let's get engaged first," Clare smiled, adding, "That could be next month, yes?"

At that moment a large ball flew over their heads and a young boy was running to catch the ball. Brian reached out in a flash and grabbed the boy, shouting, "Stop, stop!"

A few feet away the football exploded in mid-air. The youngster screamed and was shaking with shock. Brian had saved his life. The child ran away into the distance.

"My God, Brian, this is the third time this month you"

"Now, about the engagement," broke in Brian with a calm smile.

"All right, and when will the wedding take place?"

"The day, after Christmas, on the 26th. How is that?"

"Sounds great, I love you," Clare grinned.

The engagement party was a small gathering, which went off well, and everyone enjoyed themselves. Brian was pleased that it made Clare happy, so happy, especially when she wore the diamond engagement ring. Clare could not get over the thrill and surprise of the marvelous design.

Clare was praying that Brian would not have one of those weird premoni-

tions, which she did not reveal to her family members. The last incident was the horrible accident at the new Mall where Brian had refused to enter the elevator, took the flight of stairs to the third floor. Five minutes later the lift with four people came crashing down and all inside that elevator lost their lives.

Christmas arrived after the solemn Midnight Mass. Everyone greeted one another out in the open churchyard as the cold winter breeze kissed everyone a happy spiritual Christmas. Clare and Brian looked forward to the big day, the wedding.

From early morning of the 26th it was all a big rush around, seeing to all the little details, the service at the local parish church, the reception hall and receiving the wedding gifts before the ceremony. Her parents were looking good in their new outfits and the bride in her angelic white dress.

After the official marriage service, the couple went in the car for a ride, giving time for those who attended the Service to get to the reception hall.

An hour later, a smiling Clare and a proud Brian arrived and both were guided to the large sofa under an enormous and heavenly lit chandelier weighing almost a ton.

Clare, the bride looked up to her husband Brian and said, "I wish this moment could live forever."

"It will. I promise you, my love", Brian said taking her hand and drawing her near to him.

Suddenly, the large chandelier came crashing down on the newly wed. They both died in each other's arms. It was the final coincidence.

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