

# THE SECULAR CITIZEN

A NATIONAL FAMILY WEEKLY

Vol.24 No.11 ■ Mumbai, March 16, 2015 ■ Rs. 5



## Let Marriage & Family Choose



# Bandraite Shines As A Lieutenant Commander in the US Navy

Dr. Ritabelle Fernandes daughter of Mr. Jimmy Fernandes and Mrs. Philomena Fernandes, Bandra was appointed a Lieutenant Commander, United States Navy, on 30th November 2014.

The path to joining the US military begun many years ago. Dr. Ritabelle Fernandes has served as a volunteer with the Oahu Medical Reserve Corps (MRC) since 2005. The MRC is national network of local groups of volunteers committed to improving the public health, emergency response, and resiliency of their communities. She was part of any elite group committed to serve as the MRC Federal Deployment cadre to support a federal emergency response during a catastrophic event. During an MRC integrated training with the US Armed Forces in 2009., Dr. Ritabelle Fernandes was inspired by many like-minded physicians to serve in the military. Unfortunately she was on a green card status and could not join until she obtained Citizenship.

The dream and passion burned deeply



and on 26th December, 2012, Dr. Ritabelle Fernandes obtained US citizenship so that she could serve as an officer in the US Navy. After a rigorous medical examination and physical fitness she was approved. Her many years of training since medical school and vast experience as a physician allowed her to be appointed a high rank of Lieutenant Commander. She hopes to one day deploy on humanitarian missions with the USNS Mercy hospital ship.

## Proclaiming The Holy Season In Christian Life For Renewing The Faith



**5 SUNDAYS IN LENT**  
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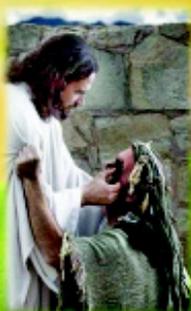
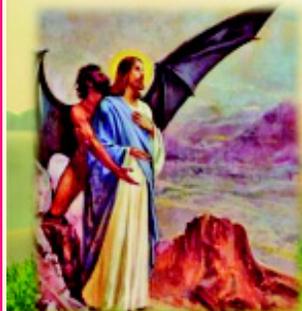
**Jesus is tempted  
by Satan**

**Jesus is  
transfigured**

**Jesus is the  
Living Water**

**Jesus heals the  
man born blind**

**Jesus is the  
resurrection and the life**



**St. Mark 1:12-15**  
**1st Sunday**  
**22nd Feb 2015**

**St. Mark 9:2-10**  
**2nd Sunday**  
**1st March 2015**

**St. John 2:13-25**  
**3rd Sunday**  
**8th March 2015**

**St. John 3:14-21**  
**4th Sunday**  
**15th March 2015**

**St. John 12:20-33**  
**5th Sunday**  
**22nd March 2015**

**Lent is the Advent of Spring to Easter**  
**when Confession and Communion proves the faithful is doing God's work**



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## Thought for the week

*Being a woman is a terribly difficult task, since it consists principally in dealing with men*

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**Cover:** Let Marriage & Family Choose

Article on pg.12

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## Putting an end to prelates' purposeless pontificating

**O**n February 25, the 34th anniversary of an appeal for peace by Pope John Paul II at Hiroshima, the Catholic Bishops' Conference of Japan (CBCJ) issued a message marking the 70th anniversary of the end of World War II. This followed a practice that began with the 50th anniversary in 1995 and continued with the 60th in 2005.

In case you were wondering or worried, rest assured that the bishops are still in favor of peace.

This year's message did contain some critical comments on the attempts by the government of Prime Minister Shinzo Abe to remilitarize Japan.

But, like most messages by most of the world's bishops' conferences, this one will provoke little interest or discussion, let alone action. In fact, like most such messages, it is likely to remain largely unread.

That might not bother the bishops. One cannot help but wonder if episcopal conference declarations are actually meant more for Roman than local consumption. "Look, Curia, we're doing something!"

Of course, there is also an element of self-satisfaction involved. It can let bishops think that they actually have done something significant, sending a message to the world, a world that in fact is generally not interested in their existence, let alone their message.

Unfortunately, all over the world bishops seem to think that if they issue a message, they have fulfilled their vocation to teach and lead. What, if anything, happens after that is not, it appears, their concern.

Back in 2001, the CBCJ prepared a remarkable message called Reverence for Life: A Message for the Twenty-First Century from the Catholic Bishops of Japan. It dealt with many issues affecting human life today and remains relevant 14 years after its publication.

However, when a reporter at the press conference held to announce its publication asked if the bishops intended to mandate preaching on the message or planned to make it part of the curriculum at Catholic schools, etc, the bishop who led the presentation did not even understand the question.

Not only had no one thought about what could or should be done once the



by Fr William Grimm

(Contd.. on p. 4)

(Contd.. from p. 3)

message was published, it apparently never occurred to them that the publication should result in anything at all. In fact, Reverence for Life seems to have been forgotten by the bishops as well as by anyone else who had become aware of it.

If messages from bishops anywhere are to resonate with the rest of the Church as well as with society at large and thus bear fruit, several things are necessary.

The first is relevance. Bishops, either singly or as conferences, must address issues the rest of the Church considers important as well as those the bishops as a group or individuals think important. That requires, above all, the simple exercise of asking the rest of the Church and listening to the responses. The call by Pope Francis to involve the entire Church in the process for the Synod for the Family is one step toward this.

The second is the involvement of outsiders in the preparation of documents. Representatives of the intended audience must be involved in the creation of a message if it is to avoid being incomprehensible to the very people whom it should touch.

The third is plain speaking. The rule should be (as it should be for homilies as well) that if your grandparents would not understand what you say, you must redo it. Jargon, unexplained presuppositions and flowery rhetoric guarantee that the message will not get across.

The fourth is humility. People neither need nor like to be preached at from on high. A tone that says "this is the best understanding we have reached based upon reflection, study and prayer and we offer it for your consideration" will probably produce a more positive response than orders about what to think about complicated issues will do.

And finally, practicality. General principles will bring people no further than they already are. After all, they probably know those principles already. To give one example, most likely all Japanese Catholics are in favor of peace. What they want are calls to action and some practical ideas of what form that action might take.

I do not know when the Japanese

## USM Launches New Youth Magazine



**U**niversal Solidarity Movement (USM) of Value Education for Peace, has launched a new bi-monthly youth magazine – Youth Action – on Saturday, March 7, at its national headquarters, at Indore, Madhya Pradesh.

The 100-page four-colour magazine, edited by Dr Jacob Kani (former editor of Delhi-based Indian Currents), was released by Shri Shravan Garg, senior journalist and resident Editor, Free Press, at a well-attended special function. The first issue of the magazine, released on the eve of International Women's Day, focuses on "Women Power" with a cover story on youth icon Leela Dhar, the author of six books at the age of 21, three of which are national best sellers.

Introducing Youth Action to the audience, Dr Jacob Kani said, "the

magazine is an attempt by the USM to reach out to the young people of our country with a view to impart value education and enlightened leadership. The magazine also professionally addresses, the long-felt need for a quality youth magazine that will provide wholesome reading material on all topics of interest to our youth and all those guiding them: parents, teachers and councilors."

Formally releasing Youth Action, Shri Shravan Garg said: "the well-produced magazine with inspiring life-stories, enlightening articles, is a laudable and challenging endeavour by the USM to guide the youth of our nation in value education and leadership skills that will help them work for lasting peace and communal harmony."

— Fr Alfonso Elengikal

bishops will next issue a message about peace. Perhaps the 75th anniversary of the war's end will be the occasion. I hope and expect they will still be in favor of peace. In that case, I want to propose a paragraph that they might use to finish up their message, something that might actually bear some fruit.

"Therefore, the Catholic Bishops' Conference of Japan calls upon the Catholic universities of Japan to cooperate during the next two years in organizing a Program in Peace Studies to be implemented as part of the curriculum at one or more of those schools. The program should begin no later than the third academic year following the publi-

cation of this message. The CBCJ pledges its moral, and to the extent possible and desirable, its material support to this effort. It further calls upon the Catholics of Japan to share their experience, expertise and material aid in making this effort succeed."

This or some similar call for concrete action would be something new in the Church, not just in Japan, but in every country that has bishops' conferences addicted to pontificating without purpose.

Maryknoll Fr William Grimm is publisher of [ucanews.com](http://ucanews.com), based in Tokyo.

Source: [ucanews](http://ucanews.com)

# Sr Julie George, SSpS Wins USM Award



**U**niversal Solidarity Movement (USM), Indore, has conferred its prestigious “Outstanding Woman Social Worker 2015” Award on Sr Julie George, Director, Streevani, Pune on Saturday, March 7, keeping up their tradition of honouring a woman social worker, annually, as part of the International Women’s Day Celebrations. Instituted by the USM in 2001, the Award consists of a cash prize of Rs 10,000/- and a citation. The Award was conferred on her, on behalf of USM, by Shri Shraavan, editor Free Press daily, at a special programme held at the national headquarters of USM at Indore, Madhya Pradesh.

A member of the Congregation of the Missionary Sisters Servants of the Holy Spirit, Sr Julie is a graduate from the New Law College, Mumbai, and holds a Master’s Degree in Human Rights and Family Law from Barati Vidyapeeth, Pune. She is a well-known Women’s Rights and Social Activist, and is instrumental in bringing justice to many a battered woman. Under her leadership, Streevani, Pune, has initiated numerous programmes for the empower-

ment of women. The legal cell she began with three cases, some years ago, has today over seventy cases running, every month, in various courts.

Her work also includes legal counseling, intervention in the court of law on various women’s issues, assisting women at police stations, conducting national and grass-root level training programmes on women’s rights and gender issues. In addition, Sr Julie is the Founder of Women Religious Lawyers Forum, and is also an active member of Forum of Religious for Justice and Peace. Receiving the Award Julie George said, “We badly need a Ghar Vapasi, a return to ourselves, to realize the worth and dignity of the human person, whether man or woman... Both women and men need to be empowered.”

Bishop Chacko Thottumarickal of Indore, Fr Varghese Alengaden, Founder-Director, USM, Ms Anjana Tiwari, Addl. S.P. Traffic, Padmashree Janak Palta Macgilligan, Dr Narendra Virmani, IPS (Retd) were among the dignitaries present on the dais, and felicitated Sr Julie George.

—Fr Alfonso Elengikal

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# Actions Speak Louder Than Words !

There was a time when the former Prime Minister, Mr. Manmohan Singh remained silent over several issues that rocked the country and Parliament was paralysed for days on end. And when he finally did speak, he said, **“my silence is worth a thousand answers !”** Some time back, it was frustrating to see the Prime Minister, Mr. Narendra Modi remaining silent over the issue of harassment of Christians and other important issues for a long time. Yes, he finally spoke only when he was given a platform to speak, by the Christians themselves (at a national ceremony of the Syro-Malabar Church to celebrate the canonisation of Saints Kuriakose Elias Chavara and Mother Ephrasia).

And now while we were hoping that action would follow, here comes yet

another scathing comment from the RSS chief, Mohan Bhagwat - **“Mother Teresa’s service would have been good. But it used to have one objective, to convert the person, who was being served, into a Christian.”** What impact did Mr. Narendra Modi’s words have on the Hindutva outfits in the country ? Will there be another long silence on the part of the Prime Minister now ? What would his silence be worth? **‘Actions speak louder than words,’ Mr. Narendra Modi !**

Once again, the bogey of conversions has been raised. It seems as if all the Hindutva outfits in this country have only one obsession, viz., **conversions (of people to Christianity)** ! And one common agenda, and that is, running down the Christians, even without any provocation from the Christians. It is said, **“when every-**



BY MELVILLE X. D'SOUZA

**thing else fails, try prayer”**, with them though, it is **“when everything else fails, run down the Christians”**. This will enable them to divert attention of the people from the real issues our country is facing today.

The question on our minds is, **when will this “Christian bashing” stop ?** When will they see reason ? When will this harassment of Christians stop ? When ? When ? When ? **‘Actions speak louder than words,’ Mr. Narendra Modi - It’s time to crack the whip !**

## Andhra Christians march demanding RSS chief's apology



They marched from Nirmala High School to Mother Teresa statue on the Pinnamaneni Polyclinic Road where they garlanded the statue.

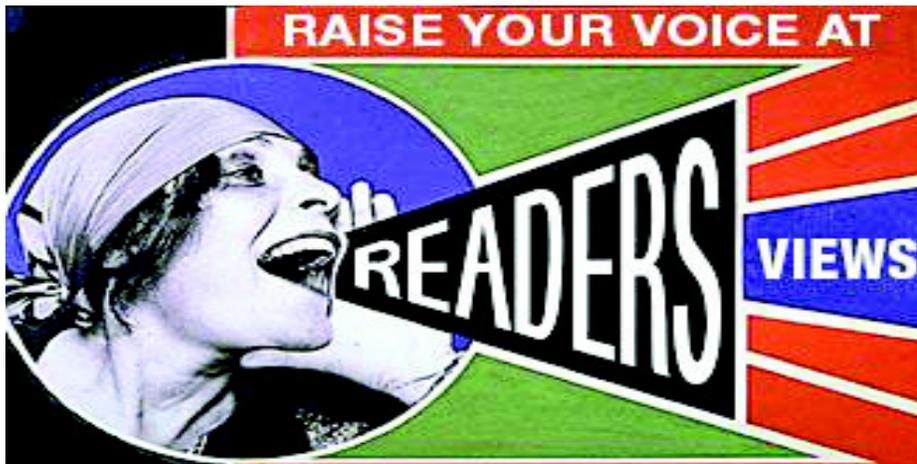
Father M Chinappa while addressing the rally said Bhagwa had intentionally made controversial comments on Mother Teresa that her service to the poorest of the poor was aimed at converting the poor Christianity. He said the allegation was absolutely false.

SSC director Fr M Prasad said that Mother Teresa always wanted to serve the poor, but not involved in religious conversions.

Vijayawada: The Andhra Pradesh Federation of Churches organized rally in Vijayawada on Tuesday demanding an open apology from RSS chief Mohan Bhagwat for his remarks on Mother Teresa.

Thousands of Christians, pastors, sisters and various Christian organizations marched through the streets wearing black badges and holding placards with slogans such as ‘My religion, My right’.





## Ban on Controversial Documentary

This is with reference to the news item 'Ban on Dec 16 rapist interview broadcast to continue' ( N. T. Mar. 5). The Govt of India has rightly put a ban on the proposed telecast of the controversial BBC documentary ' India's daughter' on March 8 .In the first place, it is difficult to understand how permission was granted to a foreign filmmaker to interview the rapists who are currently serving a death sentence in high security Tihar jail for the heinous rape committed on December 16, 2012, which falls in the category of the rarest of rare cases and of a very sensitive nature. This is tantamount to fishing in troubled waters , and opening up past wounds with the intention of whipping up public sentiment and outrage once again. The documentary is more of an attempt to tarnish and sully the image of India by exposing the perverted mindset of a handful of rapists and their defence lawyers, which in no way reflects the mindset of the majority community and the culture of our country. The documentary is also a damning indictment of the Indian judicial system and the delay in meting out justice speedily even in fast track cases. Of good then is such a documentary which paints a wrong picture of the country and its people even if there are some who also share the views of the rapists and their defence lawyers, that women to some extent are also to blame

for the heinous crimes against them. It is the height of naivete to expect a 62-minute documentary to work wonders and change this deep-seated mindset and argument, often put forward to justify rape.

—A. F. Nazareth,  
Alto Porvorim

## Dharna at Azad Maidan

VAASTAV FOUNDATION will organize a Dharna against the proposed Marriage Law Amendment Bill 2014 to be introduced in the Parliament during the current Budget Session. We will also demand for recognition of Men's Rights in India by constituting a National Commission for Men and having a Men's Welfare Ministry to oversee the issues involving men and their families.

The women's wing of Vaastav Foundation under the banner of 'MASHAAL – Mothers And Sisters of Husbands Against Abuse of Law' would like to highlight the biased nature of women centric laws in India, which more than being pro-women or pro-justice are only 'pro-wives'. The mothers and sisters of husband are treated as criminals on a mere complaint filed by the wife.

Venue: Azad Maidan, CST, Mumbai; Date: 7th March 2015, Saturday; Time: 10 AM to 5 PM

All are requested to be on time, ALONG WITH YOUR FAMILY MEMBERS, Bring your Mother, Sisters, Female relatives. We want to highlight

our Cause and along with that a Wife is only treated as Women and our Mothers & Sisters are never considered so by Law or Women based NGOs.

—Vincent Bagul

## Flawless Feminine Figure!

(International Women's Day) !

Pope Paul portrayed Mary as the "mirror and measure of femininity, and an epitome of feminine genius!" Indeed if may add so: She is the 'liberating power' and the 'purifying flame' for contemplation for March 08, *International Women's Day!*

But recently, the hand that rocks the cradle, the mother of tomorrow, the woman who shapes the destiny of civilization, and the female who is such a beautiful creation of God, is now the greatest worry and the biggest threat facing humanity, because of the plunging female sex ratios.

The global female sex ratio per 1,000 males is 935. However, a sampling of India's female sex ratios (0-6) years shows the following: Kerala – 1,084 (highest); Maharashtra – 896; Haryana – 857 (lowest)! In census 2011, the average female sex ratio was 914. In the previous census 2001 it was 927; a fall of 13 points. This is female genocide and 'gendercide'! "This is a matter of grave concern" , declared C, Chandramauli, Chief Census Commissioner .

Today's Sunday's Liturgy, 8<sup>th</sup> March, First Reading, commands: "You shall not murder" (*Exodus*, 20:13). What a fortunate coincidence? The killing or the abortion of the female embryos and fetuses through sex-determination tests constitutes the exclusive and destructive culprit for the dwindling female sex ratios; and contributes notable to the 'culture of death'!

The Bible depicts the 'blessedness' of Mary (Flawless Feminine Figure), and in fact all women: "Her children rise up and call her 'happy' ... Many women have done excellently, but you surpass them all" (*Proverbs*, 31:28-29).

—Dr Trevor Colaso

# Nation Worries On Growing Intolerance and Violence



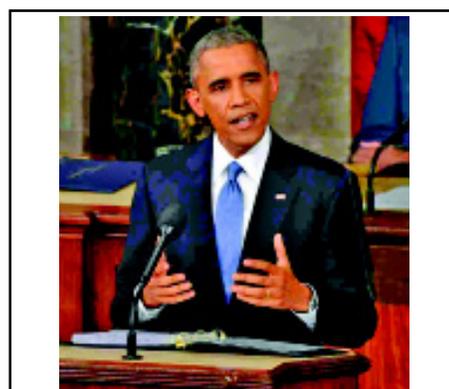
by Ignatius Dabhi

*Ignatius John Dabhi, a retired journalist who worked with the Times of India for 22 years in Ahmedabad,*

**E**ven after 65 years of independence, India has yet to learn the lessons of tolerance and communal harmony. According to a report, cases of communal disharmony and caste-based violence are on rise. During the 9 months of BJP rule at the Centre, there have been 639 cases of communal disharmony registered in various parts of India. Is it a beginning of "achhe din?"



*The burnt Delhi Church*



*Acts of Religious Intolerance in India Would Have Shocked Gandhi: Barack Obama*

President Obama did not hesitate to call a spade, a spade. Addressing the nation on the All India Radio 'Man Ki Baat', with the Prime Minister, Mr. Narendra Modi, Mr. Obama, without mincing words said "... if India is divided on castes and religion, national progress will come to a standstill..."

Mr. Obama's remark provided a mix reaction. A pro-Hindu group said the U.S. should not interfere in the internal matter of India. Are there not colour-based violence in America? Obama should take care of that first. Recently an Indian man was beaten up by the biased U.S. cops... Following the attacks on Churches by some miscreants, Hindu temples were targeted in America. Indians are on a highly vulnerable position in Europe and America.

Minorities, chiefly Christians in India do feel insecure in India. The 'Sangh'-guided BJP government of Mr.

Modi at a regional and national level has failed to bring any solace or security to minorities in India.

The BJP Loksabha member, Sakshi Maharaj, known for his highly controversial remarks, shocked everyone by saying:

"Godse was a true patriot !"  
H i n d u  
M a h a s a b h a  
w a n t s t o g l o r i f y  
G o d s e !

Bhartiya Janata Party in its very core is not a secular party. The party has proved this from its action and word. The party's absolute majority in

Loksabha goes to prove that under the BJP rule regional, tribal, adivasi minorities and religious minorities do not feel safe. The true colour of the party was shown shown some religious fanatics attack Christian schools and churches. Of the total population of India, we have 24% Adivasis, 48% other backward castes and 18% Muslims. The so-called upper caste Brahmins are hardly 2 1/2 % of the total population.

The Modi government had assured : "We will work in a fair and frank way and there will never be any motive of revenge..." the promises have remained empty and actions have proved

that the worse is yet to come! Christians and Muslims are targeted by the fanatics. Kejriwal in Delhi and Nitish in Bihar have taught a good lesson to puffed up, power-drunk BJP rulers. Fake encounters in Gujarat and SIT's



'clean-chits' to BJP leaders raise countless questions on the ruthless functioning of Government machinery. Editors, chiefs of electronic media are bought and a false picture of rosy India is projected...

The BJP government has proved to be pro-rich and anti poor. See the conditions of poor farmers. More than 1000 farmers committed suicide in last 13 months... The poor have been becoming poorer... The rich, richer.

A simple question to Mr. Modi: "Achhe din ayege sahi?"

**We wait and watch**

# Future of Global Christianity

**C**an numbers say some thing about the future of Christianity? George Weigel thinks so.

Weigel claims the past and present – together with a numeric projection about the future – can reveal something about what might happen to Christianity globally over the next 35 years.

The Status of Global Christianity is a study recently published by the International Bulletin of Missionary Research which illustrates a timeline between 1900-2050, and makes projections about Christians through the next generation. The study highlighted some high and low numbers across the globe.

George Weigel, a distinguished Senior Fellow of the Ethics and Public Policy Center in Washington, D.C., found that three groups in particular were creating a unique phenomenon: Christians in Africa, urban Christians, and charismatic Christians.

Weigel, in a Feb. 25 column at First Things, pointed out that by 2050 there will be as many Christians in Africa as there are in Latin America and Europe combined – totaling to a projection of 1.2 billion. Africa has shown exponential Christian growth over the past century, revealing a promising future for Christianity on the continent.

Christians living in urban areas are projected to decline by six percent by 2050, making their total number 59 percent. However, Christianity made an urban comeback this century at 65 percent today, compared to only 29 percent in 1900.

Although there are approximately 644 million pentecostal and charismatic Christians today, that number is expected to reach well over 1 billion over the next 35 years, making it one of the fastest growing groups in the religious world today, reported catholicnewsagency.

“These three phenomena – African growth, urbanization and the rise of Pentecostalism – also help account, I suspect, for the greater fragmentation



of the Christian world,” stated Weigel, adding that the rise of “entrepreneurial Christianity” – that is, founding one’s own church – is contributing to these three staggering numbers.

“That helps explain why the number of Christian denominations grew from 1,600 in 1900 to 45,000 today, with projections of 70,000 in 2050,” he continued, saying that this entrepreneurial Christian attitude will also be partially responsible for what Christianity will look like in 2050.

Although some commendable Christian growth is anticipated globally, there is also an equally declining number that has been exposed within European countries.

For example, in Europe Christianity has dropped by 43 percent since 1900, making its current Christian population only 23 percent; Christianity within Europe is expected to drop even more by 2050.

“It’s worth noting that, in a century of dramatic, aggregate Christian growth, European Christianity had the lowest annualized growth rate (0.16 percent),” Weigel pointed out.

He added that in 1900 “there were some 267 million Catholics in the world ... today, the world Church counts 1.2 billion members, with a projected growth to 1.6 billion by the middle of the century. Yet in the last quarter of the twentieth century Catholicism was displaced by Islam as the world’s largest religious community, as the global Muslim population grew from 571 million in 1970 to today’s 1.7 billion.”

There is some good news about

the global human condition that ought to be kept in mind when remembering the bad news of the past and current century, Weigel stated, pointing to the projection that 88 percent of adults will be literate in a world of 9.5 billion in 2050, compared to only 27 percent in 1900.

In addition to this accomplishment, 89 percent of the 7.3 billion human beings today profess religious beliefs, while only two percent are atheists and nine percent are agnostics.

“Chief Poobah of the New Atheists Richard Dawkins and his friends are not exactly winning the day,” he continued.

However, even if the majority of humans around the world profess religion, only 14 percent of non-Christians know a Christian: this means that 86 percent of non-Christians do not even have a Christian acquaintance, shedding light on the current problem of Christian isolation.

This failure of Christian evangelization could prove to be an interesting development for Christianity over the next 35 years, Weigel indicated.

“Christianity seems stuck in something of a rut,” Weigel said, pointing to the fact that Christians make up 33 percent of the global population today, and will probably only see a three percent increase by 2050.

“There’s a lot of work to do in fulfilling the Great Commission,” Weigel concluded, “especially with those who have no contact with the faith.”

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# Transformation Politics

## Why Aam Aadmi Must Succeed?

Francis Lobo

I am voicing the view of many when I say that Aam Aadmi is not a party — it is a Movement. It has emerged in the 21<sup>st</sup> Century when the world has felt the need for a new form of governance — a bottom up approach, the inverted pyramid with the leader at the bottom serving the people — a concept difficult to understand and adopt. The emergence of AAP has given HOPE not only to India but to the world.

However, what caught my imagination was the Delhi Dialogue, an attempt to understand the need of the people from the ground level and implement the ideas the people had. For example, to cater to the shortage of educational institutions, why invest in brick and mortar. Why not use the structures you already have and run them in shifts. This has been followed up by the formation of groups to implement every aspect in the AAP Manifesto. This makes the Common Man involved in the transformation of the country ensuring that it goes along the lines that benefits all.

The way AAP went about canvassing in the 2015 Delhi Elections won the hearts of the electorate. Kejriwal apologized for letting the people down and the government resigning in just 49 days. He promised it would not happen again. The electorate responded with “5 salKejriwal”. Also despite the nasty things said against them, the name calling, the false accusations, the criminal charges of using laundered money, liquor and bribery, AAP kept its cool. It was unfazed when Kiran Bedi, who was part of the Anna Hazare team to fight Corruption was put as the C.M. candidate to stand against Kejriwal by the B.J.P. AAP also proved that in a short time they could match the numbers and energy of the trained RSS cadres which has a hundred years of experience. Payments to the electoral funds

were by check and transparent.

Compare this with the BJP's win in 2014. The NDA swept to power on the rhetoric of Narendra Modi and the promises of bringing back black money stashed abroad and “Ache Din”. After nine months we are still not clear what will be done. The BJP won a massive majority with a minority vote of just 31 % because of the flawed electoral system of first past the post. AAP on the other hand won with over 50 % votes. It is estimated that the BJP election expenses were of the order of Rs. 700 crores funded by corporates and way ahead of other parties. Modi promised to implement the Gujarat Model across India and bring prosperity to the poor. Nobody could tell me what the Gujarat Model was and in fact the R.B.I. lists Gujarat at 12 in the Index of development compared to other states.

Modi made rousing speeches in USA, Australia and elsewhere exhorting the investors to invest and “MAKE IN INDIA”. We have yet to see this happen as investors will do what they want to do and see where they can get the best rate of return rather than doing what you expect them to do. To generate funds for employment and infra-structure, disinvestment of PSUs is another route. The PSUs were set up to generate wealth for the nation. Now this investment is being handed over to generate wealth for private individuals like other PSUs have done e.g. Hindustan Zinc has earned huge profits for Vedanta. Labor laws envisage downsizing i.e. reducing the employment. Post studies of those impacted by VRS has been pathetic as the lump sum money got was invariably squandered away in consumption and marriages. It has worked where the laid off employees got regular monthly income. Where is the plan for generating 100 million jobs to clear some of the backlog of unemployment and then

generating one million + jobs every month to take care of those joining the labor force every month?

Modi was projected as a messiah who like Jesus at the marriage feast turned water into wine. Yes water can be turned into wine and it is happening every day. Nature works a large number of miracles to achieve this — The water travelling up the roots, the trunk and the leaves, when water is supposed to flow downwards. The water carries nutrients to make the sap that makes the juice that makes the wine. Leaving behind the unwanted material, using the special characteristics of the plant to create wine of a particular flavor. The reality of “Make in India” is that we must know the process of conversion from water to wine and the precautions to be taken. Miracles are happening every minute but we must have the insight to understand them.

I am not particularly disturbed that some members of the AAP want the top leaders to listen to criticism. If they listen it will be good for the world. If they don't it will be like what has happened with other parties where no one could criticize the leader and then they went on from one mistake to another till the entire party and country were destroyed. I am sure that AAP will transform itself in the process of transforming politics. The simplicity and lack of arrogance of AAP stood out in sharp contrast to the dictatorial and arrogant approach of the BJP. Let this advantage not be lost. AAP must allow internal debate, No one should be debarred from questioning the leadership. For AAP to be successful and survive Kejriwal should not be made a god and clothed with qualities he may not possess. To the party he is a member with specific responsibilities. For the outside world parties need one leader and one name. Kejriwal is such a leader and such a name

## National Honours

The government of the day decides on who should be decorated for his or her services to the nation – someone who has made the country proud. Of course, there are parameters to determine whether a person is eligible for the honour. Not all the people can be decorated and therefore the choice must be made after a great deal of thought and consideration.

Every year, depending on which government is holding the fort, names of the possible citizens of eminence who are likely to be decorated, are heard. The authorities maintain a stoic silence till the list is actually made public. The Home Ministry draws up the final list but a lot of weightage is given to those who are or have had leanings towards the party in power – call them loyalists if you like. This is something that makes a mockery of this sacred exercise especially when you are considering names of great leaders who ought to have been decorated decades ago. Every name that comes in the public domain raises some controversy of sorts. The opposition parties try and find fault with the ruling party for considering a certain name for the honour. Once the first hurdle is crossed, another controversy erupts over the type of honour that should be conferred.

Today, we have a new breed of the so called 'personalities of eminence' who themselves demand that they be decorated – weird to say the least. They show their displeasure at others being considered. Awards are given or bestowed, not demanded because it is not a matter of right but discretion of the government. We had the case of Saina Nehwal - badminton ace showing her displeasure openly at Sushir Kumar, the wrestler, being given precedence. In the process, both were ignored and perhaps rightly so to send a message across. There are film personalities like the renowned Salim Khan, demanding not Padma Shri but Padma Bhushan for himself just because his one time partner Javed Akhtar was decorated earlier. This is the height of arrogance. "I deserve more than Padma Shri", he says. What a shame!

On the other hand you have people like Baba Ramdev who politely declined the honour saying as sanyasi

## VIEWS on NEWS

he is bound only by sanyas dharma, rashtra dharma and seva dharma. The government should give it to 'other great personality' [the last three words stand out]. It was humility all the way, notwithstanding the fact that his name never actually figured in the list. Similarly, another Holy man, Sri Sri Ravi Shankar, who refused the honour was more humble. He said 'Give it to other deserving personality'.

**It is time to revisit the entire system of conferring such national honours to deserving personalities. A group of highly respectable and apolitical personalities should be formed to determine such honours. Nominations should be sent to them by NGOs, Sports Bodies, political parties including the ruling party etc with their recommendations and the Group's decision should be binding. Self seeking persons should be disqualified. It may be worthwhile to confer such honours only posthumously so that no living person will be able to demand one. The people demanding such honours are not ordinary people. Yet they do not hesitate to behave in such a way that lowers their self esteem and reputation in the eyes of the public.**

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### An Era Of Arrogance

Ever since the BJP formed the government at the centre, there is arrogance [not aroma] in the air, in what they talk, how they talk and to whom they talk. They look down on all opposition parties as if they have no right to exist. Thank Heavens that the party came to power with less than 40% of votes and therefore do not have the absolute right to govern, their 280 plus seats in Parliament notwithstanding. Perhaps the tone was set by none other than Narendra Modi himself ever since he was projected as the PM candidate. He continues to be rustic in election rallies. Asking Kejriwal [an anarchist as he himself said] to join Naxalities is a mean thing to do. The same Naxalite showed Modi who was more popular in Delhi. That Modi actually telephoned Kejriwal to congratulate him for winning 67 of the 70 seats. This defeat should teach Modi a lesson or two. Euphoria is shortlived.



by Marshall Sequeira

For BJP, all others are criminals even if they have not been convicted by any court of law. However, when it comes to their own ilk, "No one is guilty unless convicted by the Courts". This is the standard line that one hears. Their tone and tenor at television debates even where the party is in the dock, arrogance remains their hallmark. Even where their members speak out of turn and make disparaging statements – the likes of Sadvis, there is arrogance even in defending them saying they are their 'personal' views and not of the party. But this line does not hold good for the opposition.

Of late, even educated and highly respected people, 'socialites' they like to call themselves, have fallen prey to this disease. Suhel Seth, a highly erudite and politically correct gentleman is the latest to join the bandwagon. In one of the national debates he is reported to have asked who that baldie is on the panel. The gentleman concerned was none other than a national hockey player who took a sabbatical to pursue his business degree. He was invited by the TV Channel for a debate. Suhel Seth cannot decide on who should be his co-panelists. That is the job of the Anchors.

**Not long ago, Suhel Seth tweeted "Delighted that Imran Khan is married to bright Reham Khan recently. At least now he won't be in bed with Taliban". This is the most insensitive comment one could possibly make. This is highly repulsive. A Pakistani fan reacted appropriately saying "That's how low you can go". At a time when the whole world is talking about misuse of freedom of expression, these atrocious remarks are uncalled for. When they come from the educated lot, it makes a bigger social impact. Suhel Seth has an opinion on every issue concerning the nation. When people think too much of themselves, they make in the process.**

# Let Marriage & Family Choose

One of the fundamental challenges facing families today is undoubtedly that of raising children made all the more difficult and complex by today's cultural reality and the great influence of the media.



by Don Aguiar

**O**ur society/community should appreciate the beauty, the role and the dignity of the family and discern the ways society can renew their commitment to the family founded upon the marriage between man and woman.

At present times there is concern at the distrust of many young people in relationship to a commitment of marriage and on the other hand they also suffers at the haste with many decide to put an end to the obligation they assumed and take on another. It is like - Life is a combination of adjustments and compromises. Adjust when someone wants to be with you AND Compromise when you want to be with someone. However individualism and living only for oneself are a real danger.

There has also been a widespread increase in the practice of cohabitation before marriage or simply cohabitating with no intention of a legally binding relationship resulting in a great number of children born outside marriage, many of whom subsequently grow up with just one of their parents or in a blended reconstituted family.

Simply to live together is often a choice based on a general attitude opposed to anything institutional or definitive, it can also be done while awaiting more security in life or celebrating a marriage is too expensive in the social circumstances, as a result material poverty leads people into de facto unions. Poverty and unemployment in the workplace which at times is a real nightmare or in the overwhelming financial difficulties discour-

age the young from marrying.

Living as a family requires facing obstacles, misunderstandings and sufferings. This requires appreciation, gratitude and encouragement. Within the family are joys and trials, deep love and relationship which at times can be wounded. The family is truly the 'school of humanity' which is much needed today. Despite the many signs of crises



in the family institution in various areas of the 'global village' the desire to marry and form a family remains vibrant. In a family, a person learns the effort and the joys of work, fraternal love, and generosity in forgiving others.

The initial years of marriage are a vital and sensitive period during which couples become more aware of the challenges and meaning of married life. To know how to forgive and to feel forgiven is a basic experience of family life.

The indissolubility of marriage "what therefore God has joined together, let no man put asunder" Mt 19:6, is to be understood not as a 'yoke' imposed on persons but as a gift

to a husband and wife united in marriage. Christ the Lord comes into the lives of married Christians through the sacrament of matrimony and remains with them.

**Scenario:** Man on his death bed with wife, kids and nurse beside him.....

**Man to Eldest son:** You take the 15 Bungalows at Borivali.

**To daughter:** You take the 8 bungalows at Juhu.

**To youngest son:** You are my youngest and dearest and I want your future to be bright, so you keep the 20 offices at Nariman Point.

**To wife:** Dear Kavita you keep all 11 of our Lokhandwala building flats.

**Nurse (quite impressed!!) to wife:** Wow you are lucky to have such a husband, so rich and generously allocating all his properties etc, to you his immediate family!!!

**Wife:** What properties?? What rich?? Doodhwala hai sala.....

He's distributing out responsibilities of delivering milk to his clients in the morning!!!!

Christian marriage is a vocation that is undertaken with due preparation in a journey of faith with a proper process of discernment and is not to be considered only a cultural tradition or social or legal requirement. The great values of marriage and the Christian family correspond to the search that characterizes human existence, even in these times of individualism and hedonism.

Looking at the reality of the family in all its complexity, with both its lights

(Contd.. on p. 13)

(Contd.. from p. 13)

and shadows, equal consideration needs to be given to the growing danger represented by a troubling individualism which deforms family bonds and ends up considering each component of the family as an isolate unit, leading, in some cases, to the idea that a person is formed according to his own desires, which are considered absolute. Added to this is the crisis of faith, witnessed among a great many Catholics, which oftentimes underlines the crises in marriage and the family.

Faith is no refuge for the faint-hearted, but something which embraces our lives. It makes us aware of a magnificent calling, the vocation of love. It assures us that this love is trustworthy and worth embracing. So in faith it is possible to assume the goods of marriage as commitments which are more sustainable through the help of the grace of the Sacrament. The full commitment required in marriage can be a strong antidote to the temptation of a selfish individualism.

One of the fundamental challenges facing families today is undoubtedly that of raising children made all the more difficult and complex by today's cultural reality and the great influence of the media. There is also a general feeling of loneliness and powerlessness in the face of socio-cultural realities that oftentimes end in crushing the families.

Families often feel abandoned by the disinterest and lack of attention by institutions, the Church / Church institutions. The negative impact of these institutions on our society/community is clear, as seen in the demographic crises, in the difficulty of raising children, in the hesitancy to welcome new life and in considering the presence of older persons as a burden. Migration is another sign of the times to be faced and understood in terms of its onerous consequences to family life.

The couples social reality and the changes affecting the family today require a greater effort on the part of the whole Christian community and the Church in preparing those who are about to be married as well as coun-

## Migration is another sign of the times to be faced and understood in terms of its onerous consequences to family life.

seling / helping those who are already married. The importance of the virtues needs to be included. Among these, chastity proves invaluable in the genu-



ine growth of love between persons.

A crisis in a couple's relationship destabilizes the family and may lead through separation and divorce, to serious consequences for adults, children and society as a whole, weakening its individual and social bonds. Divorces are increasing, many times taking place solely because of economic reasons or lack of support from the community and Church.

Much has been said and written about how the Church is keen to help the Catholic Family. But then help apart, there needs to be an environment created by the Church which encourages the family to come forward and express what they require. More than the Church organizing family training sessions, what is required is social change that will both respect and encourage alternative thought and through that alternate passions in family terms. This is what the Church needs to foster. This not only needs societal encouragement but also Church encouragement to transition from being a community of families having to fend for themselves to being the community of families being encouraged and helped by the

community and Church in the actual sense of "family"

It is only then that we can look forward to our community families growing and cooperating into a happy and joyful unit that would be an asset to the Church and community.

- 1) Are the Church and Church Institutions helpful to our Catholic families in the time of their need?
- 2) Are the Church and the Church Institutions the reason for Catholic families to leave the Church and join Christian sects or Christian denominations?
- 3) Why the Church and Church institutions are still not gone down to recognizing the Catholic family as an important unit in God's plan?
- 4) Why is the Church unable to settle family disputes and instead send couples to consult divorce lawyers and recommend they go in for divorce only rather than also annulment?
- 5) Do our present young men / women in our community see marriage and family as an important requirement of our faith or simply prefer cohabitation with their partner due to facing difficult circumstances/crises?
- 6) Can the Church/community do something to avoid the crisis of faith, witnessed among a great many Catholics oftentimes underlines the crises of marriage and the family?

We invite readers for their response, comments, feedback, experiences, etc., in a fortnight on this important issue for placing the same before the community

If the interest of the community is your concern, we welcome your views on this important issue:

email it to: [secular@vsnl.com](mailto:secular@vsnl.com) / [secular@sezariworld.com](mailto:secular@sezariworld.com)

or by post/courier to:

The Secular Citizen – 99, Perin Nariman Street, 1st Floor, Fort, Mumbai 400001

# Style Your Babies!



**A** little preparation goes a long way when shopping or registering for baby clothes. In general, you want soft, comfortable clothing with no irritating tags or seams. Moreover, it can be tempting to have a tiny wardrobe of designer threads for your baby's big debut. But before you load-up your credit, remember babies grow fast the first year. Use these guidelines when purchasing clothes for little ones, so your baby doesn't outgrow clothes before wearing them!

## Check the Seams

Seams on the insides of your infant clothing should be smooth and lie flat. You can check the seams by turning the garment inside out and looking at them or simply putting your hands inside the tops and bottoms to ensure that, when running your hands along the seam, nothing pokes or scratches your skin.

## Avoid Tight Elastic

Tight elastic bands at the arms, legs, neck or waist can irri-

tate your baby's sensitive skin as well as cut circulation, making for a very uncomfortable kid.

Give each area with elastic banding a gentle tug - how much give is there? If there is a lot of stretch, your baby should have room to grow, if not, it's better to skip it. And remember, let your baby's weight determine what size he should wear, not his age.

## Socks/shoes

Socks and booties should be loose enough for your baby to wiggle his toes. The ones with an elastic band at the cuff are more likely to stay on kicking little feet. Remember, shoes are made for walking. Shoes are unnecessary until your child starts walking. They can also hinder the growth of her feet.

## Undershirts:

### Short- or long-sleeved

Undershirts that snap or tie on the side are easier to put on a small baby than those that pull over the head.

## Pull-on pants :

Separates allow you to change one piece of dirty clothing without assembling a whole new outfit, so they're useful to have. Look for stretchy waistbands that fit easily over your baby's diaper and belly - and expand as he gains weight.

## Scratchy Baby Clothes

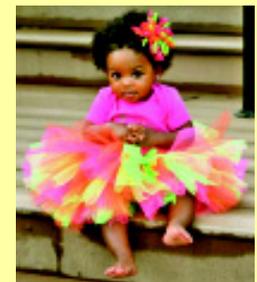
Metal zippers, appliques or snaps with rough or uneven backings can all create scratch. Many baby clothes now come with appliques, so it's important that you double check the backings for rough edges. And don't be fooled into thinking that the backing will soften up with a few washings - it won't happen.

There are lots of recommendations for dressing babies, but perhaps the most important advice is to know your own child and be alert for signs that he



uncomfortable.

Have your baby wear a hat with a brim to shield eyes and face from the sun.



In general, if your baby seems reasonably calm and happy, and is sleeping comfortably inside or out, then she's probably dressed just fine.

## Choose one size ahead

If the sizes are on the smaller side, remember, babies grow quickly. Most 6-month-old babies can wear clothes size 9-12 months, 1-year-olds wear size 2 and so on. Always choose one size ahead of your baby's actual age. And do take account of the season - lightweight summer clothes are no use in the winter and vice versa.



# The Evils Of Drinking, Smoking, Chewing Tobacco



BY JUBEL D'CRUZ

It is a common practice today to see teenagers smoke cigarettes/beedis and consume alcohol of various types and brands. Some of them even chew tobacco and tobacco products (gutka, paan masalas, etc). These young people fail to foresee the consequences of their actions when they drink, smoke, eat gutka or chew tobacco or tobacco products. I have never smoked a cigarette or consumed alcohol all my life. When I was young, my best friend was caught for smoking secretly in the school toilet. His parents became quite depressed when they were told about it. I tried my best to convince my friend to kick out his bad habit, but he just wouldn't listen to me. A few years later, he passed away because of lung cancer. This incident taught me that one's teenage years are the most important part of one's life. These years serve to bridge the gap between childhood and adulthood.

Parents should be strict with their children. Schools should also take stern action against students who drink and smoke. The effects of smoking on human health are serious, and in many cases, deadly too. More than 4,000 different chemicals are present in cigarettes, out of which hundreds of them are toxic. These affect everything, from the internal organs to the body's immune system. Nicotine reaches the brain within seconds of the smoke being inhaled. Carbon monoxide binds itself to the hemoglobin in the red blood cells far more effectively than oxygen; thus these cells, which are supposed to carry oxygen to different parts of the body, are unable to do so. As a result of this, the heart has to work much harder to supply adequate oxygen to the body. Cigarette smoking and alcohol consumption must be given up in favour of a healthy life.

Who do you think has your best interest at heart? The big companies that make millions of rupees by getting you to drink as much as possible or God in



heaven who created you and who warned you against alcohol and told you to live soberly and righteously? Do you think anyone would have listened to Moses or John the Baptist or Daniel the Prophet or the disciples of Jesus Christ if they would have been hanging out at the bar during the happy hours and getting drunk? These men were used by God in a mighty way. God was able to use them mightily because they did not defile their bodies or minds with alcohol; nor did they smoke cigarettes or beedis or chew tobacco or tobacco products.

In 1 Corinthians, Chapter 6, verse 19 we read, "Do you not know that your body is the temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own."

As the Holy Spirit resides in us, therefore, we are to honor God with our bodies as they "are not our own," as Saint Paul said. We have indeed been bought with a price and it was not gold or silver or other perishable things by which we were redeemed but it was with the precious, holy and unblemished blood of Jesus Christ (1 Peter, Chapter 1, verses 18 and 19). And as our bodies are God's temple, we must use them to glorify God and not defile them with unholy things.

Many people in India and elsewhere in the world consume several bottles of

alcohol --- country liquor, feni, whiskey, rum, brandy, wine and beer everyday. Those who consume these alcoholic drinks end up damaging their health, cloud their minds, create troubles for others and lead themselves closer to hell and farther away from God.

And even though society tells them that drinking and smoking are fun and that people who drink and smoke are social and attractive, and a little quantity of wine or beer is good for your health, the Holy Bible however tells us something different about this issue. In Proverbs, Chapter 20, verse 1 we read, "Wine is a mocker, strong drink is raging; and whosoever is deceived thereby is not wise."

Let all people who drink and smoke take a pledge today that they will try to stop smoking and drinking and whatever money is saved as a result of this, will be donated to activists and NGOs involved in battle against corruption or in protecting the lands of farmers, tribals, fisherfolks or those involved in serving the poor citizens of the country.

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# The Mystery Of Human Suffering

by Leon Bent

**C**an you imagine that even the Son of God had to say about his Agony in the Garden, “Abba, Father, if possible, take this cup of suffering away from me, nevertheless not what I will, but your will be done.” Do you not find it amazing that the will of the Son in His humanity was different than the will of His Father? Yet, because of what Jesus had to endure and the sacrificial suffering He had to experience, so it had to be. He recoiled from broken communion with His Father. He shrank from even a moment of separation. Even though the Son did not humanly want to become sin and bear the eternal wrath of God in His body, He submitted. He boldly said, “Thy will be done.” Here is the perfect statement of the perfect man. Our response to all of Satan’s attacks must be single-minded, determined, passionate prayer that desires above all else, Your will be done!

God’s Will is always right!

Your will be done is a statement realizing that God’s will brings ultimate joy: “for the joy that was set before Him He endured the cross, despising the shame.”

*The Book of Job* tells us: “Job was struck down with malignant ulcers from the sole of his foot to the top of his head” (2:8). “He who carries all, understands all, He who has suffered all, has a universal compassion. He who has been af-

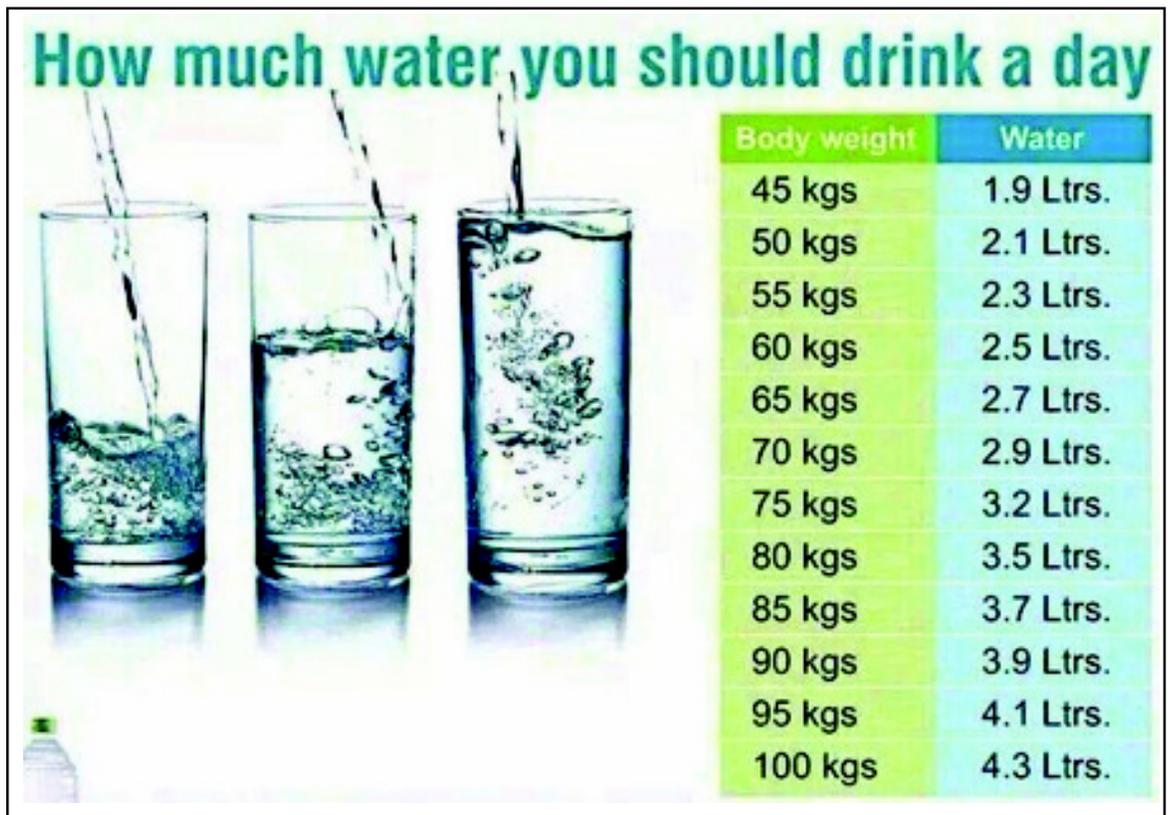
flicted and lived is the bearer of hope. The wounded one is always the divine-gift-given person.”

Henri Nouwen adds, “When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.”

How can we even begin to relate to the suffering sorrow that Jesus felt in his soul during this moment in Gethsemane? These verses are unprecedented in the life of Christ. No where is He so earnest in spirit or full of

such heaviness than at this moment in Gethsemane. Jesus was agonized and horrified. Now notice what Jesus prays, “Abba Father, all things are possible unto thee; take away this cup from me.” The cup was the cause of his extreme horror and agony. What was that cup?

The reason we sin is we do not agonize in prayer. We do not resist sin with this kind of passionate prayer! (Hebrews 12:2-4). Oh, the mystery of Gethsemane! No matter how much grief and sorrow you endure, you have not yet resisted unto blood. Your anguish has not yet caused sweat drops of blood to appear on your brow. No matter how much grief and sorrow you endure, you never have to endure it separate from your God. He has promised never to leave you, and we can be sure that His promise is true (Hebrews 13:5-6).



# Your Personal Brand

**L**ooking for new, freelance work or setting-up your own business, all you need to do is to create a strong image of yourself. You must brand yourself appropriately.

Just a fancy resume no longer works. You now represent your resume. The more you are able to market yourself, the better are the chances of you landing a good job.

## That is branding.

A brand is anything—a symbol, design, name, sound, reputation, emotion, employees, tone, and much more—that separates one thing from another. Branding on a business-level is common, but today branding is becoming just as important on a personal level, hence one must create a personal brand.

## The need steps:

### Be an Expert

Figure out what is that one thing you know so well that you can take over the bright minds. The more specific and knowledgeable you are on a certain subject, the more relevant and endorsed you will be. If you're not sure what you are really good at, ask your



friends and family to help you out.

### Outshine your uniqueness

Let your uniqueness outshine the others. Be witty, quirky, sarcastic or plain silly if that's who you are. Let your personality promote your brand. Have your own style that others will instantly recognize as yours, whether you are talking about the world politics or about how you tripped on your own laces this morning. Do not indulge in too much self-promotion. No one wants to engage with someone who is constantly campaigning for themselves. You can promote your writings, opin-

ions and ideas.

### Connect with the audience

Figure out what your audience likes and share that type of content more often. Try and make assessments of your performance regularly and make sure you learn from your audience. Accept criticism even if it hurts your ego and work to make your content better.

### Enhance networking skills

Interact with people who are in the same field as you or are connected to your brand. Follow experts, learn from them and create relationships. Actively participate in

groups and forums and attend outdoor events that pertain to your field.

### Stay in sight

Stay in touch with the people through internet and other modes of communication. Don't stay away for too many days at a time. If you do, you risk losing your influence and when you're back, you'll need to start creating your social media footprint all over again. Don't let people forget who you are. If you're looking to grow the sales for a company, you want potential clients to associate your personal brand.

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Prop. B. D'Souza

# Indian Traditional Home Remedies

**Beauty aids** “ Mixing equal proportions of lemon juice, rose water and glycerine helps in maintaining the skin smooth and soft.

**Blood Pressure/Cholesterol/Diabetes** “ Garlic is considered excellent for lowering acidity, cholesterol, high blood pressure and is also a blood purifier. Papaya, is yet another fruit, that helps in lowering cholesterol levels, when taken every day. Amla (Indian Gooseberry) and Bitter gourd helps in keeping tab of blood sugar. Also Indian Blackberry, is considered excellent for lowering blood sugar.

**Stomach upset** “ A pinch of turmeric and figs, added to boiling milk helps in relieving constipation.

**Cold/Cough/Sorethroat** “ Boil a few tulsi (Basil) leaves, to which a few crushed cloves, crushed ginger and black pepper corns are added till the color of the mixture appears dark brown. This can be sipped piping hot, by adding a little honey.

## **Honey-Lemon syrup:**

Take one teaspoon of lemon juice and add this to two teaspoons of honey. Mix this preparation well and serve in two hours duration to get relief from cold, cough and fever. This preparation works well for all ages starting from infants to aged.

## **Salt Solution Gargling:**

Mix two teaspoons of salt in a glass of warm water and mix well. Use this salt solution and gargle twice or thrice a day depending on the severity to get relief from cold and cough.

## **Vicks VapoRub:**

When a person is suffering from cold we usually apply Vicks to nose and chest. Rub some Vicks under feet before going to bed and cover with socks to get relief.

## **Onion Remedy:**

Place half sliced onion under feet and cover with socks before going to bed.



This remedy gives relief from fever.

## **Mustard Remedy:**

Grind one and a half tea spoons of mustard seeds to a smooth paste adding some water. Add this paste to a big glass of hot milk and drink to get relief from fever. Mustard helps in reducing fever. Mustard oil is applied to chest and under feet to give relief from cold and fever. Mustard brings warmth to the body.

## **Black Pepper-Turmeric Remedy:**

To a big glass of hot milk add one-eighth tea spoon of turmeric powder and one and half tea spoons of black pepper powder and mix. Take this preparation to get relief from cold and cough.

The remedies shown and given here may be used as First-Aid to reduce cold, cough and fever. These are tested and tasted preparations which will do no harm to one's body. Hence use these preparations to reduce the suffering for three days. If the suffering continues after three days it is advisable to consult a doctor.

## **Power of Vegetables**

### **Beetroot**

Beetroot is used traditionally as a blood building food. It has liver, spleen, gall bladder and kidney cleansing properties. Beetroot is particularly rich in Vitamin C, calcium, phosphorus and iron. Each capsule provides approximately 1-2mg of elemental iron. The iron contained in beetroot is organic and non-irritating and will not cause constipation. Beetroot is useful in acidosis due to it being rich in alkaline elements

### **Carrot**

Carrots contains large quantities of vitamin A, in the form of beta carotene. Carrot juice has anti-carcinogen properties. Thus, it helps prevent cancer. It is also believed to have cancer-curing properties. It also good for the skin. Carrot juice is like a tonic. It will improve the overall health of you and your child, and increase immunity. In fact, two glasses of carrot juice a day can increase your immunity by as much as 70%!

## **Power of Fruits:**

### **Apple**

- The apple is a highly nutritive food.
- It contains minerals and vitamins in abundance.
- Apples are useful in kidney stones
- Iron contained in the apple helps in formation of blood.
- Raw apples are good for constipation.
- Cooked or baked apples are good for diarrhea.
- Apples are of special value to heart patients. They are rich in potassium and phosphorus but low in sodium. It is also useful for patients of high blood pressure.

### **Banana**

The banana constitutes almost a complete balanced diet in combination with milk. It is known for promoting healthy digestion. The banana is used as a dietary food against intestinal disorders because of its soft texture and blandness. It is the only raw fruit which can be eaten without distress in chronic ulcer cases. It neutralizes the over-acidity of the gastric juices and reduces the irritation of the ulcer by coating the lining of the stomach.

### **Cucumber**

A beautician's secret, cucumber is excellent for facial skin. It also promotes the growth of healthy hair and nails. And of course, we all know the wonders that it performs on baggy eyes and dark circles. It contains vitamins like B and C, and minerals like calcium, magnesium, potassium and phosphorus.

# Inspiration!

## Self-discipline Can Improve Life

**T**here are many important qualities that contribute to a person's achievements and happiness, but there is only one that begets sustainable, long term success in all aspects of life – self discipline. Whether in terms of your diet, fitness, work ethic, or relationships, self discipline is the number one trait needed to accomplish goals, lead a healthy lifestyle, and ultimately, to be happy. Here are a few ways to overcome your battles with self-discipline.



If you're looking for that self-discipline to enable you to achieve your goals and ambitions in life then this list is sure to help you. Some people find it more difficult than others to find that self-discipline and motivation but there are some tricks you can use.

### Find the Distractions

If you're struggling to find that self-discipline then you're more than likely finding yourself distracted. Distractions can vary. You can be distracted by people who try to tempt you with exciting things when you know you should be studying or preparing something for work. Or you could in fact be your own worst enemy and find that you're distracted by social networking and TV. Make a note of your distractions. How long are you spending on social networking or watching your favourite reality TV? You might be surprised but once you identify the distractions you can do something about it.

### Improve your Personal self-discipline today

- Remove temptations.
- Eat regularly and healthily.
- Don't wait for it to "feel right."
- Enjoy life to fullest
- Avoid and reduce stress
- Have a Plan
- Trust self-affirmations
- Strengthen your willpower

### Step Away from the Distractions

When you have identified the distractions you are one step closer to being able to ensure that you're no longer distracted by the distractions! Be strict with yourself and limit your time on whatever activity you know is consuming your time. If social networking and web surfing is your poison then you can limit your time on websites by using online tools.

### Improve Self-Esteem

Improving your self-esteem will enable you to feel more empowered, which will give you the self discipline to work towards your goals. Improve your self-esteem by socialising and undertaking a hobby which makes you feel creative and gives you a sense of purpose. Find that drive and determination from within by focusing on something you're interested in. Take up hobbies which require self-discipline such as Yoga.

### Mindful Meditation

Another way in which you can become more self-disciplined is by undertaking some mindful meditation. This is a great way of clearing your mind of the clutter which might otherwise prevent you from working towards your goals. Spend ten minutes a day sitting in a quiet room and focusing on your breathing. You are sure to feel rejuvenated and focused enough to be able to work towards your goals.

### Find Your Passion

You will need to be strict with yourself if you're going to become more self-disciplined. You need to have the willpower and the drive to work towards your goals. Ask yourself why you're finding it difficult. If it's not the distractions then maybe it's just the goals you're working towards. Are you feeling uninspired by your job? If you are then you might find it difficult to find the passion and enthusiasm to work towards your goals. Find out what it is that you want to do with your life and what your passion truly is.

### Don't Put off for Tomorrow

Ever heard of the saying "don't put off for tomorrow what you can do today"? Well, it's true and if you keep putting things off to the next day you will never get anything done. It's time to push the procrastinator out of the door and make a pact with yourself to get things done sooner rather than later. You'll feel so much better for it and it is one of the best ways to strengthen that self-discipline muscle within.

# Grooms



# MATRIMONIALS

**MUMBAI** : Mangalorean Roman Catholic Divorcee, aged 44 years, Ht. 5' 7", Wt. 66 kgs, Fair Complexion, Edn. HSC., Service. Contact 9167419437 **(Regd. No. 6292)**

**MUMBAI** : Mangalorean RC Bachelor, aged 37 years, looks much younger to his aged and slim, Ht. 5' 5", Fair Complexion, Edn. HSC., Working as a Financial Consultant. Contact email : ronaldsouza888@gmail.com OR 9004566519 **(Regd. No. 6290)**

**MUMBAI** : Goan RC Bachelor, aged 30 years, Ht. 5' 4", Wt. 60 kgs, Fair Complexion, Edn. B.Com., working as a Asst. Manager. Contact email : peterpereira11@gmail.com OR 9833005381 **(Regd. No. 6289)**

**MUMBAI** : RC Bachelor 39/5'8", B.E., working in Senior position reputed IT firm. Seeks alliance from R.C. spinster educated good family background Pl. reply with photograph and details to keithcardozo@hotmail.com or contact 9820338755 **(Regd. No. 5996)**

**MUMBAI** : Mangalorean RC Bachelor, aged 35 years, Ht. 5' 11", Wt. 67 kgs, Wheatish Complexion, Edn. H.Sc. + Shipping Course, working as a Chief Officer in Ship. Contact email : veigasterrance@yahoo.com **(Regd. No. 6215)**

**MUMBAI** : RC Goan bachelor, 36 yrs, 5' 9", 58 kgs, wheatish complexion, youthful, pleasing personality, working as Senior Customer Executive seeks alliance from spinstrs below 35 yrs. Contact email : greenarch644@gmail.com OR 9833930211 **(Regd. No. 6214)**

**Pune** : Goan RC Bachelor aged 33 years, Ht. 5' 10", Wt. 65 kgs, Wheatish Complexion, Edn. Diploma Holder, having own business. Seeks a Goan homely, family oriented girl. Contact email : inbluedreamz@yahoo.com OR 9881768210 **(Regd. No. 6189)**

**MUMBAI** : East Indian RC Bachelor aged 29 years, Ht. 5' 6", Wt. 78 kgs, Wheatish Complexion, Edn. BMM, MBA, working as a Manager. Seeks a simple, intelligent, qualified, family ori-

ented girl. Contact email : bombayite84@gmail.com OR 9224444833 **(Regd. No. 6186)**

**PUNE** : Goan RC Bachelor aged 28 years, Ht. 5' 6", Wt. 65 kgs, Fair Complexion, Edn. B.Com., MBA Finance, Pursing LLB., working as a Purchase Accountant. Sober, understanding, Seeks a homely, loving girl. Contact email : v\_dsouza00777@yahoo.com OR 9049912489 **(Regd. No. 6183)**

**KOLAPUR** : Roman Catholic, Goan, 28 years, Ht. 5' 8", Wt. 75 kgs, Fair Complexion, Studing M.D., General Medicine. Seeks a suitable match. Contact email : boom\_anup\_41@yahoo.com OR 9422628636 / 9273337666 **(Regd. No. 6179)**

**MUMBAI** : Goan RC Bachelor, aged 32 years, Ht. 5' 6", Wt. 70 kgs, Wheatish Complexion, Edn. MBA in Banking, working as a Auditor. Seeks a good natured, family oriented, smart, ambitious girl. Contact email : conrad\_rodrigues@rediffmail.com OR 26454896 / 65178959 **(Regd. No. 6178)**

**MUMBAI** : Goan RC Bachelor, aged 36 years, Ht. 5' 9", Wt. 86 kgs, Wheatish Complexion, Edn.M.Com., Position : Financial Consultant. Seeks a alliance from RC graduate/pst graduate spinster. Conatct email : raceangelreb@yahoo.in OR 9821173681 **(Regd. No. 6172)**

**MUMBAI** : Mangalorean RC Bachelor, aged 27 years, Ht. 6', Wt. 75 kgs, Wheatish Complexion, Edn. B.E. Electronics, working as a Sr. system Engg in Mysore. Seeks a graduate, Mangalorean girl below 25 years.

Contact email : dsz.roshan@gmail.com OR 9699672525 / 8767173907 **(Regd. No. 6168)**

**CANADA** : Mangalorean RC Bach-

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

el, aged 28 years, Ht. 5' 4", Wt. 62 kgs, Wheatish Complexion, Edn. B.Sc., Hotel Management, working in Hotel line. Seeks a Mangalorean girl, below 27 years. Contact email : mathias.brian@ymail.com OR 5875824352 **(Regd. No. 6167)**

**MUMBAI** : Mangalorean RC Bachelor, aged 31 years, Ht. 5' 8", Wt. 64 kgs, Wheatish Complexion, Edn. B.Com., working for Bank. Seeks a suitable match. Contact email : joeldsouza@rocketmail.com OR 9833129976 **(Regd. No. 6164)**

**MUMBAI** : Goan RC Bachelor, aged 30 yrs, wheatish complexion, ht 5'9", wt. 68 kgs, sober habits, Edn. B.E. (Mech), MBA, Employed with an MNC, seeks alliance from R.C spinsters with pleasant personality and strong moral values. Contact: matriadvert8@gmail.com/9869480235. **(Regd. No. 6163)**

**BANGALORE** : RC Bachelor, aged 30 years, Ht. 5' 5", Wt. 78 kgs, Wheatish Complexion, Edn. B.Tech., MBA, PGDM., working as a IT Sofwere - Business Analyst. Seeks a suitable match. Contact email : osbon\_prusty@yahoo.co.in OR 8123090908. **(Regd. No. 6158)**

**MUMBAI** : Mangalorean RC 1st marriage annuled by the church, aged 37 years, Ht. 5' 7", Wt. 80 kgs, Fair Complexion, Edn. HSC., Diploma in Hotel and Restaurants Management, Working in Front office Department, well settled. Contact email : menezes\_kenneth@rediffmail.com OR 9619089645 **(Regd. No. 6154)**

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**MUMBAI** : Tamilian Roman Catholic Spinster, aged 26 years, Ht. 5', Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., Working in Hospital in Administrative. Contact email : anharichard@gmail.com OR 9769277062 / 9819315925 (Regd. No. 6291)

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 25 years, Ht. 5' 1", Wt. 54 kgs, Fair Complexion, Edn. M.A., working as a HR & Admin., Contact email : pearlcfri@gmail.com OR 9867118077 (Regd. No. 6288)

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 4", Wt. 56 kgs, Fair Complexion, Edn. B.E., (IT), MS, working as a Sr. Software Engineer in USA. Contact email : wilfysouza@gmail.com OR 9869036355 (Regd. No. 6207)

**MUMBAI** : Goan Roman Catholic Spinster, aged 38 years, Ht. 5' 2", Wt. 44 kgs, Wheatish Complexion, Edn. B.A., working as a Manager in Bank. Seeks a suitable match. Contact email : musikin@yahoo.com OR 9820023114 (Regd. No. 6165)

**MUMBAI** : Roman Catholic Divocree, 1st marriage is annuled by the church, having one grownup son, well settled, Ht. 5' 3", Wt. 60 kgs, fair complexion, pretty, aged 53 years, looks much younger to her age, Edn. SSC., Hair Styling and BeautyCare by profession. Seeks a suitable match having a good personality and good health. Contact email : psvaz23@hotmail.com OR 9821970719 (Regd. No. 6162)

**MUMBAI** : CSI Protestant Spinster, aged 39 years, Ht. 5' 3", Wt. 60 kgs, Wheatish Complexion, Edn. B.Com., Computer Teacher. Seeks a suitable match. Contact email : george\_bhagya@yahoo.com OR 9819206366 / 9545978761 (Regd. No. 6160)

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**MUMBAI** : Goan Roman Catholic Spinster, aged 31 years, Ht. 5' 4", Wt. 55 kgs, Wheatish Complexion, Edn. B.Com., working as a Team Leader. Well settled. Contact email : goldielocks.2183@gmail.com OR 9820861212 / 66995774 (Regd. No. 6157)

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 25 years, Ht. 5', Wt. 46 kgs, Wheatish Complexion, smart, Edn. LLB., Lawyer by profession. Seeks a educated, well settled bachelor from decent family background. Contact email : asm2983@gmail.com / vid\_suaris@yahoo.co.in OR 9820838128 (Regd. No. 6156)

**MUMBAI** : Maharashtrian Portestant Spinster, aged 29 years, Ht. 5' 2", Wt. 56 kgs, Fair Complexion, Good looking, Edn. B.A., LLB., CS, Legal Advisor by profession. Seeks a suitable match. Contact email : dilipphansalkar@gmail.com OR 9820434141 / 9930056602. (Regd. No. 6155)

**DUBAI** : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 5", Wt. 58 kgs, Fair Complexion, goodlooking and smart, Edn. MBA., working as a Manager in Bank. Seeks a graduate Bombay based Mangalorean bachelor, working in Dubai. Having a good status. Contact email : vick5256@gmail.com OR 00971 55 5902447 (Regd. No. 6150)

**MUMBAI** : Goan Roman Catholic Spinster, aged 31 years, Ht. 5' 3", Wt. 55 kgs, Wheatish Complexion, Edn. BMS., Working as Insurance Associate. Contact email : ladsouza2013@gmail.com OR 8655220756 (Regd. No. 6149)

**MUMBAI** : Mangalorean RC Spinster, aged 27 years, Ht. 5' 5", Wheatish Complexion, Edn. M.S. in Human Resources, working for an international school, seeks a well educated Mangalorean bachelor from a decent family background. Contact email : marriageproposal986@gmail.com OR 9892656367 (Regd. No. 6147)

**MUMBAI** : Goan Roman Catholic Spinster, aged 25 years, Ht. 5' 3", Wheatish Complexion, Edn. B.Com., working and pursuing Post Graduation in Management. Seeks suitable match. Contact email : congi@gmx.com OR 9930630927 / 022-33579348 (Regd. No. 6146)

**MUMBAI** : Goan Roman Catholic Spinster, aged 27 years, Ht. 5' 6", Wt. 72 kgs, Wheatish Complexion, Edn. M.D.S., Dentist by profession. Seeks a Godfearing and highly qualified bachelor. Contact email : drmercyj@gmail.com OR 022-28936063 (Regd. No. 6145)

**GUJRAT** : Goan Roman Catholic Spinster, aged 27 years, Ht. 5' 4", Wheatish Complexion, Edn. M.E. (Mechanical) working as an Asst. Professor in Engineering College. Seeks highly educated bachelor. Contact email : alicedsz08@gmail.com / alicedsouza08@yahoo.in OR 0265-2339630 (Regd. No. 6144)

**NEW DELHI** : Goan Roman Catholic Spinster, aged 28 years, Ht. 5' 3", Wheatish Complexion, Edn. B.A., working as a Travel Executive. Seeks a suitable match. Contact email : elaine.j.gomes@gmail.com OR 9818729963 (Regd. No. 6143)

**MUMBAI** : Anglo Indian Roman Catholic Spinster, aged 28 years, Ht. 5' 3", Wt. 68 kgs, wheatish Complexion, Edn. T.Y.B.A., working for CSR, Seeks a well settled, sober habits, presentable, understanding nature, Contact email : foreverbeck@yahoo.com OR 9049766964 (Regd. No. 6142)

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# The Four Pillars Of Faith Formation

**T**he Christian spirit of forgiveness still exists, and will always remain an integral part of our faith even in the most unlikely of times. It's easy to understand this as Christians are peaceful, non-violent, believing in the power of prayer. It could be asked how many people are aware of prayer in the face of confrontations. Many.

PRAYER is one of the four pillars of faith formation. Christ, the Messiah had said, "Whatever you ask for in prayer with faith, you will receive." (Mat.21:22). It is therefore a priority in the teachings of Holy Mother the Church. Lofty as it may seem, it is a perfect and adequate sign of our belief. Jesus created the 'Lord's Prayer' for his disciples. It is the perfect prayer in the formative years of Christian person.

In St. Paul's beautiful letter to the Hebrews, chapter 5, verse 7 we are told: "In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission."

When a person turns to God in prayer his soul prostrates itself along with his body and spirit, towards the Light of the almighty, and in the name of His Son, Jesus, the faithful offers his petition. Prayer is a simple and straightforward conversation with the Lord flanked by the other three pillars of faith.

HOLY MASS is the second pillar. Christ had instituted the Mass at the Last Supper when he said, "do this in memory of me." The Liturgy is the Church's worship in the many aspects of its teaching.

Pope Sixtus V said, "The liturgy gives us a clearer idea of the Holy Mass or Holy Sacrifice by means of the prayers. The ecclesiastical liturgy is the most beautiful confession of the true faith."

The Holy Mass is the offering of the New Law when the Body and Blood of Jesus Christ is given to God in the form of bread and wine. Therefore the Mass is the sacrifice of the Cross where



Jesus is the Second Person of the Trinity shown as the Victim. The celebration of the Mass is of immense value and with this in mind and when explained the faithful would have greater reverence for every service conducted. According to a person's faith and piety, the fruits of the Holy Mass would replenish the fervor of the believer. What was given to us on Mount Calvary was the Salvation of humankind for all time to come.

THE HOLY BIBLE is the Third Pillar, the foundation stone of the Christian faith and is the Word of God in the words of man, having both the Old Testament and the New Testament together as one. From Creation to

the advent of the Messiah, the concrete history and circumstances based on the true Christ, his mission, passion, death, resurrection, transfiguration and ascension are all recorded in the Holy Bible. The Bible is the source of human Salvation, predicted by the prophets and fulfilled by the Messiah. The divine steward of the Good News is the Holy Spirit entrusted to inspire and transmit the message and wisdom of those who trust and believe in Jesus.

St. Thomas refers to the Holy Spirit as the beatitude of mercy and is responsible for every good having inspired the Word in the Bible, finding the apostles to write and the others to propagate its Message.

At this point it would be interesting to note that the Old Testament canon and their arrangement hold 'different beliefs' among two groups: The Jews and Protestants in one place and the Roman Catholics with the Orthodox Christians in the other. The Old Testa-

ment books begin with the Pentateuch, History, Wisdom, Poetry and Prophecy. The New Testament books contain: The Gospels, History, Pauline and other letters and a collection of Catholic letters, ending with the Apocalypse.

It is credibly said that not so long ago Christian families would read a passage from the Holy Bible after dinner. The keeping up of that tradition fell by the way with the creation of the radio, cinema and the television. The duty and obligation to promote the faith through the Bible became increasingly difficult. Today, it is even worse with the introduction of the mobile and the smart-phone. The young generation, the fellowship for tomorrow does not look bright. To evangelize the faith and preach the Word of God must be pursued with greater wisdom and the use of material dynamics in planning. I planned a few projects with Parish Council members and I failed.

## The Word of God survives.

THE HOLY ROSARY of the Virgin Mary is the Fourth Pillar for faith formation. Pope Pius IX said, "Among all devotions approved by the Church none have been favored by so many miracles as devotion to the Rosary."

The Holy Rosary was given by Our Lady to the Church in the year 1214 by St. Dominic. The Rosary in substance is composed of the Lord's Prayer and the Angelic Salutation (the Our Father and the Hail Mary).

It is "truly the first prayer and devotion of the faithful and has been in use all through the centuries from the time of the apostles and early Christians down to the present" wrote St. Louis De Montfort in his book, The Secret of the Rosary.

When Pope Leo XIII spoke on courage in the hardships of life, stated: "... a powerful means of renewing our courage will undoubtedly be found in the Holy Rosary..."

In the year 1917, Our Lady of Fatima declared, "Say the Rosary every day, to obtain peace for the world."

The Rosary is a priceless gift for faith formation.



BY MELVYN BROWN

# Seminar On Safe Motherhood: Make It Happen



FMCON moderated the panel with the panellists. The panellists were Ms Erbatemon, Ms Sonimol, Ms Belma, Ms Jasmine, Ms Jasline and Ms Edna.

The programme ended at 3.30 pm.

*Report Pramila Dsouza*

In association with the International Womens' day the department of Obstetrics and Gynaecological Nursing, Father Muller College of Nursing has organized a seminar on Safe Motherhood: Make It Happen on 7th March 2015 at the Decennial Memorial Hall, FMCI.

The inaugural programme began at 9 am. Dr Olinda Pereira, Director of the Vishwas Trust was the Chief Guest. Rev. Fr Patrick Rodrigues, Director FMCI presided over the function. Sr. Winnifred D'Souza, Principal, FMCON, Mrs. Savitha Pramilda Cutinho, Professor, HOD of OBG Nursing, Mrs Sindhu Sebastian, The organizing secretary of the seminar were the other dignitaries. Dr Olinda Pereira was honoured for all her services to the community.

The scientific session began at 10 am. The first session on Pregnancy Induced Hypertension was deliberated by Dr Naveenchandra R Nayak, Associate Professor, A J Institute of Medical Sciences followed by session on Gestational Diabetes Mellitus by Dr Sujaya V Rao Professor FMMCH. Dr Sudeep K explained about the management of GDM in the third session. Mrs Pramila D'Souza and Mrs Shoba P Xavier explained regarding the nursing management of PIH and GDM respectively in the last session of the seminar. Mrs Alphilin Jose, Lecturer read the seminar report.

Around 260 delegates from 8 different nursing colleges and hospital were benefited with the seminar.



A panel discussion on 'Achievement of Millennium Development Goal 4&5 - 2015' was conducted in the afternoon session. Ms Precilla D'Silva, Lecturer

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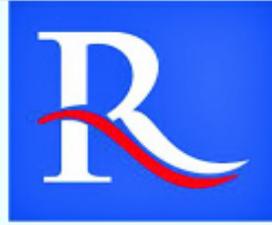
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