

THE SECULAR CITIZEN

(Total pages 24)

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FREEDOM - THE POWER TO CHANGE

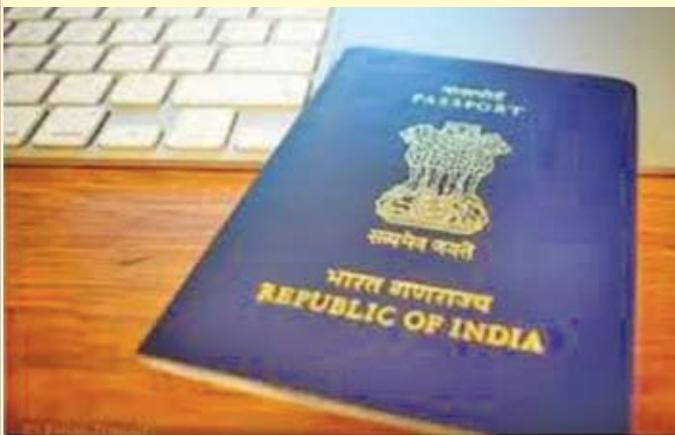


These Futuristic Car Tires Never Go Flat



The South Korean Manufacturer 'Hankook Tire' has completed initial testing on its fifth-generation airless tire, dubbed the iFlex. The tires do not require any air pressure, instead relying on a new type of eco-friendly material (the company demurs when asked for details). Geometric shapes built into the material provide the bounce and springiness normally provided by air pressure. But, unlike the previous iFlex, this version's designed to mount onto a traditional rim, making it compatible with current vehicles.

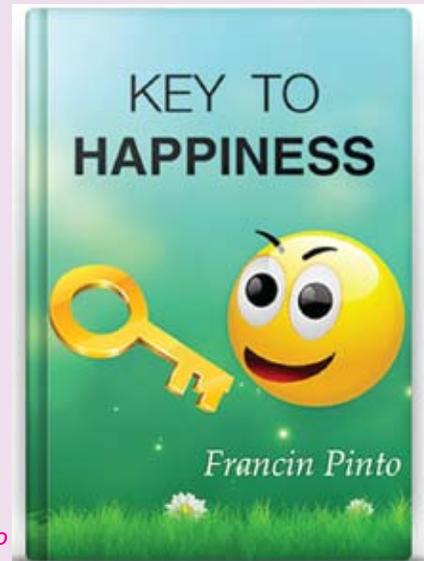
Hankook ran the iFlex through a battery of tests to compare it to more conventional rubber, measuring durability, hardness, stability, slalom and speed, at up to 80 mph. The company says the tires matched conventional tires in terms of performance.



No Police Verification for reissue of Passport

The government said recently that police verification is not required for reissue of passports provided the first passport had been issued on the basis of clear police report. The Home Ministry is also working on a country wide online police verification project for passports that will cut down the time required for issuance from a month to just a week.

Key to Happiness



by Dr. Francis Pinto

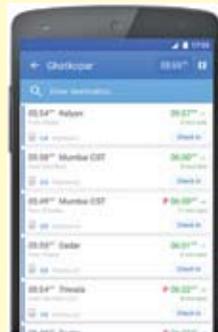
This book enables you to live a stress free life by adopting the Science and Art of Happiness..

Life is a struggle. Life is a pain. The Competition never stops. So often we find ourselves in such situations. We are left lonely, lost and unhappy, and then sometimes take the final shot. What a loss to Humanity!!!

Key to Happiness is.....

Mumbaikars can get real time train updates

The recently launched Rootin app will help commuters get real-time updates of both Western and Central railway services through this app. Apart from giving latest updates of the trains, the app will also help people in locating facilities like booking offices, toilets, foot overbridges and medical centre at 43 railway stations. The live updates are powered by the commuters who are already on the train. To use the app, it can be downloaded from Google Play Store and users have to "Check-in" to share their location. As soon as you enter the station, you can tap on the map and a list of trains departing from that particular station will show up along with their expected arrival and departure time. Once you board the train, you can check in which will be considered as your train's location and can be used to let other commuters know the expected time of arrival of the train. The service is not currently available for all the trains and is restricted to only those where users use the "check in" option. As more people check in, the information will get better.



'Thought for the week'

Have Patience. Everything is difficult before it is easy.

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Cover : Freedom - The Power to Change (Read on p.3)

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FREEDOM - THE POWER TO CHANGE

by Ninette D'Souza

What do you suppose Ronald Reagan, Mahatma Gandhi, Nelson Mandela and many others have in common? It's a burning desire for liberty and a healthy respect for what it takes to be free. "The anchor in our world today is freedom holding us still in times of change, a symbol of hope to all the world" –George Bush

Of our 2 National holidays we celebrate the 15th of August with greater fervour both, for what we celebrate and for what we achieved, I guess. We are gung-ho about marching in parades, quick to mouth the fiery speeches of our freedom fighters, sing patriot songs, even to go to the extent of wearing our liberty on the heart or on our sleeves by pinning the Tri colour. At the same time we might be guilty of misconstruing just how difficult it must have really been to gain this invaluable freedom 68 years ago

This year Independence Day came on a Saturday, I'm wondering how many of us have used it as a Friday evening- Sunday weekend getaway. Don't get me wrong. It's okay to sleep in late, have a leisurely lunch, enjoy a long drive with the family, but wasn't it also important to take some time out to reflect on why we are celebrating what we are celebrating? Maybe read at least the synopsis of the bio/autobiography of prominent leaders who struggled and obtained the freedom we take for granted today. Some of the words maybe poignant, some even rebellious, some downright funny but hopefully they would set us thinking, am I really free? Have I at any point of time abused any of the 6 freedoms that I enjoy as one of my fundamental rights? Have I had the prudence to practice them? To be true to one's freedom is in essence, to honour and respect the freedom of others. "For to be free is not merely to cast off one's claims but to hunger in a way that respects and enhances the freedom of others" – Nelson Mandela.

This is the opportune time to check out the views of the Father of the nation. To Gandhi, **Swaraj did not mean replacing British rule with Indian rule.** Political independence was not an end in itself. Swaraj was above all about

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individual autonomy, involving self-respect, self-restraint and maturity. Gandhi appealed for individual Indians to free themselves mentally from internal and external colonization, through character development. "True Ahimsa should mean complete freedom from ill will, anger and hate and an overwhelming love for all" - Sarvodaya Blog Spot. Gandhi firmly believed that true freedom is not merely freedom to do what one desires but also the ability to ensure that what one chooses is a result of a sense of duty and which arises out of self-knowledge. Outward independence is actually a yardstick to measure the freedom of self within.

The worst way to defend our freedom is to let our leaders start taking away our freedom. Time & again we have witnessed (especially during a national crisis) that we need more freedom of speech, a strong and critical press and a citizenry that is not afraid to stand up and point out wrongs. Ignorance may be bliss but it certainly is not freedom except in the minds of those who prefer to be called people of darkness rather than of light. Being a bench sitter and offering no opinion suggests persons who prefer chains to liberty. The more true information we can acquire, the better for our political privileges and rights. "Blind belief in authority is the greatest enemy." - Albert Einstein. Each one needs to think for himself and let others enjoy the privilege of doing so too. Freedom allows a person not just to close an argument but to open the mind, to be blunt, to be a prophetic voice in the wilderness. Freedom is

the right to question and change the established way of doing things. True freedom is tolerant. It gives people the right to live and think in new ways.

Freedom means many things to many people. True freedom is actually the power to change. We read about freedom, dream about it, rejoice in its notion, teach, advocate and hope tirelessly for it. But what does true freedom mean? Is it seen in being able to buy anything I want or in thinking that I don't owe anyone an explanation for what I say and do? It is critical to define for ourselves what we mean by freedom so that we know what we're looking for, what we're hoping to attain. "True freedom is always spiritual. It has something to do with your innermost being which cannot be chained, hand cuffed or put into a jail." - Osho. Not surprisingly the Bible also says quite a bit about freedom. A perusal would help us distinguish between what it means for us to be free from something and to be free to do or be something. It is an undisputable fact that many of the freedoms we seek today are seen as ends in themselves, as a final goal to be attained. For example, if we think that once an addiction is cured, all our problems will be solved. Why? Because we will have freedom. But from what? Our hearts that drove us into doing something wrong in the first place remain unchanged. They will therefore continue to seek and desire something they cannot do without. Until our hearts are changed, our behaviours too will remain unchanged. That is why the Bible says - true freedom begins in the heart. We act on our thoughts and

behave according to our desires. As Christians we are called to be free from superstitions, error, bondage, deception, guilt, depravity, ignorance and a destructive life. This freedom we can gain through God's truth found in His word. Jesus said to those Jews who believed Him, "If you abide in My word, you are my disciples indeed. And you shall know the truth and the truth shall make you free."

Most speeches given on the 15th of August will in all likelihood start by eulogizing the men and women of decades past, will move onto highlighting the achievements that have pioneered the country into the 21st Century and will in all probability end with a lament on the many evils confronting us in society, forcing the curious question: Are we really truly free citizens of an enlightened society??? But who makes society? Isn't it you & me? So if we want to make it a better place we need to change ourselves first. Let us not become a society of hypocrites that hides behind a façade of moral hypocrisy, rather let us aim to become one that backs truth and harmony. "I prefer liberty with danger than peace with slavery" - Jean Jacques Rousseau.

Wishing each one of you a truly free happy year ahead.

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Eucharistic Youth Movement

45,000 have signed up for the World Youth Day (WYD) 2016, from July 26 to 31, 2016 in Krakow, Poland, brings to focus the current international conference on the Eucharistic Youth Movement (EYM) on Aug 04-10, 2015, in Rome, on the occasion of its 100th year anniversary.

Started in France in 1915 as a Eucharistic Crusade, the EYM is now present throughout the world. It organizes five different models to live out its Ignatius spirituality. It is the second largest youth movement, after the Catholic Scouts. The EYM has more than 1.1 million young people worldwide. It is an international Church initiative for the Catholic formation of children and youngsters from both sexes from the age group 5 to 25. It seeks to teach them to live Jesus' way by guiding them into a 'heart to heart' relationship with Him based on a 'Eucharistic Spirituality'!

The EYM also prepares the 'Apostleship of Prayer', a global network that publishes the Pontiff's monthly prayer intentions entrusted to the Society of Jesus - SJ. Further, the EYM through public prayers, lyrics, Scripture meditations, Charismatic discernments, and above all through the Celebration and Adoration of the Most Blessed Eucharist, lead young people to a life of service, attentive to the needs of today's world. The present centenary theme of the EYM is taken from the Gospel of St John: "My joy may be complete in you" (cf. Jn 15:11).

—Dr Trevor Colaso

Ban Porn Sites

Since the Modi government has started banning porn sites on the Internet, they should also ban poverty, un-

employment, crime, alcohol and homelessness. Then we (India) will be the best and richest country in the world.

Everyday, television, movies, newspapers, magazines and the Internet bombard us with lustful images. And when lustful thoughts become a part of our lifestyle, we feel like prisoners to those controlling desires.

The act of watching pornography is immoral and sinful. It is wrong because it condones fornication and is licentiousness. It is intended to induce lust in the heart, and it exposes us to the nakedness of strangers.

A very good step taken by the government to ban porn sites. In our country, 90% of the crimes taking place are due to free porn sites and alcohol only.

—Jubel D'Cruz, Dombivili

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King, Farmer And The Donkey

by Dr. Leo Rebello

Once there was a king who wanted to go fishing. He called the royal weather forecaster to enquire about the weather for the day. The weatherman assured there was no chance of rain. So the king went fishing with his queen. He soon met a farmer on his donkey who remarked: "Your Majesty, you should return to the palace because shortly I expect a huge amount of rain."

The king who was polite replied: "I hold the palace meteorologist in high regard. He is very educated and highly professional. Besides, I pay him high and he gave me a different forecast." So saying he continued on his way. However, a short time later torrential rain fell from the sky. The King and Queen were totally soaked and their entourage chuckled saying he should have listened to the farmer.

Furious, the king returned to the palace and fired the weatherman at once! Then he summoned the farmer and offered him the prestigious and high paying role of royal forecaster. The farmer said, "Your Majesty, I do not know anything about forecasting. I obtain my information from my donkey. If I see my donkey's ears drooping, it means with certainty that it will rain."

So the king hired the donkey. And thus began the practice of hiring asses to work in the government. Since then they have been occupying highest and most influential positions.

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68 Years of Independence



BY MELVILLE X.
D'SOUZA

On the eve of India's independence towards midnight on the 15th of August 1947, Pandit Jawaharlal Nehru, the first Prime Minister of Independent India, delivered his speech "Tryst with Destiny", to the Indian Constituent Assembly in Parliament. It has been acclaimed as one of the greatest speeches of all times.

'Freedom and power bring responsibility', said Pandit Jawaharlal Nehru in his speech. This is a very important point he made in his speech and I say to myself, "Where do we stand today ? " Are we using our Freedom and power, without responsibility ? Looking back over the years, we have seen how this hard won Freedom and power have been used, misused, abused by politicians of all kinds, of all political parties. We have seen the dark days of Emergency in the seventies.

We have seen over the past sixty-eight years of our independence, how 'power hungry' politicians have come together just for the sake of securing power. We are seeing how many of them have amassed huge wealth soon after being elected as 'our' representatives – MPs, MLAs, Municipal Corporators.

When the people of this country voted out the 'scam-ridden' UPA government and gave an overwhelming mandate to the NDA in the year 2014, the people of this country were looking forward to a new era in Indian politics, there was an air of expectation. They were elected on the plank of development and promise of clean government – minimum government, maximum governance ! They promised to end VVIP racism. They promised to bring back Black Money.

We felt at last, we could see some ray of hope that things would turn for the better. But alas, the people of this country have been taken for ride !

And what are we seeing today ? It is there for all to see. Today the air is filled with disappointment, disillusionment, disgust – rising prices, attacks on minorities/churches & institutions,



attempt to curtail freedom of speech, no real progress in any field. People are being asked to give up subsidies in order that the poor might benefit. Prices are rising left right and centre. Farmers are committing suicide because they are unable to repay loans. There are no signs of the 'development' that the NDA so proudly promised. On the contrary, we have the Prime Minister appealing to the so-called "well-off" to give up their 'Gas Subsidy' so that the poor might benefit – Aah !

While the common man cannot afford two square meals a day, our Honourable Members of Parliament are entitled to heavily subsidized food in the Parliament canteens – such injustice ! We can see the arrogance in the air. More recently, we read news-reports of how some Parliamentary panel has recommended a "100%" increase in the salaries of our 'hard working' MPs alongwith substantial increase in pension, daily allowance and a host of other perks. They already enjoy a huge, fat salary package and they claim it is difficult to manage. One can only react with disgust ! Ask the man on the street how he manages to survive !

We have seen in the recent past and even now, to what level the VVIP racism has reached. How the common man, the Tax-paying public are inconvenienced because the chief minister is on a visit to some club. How bonafide passengers on a plane are made to disembark in order to accommodate some ministers. There are no signs of the Black Money coming back into the country.

On the other hand, the government is today diverting attention from the core issues that affect the country – taking the broom to clean the roads, organizing Yoga Day programmes, enforcing beef ban, 'selfie' programmes, etc., etc. The people are still awaiting

the 'Acche Din' promised by the NDA at election time more than a year ago. Yes, the Acche Din, they say, seem to have arrived only for the NDA – NOT for the common man, the honest Tax-paying salaries class. Slowly by slowly, the skeletons are now coming out of the closet in the form of scams - a huge disappointment !

In the light of this situation, we ask ourselves, is it worth the struggle our freedom fighters went through in order to gain independence from the British, to attain freedom to govern the country ? Was it worth ? Have our politicians ever tried to feel the pulse of the people ? Let them talk to the common man and they will know ! Some time back, I was travelling in an autorickshaw and while making small with the driver, he seemed so disgusted with the state of affairs in the country and he said something which made me sit up. He said, today, we need the British in the country ! In fact, he said, they should never have left us in the first place ! Look at the frustration! I think that autorickshaw driver echoes the feeling of a large number of our countrymen - sadly.

And look at the caliber of our representatives in the Assemblies and in Parliament – unqualified, incompetent, with questionable degrees, false affidavits, total misuse of Funds oh ! the list is endless !

And yes, to top it all, we have a Prime Minister who refuses to speak out, rather remains silent over burning issues affecting the country. So what do we make of his silence ? When the former Prime Minister, Mr. Manmohan Singh refused to speak on important issues he was ridiculed for his silence. When he finally did respond, he said, "my silence is worth a thousand answers !" The people of this country

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would like to know what Mr. Narendra Modi's silence is worth. And, yes, some are asking when the prime minister would be visiting out country – he is being referred to as an “NRI” Prime Minister !

'Make in India' is an initiative program to the Government of India, to encourage companies to manufacture their products in India. It was launched by the Prime Minister, Mr. Narendra Modi some time last year. May we know what exactly are making in India – corruption, bribery, fake degrees, arrogance, vvip racism, what ???

On this Independence day, 15th of August, we can't help but ask ourselves, what does “independence” mean to us. Does it mean that we are free of all kinds of fetters, free from all kind of barriers around us, free from any sort of restrictions ? And, we can “independently” do whatever we please without fear of anyone or fear of the law ? What do these sixty-eight years of independence mean to us ? Looking at the word “Independence”, it sounds like “In dependence” – which means that even when we say we are independent, we are actually “dependant” on others around us, on things around us. We are “dependant” on others in some way or the other – we cannot cut ourselves off from others ?

We need to recall once again what the first prime minister, Pandit Jawaharlal Nehru said, 'Freedom and power bring responsibility'. This is a wake up call – all those in power and authority be it in the government, public offices, in our co-operative housing societies, why even in our own family, need to exercise their power with responsibility. We need to use our freedom not to harm others but to live in harmony with others; if freedom is precious to you it is precious to the others as well. We need to understand that although we are 'independent', we are in reality “in dependence” on one another – we depend on one another for support. We cannot stand 'alone', we have to stand shoulder to shoulder with our countrymen ! Only then can our country progress !

' Abolish Death Sentence soon '

With reference to the article titled Abolish Death Sentence Now by Dr Leo Rebello in THE SECULAR CITIZEN dated MONDAY,AUGUST 10,2015 the death penalty or capital punishment once carried is a non-reversible penalty. Only god gives life and only he can take it away according to Mahatma Gandhi.

A referendum should be conducted on the death penalty regarding whether it should be retained,abolished and replaced by life imprisonment or any other effective form of punishment.

Inspite of the death penalty being carried out and the presence of fear for some time murders continue to be carried out. and this is so even in countries where the death penalty is carried out as a form of public execution.

The death penalty is also called judicial murder as it is awarded by a judge to the convicted muderer. After awarding the death sentence the judge breaks the nib of his pen so that he does not have to award that sentence again.

Punishment must primarily redress the disorder caused by the offender and it has the effect of preserving public order and safety of persons and besides having a medicinal value as far as possible it must contribute to the correction of the offender.

The aim should be to reform a criminal and the Christain faith in the mercy and forgiveness of God,fear of hell and the omnipotent grace of God to convert the minds and hearts of criminals must result in efforts to persuade and reform criminals as far as possible.

The president must not be pressurised to confirm the death sentence but must use his own discretion to convert the death sentence into a life sentence and a law must be enacted so that no pressure from the goverment is used to force him to act against his own will.

The death sentence must not be extended as a punishment for other

crimes.

The death sentence is used as a form of distraction for other problems that exist in a society.

It is very dangerous in a democratic society there is sometimes no view but to retain the death sentence.

Vengeance and revenge are the possible results of a death sentence being carried out.

The scales of justice must be properly balanced and both the parties responsible for the violence must be punished-so that impartial justice can be carried out.

Student's in schools , colleges and universities must be made aware of the ill effects of the death penalty and the need to replace it by a life sentence through education on this subject.

So why should a man like Yakub Memon who had already served more than the stipulated time for life imprisonment and ther was little evidence of his direct involvement in the blasts be hanged.

It has rightly termed by citizens as legal murder or judicial murder.

The issue of capital punishment is an ongoing debate and we must look to Catechism for guidance.

One must forgive one's killers as Jesus did when he was crucified.

Hopefully in the future capital punishment will be replaced by life imprisonment and slow track courts will be replaced by fast track courts so that speedy and impartial justice can be dispensed to one and all.

—Peter Castellino

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Freedom Brings Changes and Challenges

by Irwin Almeida

August is a month of much significance as we celebrate India's Independence Day along with the Feast of the Assumption of Our Lady on the 15th, and then on the 28th of the month is the Feast of St. Augustine who, it is said, through his book "City of God" and other events proved himself as an agent of liberation. This kindles in every one of us a sense of patriotic pride in belonging to this great nation which has secured freedom and independence. So as we reflect on the fact that the Blessed Virgin Mary is considered the most perfect ambassador of liberation, Augustine needs also to be revered.

Let us go back in time to when at the stroke of midnight on the 15th August 1947, India awoke to its much-awaited freedom and the tricolour was raised aloft to symbolise our independence to the entire world. Freedom brings to mind the sacrifices of scores of brave hearts on whose tombs our freedom is built. These dedicated freedom fighters guided by the Gandhian ideology pursued peaceful demonstrations without any bloodshed.

Among these illustrious patriots was the renowned Barrister Joseph Baptista whose loyalty endeared him to the people and earned him the sobriquet 'Kaka.' As a staunch proponent of Home Rule, he was closely associated with Veer Sarvarkar, Lokmanya Tilak, Lala Rajpat Rai and others. On the other hand, Mahatma Gandhi first lit the flame of the freedom movement at various landmarks to begin India's long journey to its midnight tryst with destiny.

The first significant step was the announcement in August 1946, of the first all-Indian national interim government at the Centre. It consisted of 14 members and assumed office on September 2, after the resignation of the Governor-General's Executive

Council.

The new team consisted of Pandit Jawharlal Nehru, Sardar Vallabhai Patel, Dr. Rajendra Prasad, Mr. M. Asaf Ali, Mr. C. Rajagopalachari, Mr. Sarat Chandra Bose, Dr. John Mathai, Sardar Baldev Singh, Sir Shafaat Ahmad Khan, Mr. Jagivan Ram, Syed Ali Zaheer and Mr. Cooverji Hormusji Bhabha..

A year later, at midnight of August 14, 1947, Pandit Jawaharlal Nehru, India's first Prime Minister, made the most striking speech ever by an Indian. His historic words stirred the nation and shall always be remembered by those of that time who were witness to the momentous change. His words are relevant even more today as the country is faced with several challenges.

He declared, and I quote for posterity: "Long years ago we made a tryst with destiny, and now the time comes when we shall redeem our pledge, not wholly or in full measure, but very substantially. At the stroke of the midnight hour, when the world sleeps, India will awake to life and freedom.

"A moment comes, which comes but rarely in history, when we step out from the old to the new, when an age ends, and when the soul of a nation long suppressed finds utterance. It is fitting that at this solemn moment we take the pledge of dedication to the service of India and her people, and to the still larger cause of humanity.

"We end today a period of ill fortune and India discovers herself again. The achievement we celebrate today is but a step, an opening of opportunity, to the greater triumphs and achievements that await us. Are we brave enough and wise enough to grasp this opportunity and accept the challenge of the future?

"Freedom and power bring responsi-



bility. This responsibility rests upon this Assembly, a sovereign body representing the sovereign people of India..."

Words of wisdom that should inspire and guide future generations of politicians. But, sadly lost because the quality of politicians ruling us today is a far cry from the likes of Pandit Nehru, who, it must be mentioned to his credit, had even appointed Dr. B. R. Ambedkar as Law Minister, despite a life-long history of political animosity.

If, at that time, the country had charismatic leaders like Mahatma Gandhi, Pandit Nehru and Sardar Vallabhai Patel, it was due to uniparty governance. The Indian National Congress was the only political party that held sway over the entire nation for a long time and that facilitated its leaders growing in stature.

Even our Presidents were men of erudition and learning, starting with Dr. Rajendra Prasad, Dr. S. Radhakrishnan and most others with a few exceptions, and we cannot forget our very own people's President, Dr. A. P. J. Abdul Kalam, who passed away

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"What it means to be a Christian in 'Hindu' India"

"In a city like Mumbai, Christian presence is not only felt but often mentioned also. Mumbai Christians have excelled in many ways. So is the position of Christians in Kerala and Timil Nadu. For centuries Christianity has been making a mark. Christians of South have made a name in various fields nationwide. Christians of St. Thomas and St. Francis Xavier have excelled in many ways. But this is not so in most parts of this vast sub continent...."

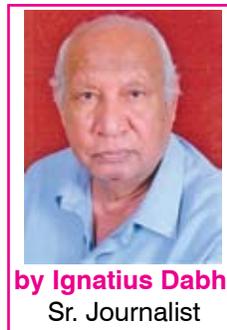
This was the very question asked to me by a three-men team from Poland. A Polish delegation had come to Ahmedabad and our meeting was very unexpected. In fact they did not expect any Christian participating in a state level seminar. Twenty four nations were taking part in a global Trade Fair organised by the Prime Minister, Mr. Narendra Modi in Gandhinagar, Gujarat.

Maria Pulonski, 27, from the Polish team asked me : "What it means to be a Christian in a 'Hindu' India" I was least prepared for a question like that. Maria had been to India before and she was well informed about the socio-political situation of Christians and Muslims in India. "We are much less than three percent of the total population of India" I began. Let me tell you, ever since Christianity was set up in this country, the socio-political condition has never been happy in this country. In one way or the other, there has been some problems and hardships for Christians. "Has it been the same for Muslims too?" asked Luis, the head of the team. Luis was a known businessman in Poland. "Muslims ruled India for three centuries. They form more than 18 percent of the Indian population. Muslims are better organised than Christians in India. Although the majority of them are poor they are more vocal and more powerful than Christians in India.



"The Majority of Christians are poor, less educated and not well-organised. We don't make headline, and if we do, it is mostly when we are attacked! Our presence in the society is hardly felt. This is chiefly so in the north India. You never hear a name of a Christian in the world of business or trade. This is monopolised by Hindus.

"A tiny minority as we, our Christians have been doing very well in India. Christian schools and colleges have contributed a lion's share in the field of education. Some of the eminent scholars, lawyers, teachers, scientists and technocrats have been our product. Missionary education has a distinct impact. Very many Christians have joined the army, navy and Indian



by Ignatius Dabhi
Sr. Journalist

Airforce. Some top brass military men have been Christians.

"The place from where I hail, Gujarat, was the birthplace of the Father of the Nation -Mahatma Gandhi. People of this part of India are orthodox and traditional Hindus. They are rich and highly qualified in business and trade. The present Prime Minister comes from Gujarat. Hindus here do not allow others to come up. For example, only the highcast Hindus are in the field of journalism. ... Incidentally, I am the only accredited journalist in Gujarat.

"In such a cast-based country, life for non-Hindus is a constant swim against the current... Difficult and tiring. Cast consciousness is always there... For example, I live in a predominantly Hindu high-cast locality. I got into such an area only because I was a journalist with India's leading newspaper - The Times of India.

"In such a society, humility is considered as weakness and decency is considered as cowardness... It is indeed very difficult to be a good Christian in such a surrounding."

My Polish listeners were greatly amazed. RJD supremo Lalu Prasad Yadav recently made a million-dollar comment: "The real progress of India is only possible if we get rid of castism from our society." Can India be free of Cast system? Christianity's first message, "equality among men, brotherhood among them with one Father, God." is practically not possible, practicable in India today...

Celebrating Independence Day!



BY JUBEL D'CRUZ

Countries throughout the world celebrate Independence Day when they were freed from the oppression of foreign rule. As India celebrates its 68 years of Independence from the shackles of the British rule this week and enters its 69th year, we remember Mahatma Gandhi's vision of 'swaraj' (self rule). Many of our freedom fighters gave up their lives to free the nation from the tyranny of the British rule in order to gain 'swaraj' or self-rule. No doubt, India got its political, social and economic freedom, yet slavery remains in subtle forms in various parts of the country.

Today, majority of the politicians in India make tall claims before the onset of elections but forget to fulfill them after coming to power. This only shows that our politicians are least bothered about the welfare of the common man who takes time from his busy schedule to exercise his franchisee. Prices of all commodities, including that of food grains have been sky-rocketing since the past few years. As a result of this, the common man has to bear the brunt of the price rise as his salary does not increase in tandem with the surging inflation.

It seems that the Gandhian ideals that inspired India's independence struggles are no longer followed by the citizens today. Each and every one of us respects Mahatma Gandhi and proudly addresses him as the 'Father of the Nation', but no one is prepared to tread the path adopted by him.

Although India has achieved Independence, it is one of the most corrupted and polluted nations in the world. Unemployment is at an all-time high. Majority of the States today are fighting among themselves and people, irrespective of caste, creed and colour are being persecuted for no fault of theirs, while the ministers and the politicians are misusing the common's man hard-earned money which



they contribute to the nation in the form of Professional Tax, Income Tax, etc. Today, 68 years later, people have lost faith in their leaders. India has a great potential ahead, but unless and until we rise above our differences and petty squabbles, it will not become a prosperous nation. Take a look at the UAE countries and also America. These countries are the most prosperous nations in the world because the Kings and Queens and Prime Ministers there care for their people, which is not the case in India.

Babur, the founder of the Mughal Empire in India is said to have left a will to his son, Humayun which is still preserved in the State Museum of Bhopal in Madhya Pradesh. The contents of the will are that Babur informs his son Humayun that India is the home of many religions and he has to be respectful and impartial towards all of them and ought not to burn, destroy or disturb any shrine of any religious order. But what is happening today? All religious structures and shrines are being destroyed, demolished or desecrated. Our present-day politicians do not care for the people and have no respect for the common man, especially the minority communities. In the name of religion, they destroy/desecrate religious structures and kill god's holy people.

Our present-day politicians do not care for the people and they have no respect for the common man, especially the minority communities. In the name of religion, they destroy religious structures and kill people belonging

to the Christian religion. Christians in India are being persecuted a lot. Our Prime Minister, Shri Narendra Modi should know that Christians in spite of being numerically a small minority community, has contributed a lot to the nation. And they still do it.

Our entire political system has become rotten. Most of today's problems are due to corrupt politics. Unless and until it is cleansed, nothing would improve. Mahatma Gandhi once said that politics devoid of honesty and spirituality is disastrous for the country. We have to change the politics of this country. I am confident that together, we can.

I quote what India's freedom fighter, Khan Abdul Ghaffar Khan has said: "My religion is truth, love and service to God and humanity. Every religion that has come into the world has brought the message of love and brotherhood. Those who are indifferent to the welfare of their fellowmen, whose hearts are empty of love, they do not know the meaning of religion."

Leaders like Mahatma Gandhi, Bhagat Singh, Lokmanya Tilak, Subash Chandra Bose, Lala Lajpat Rai, Bhikaji Cama, Aruna Asaf Ali, Veer Savarkar, Kaka Joseph Baptista, Khan Abdul Ghaffar Khan, Chandrashekar Azad and many others have played a vital role in gaining independence for India. But today's youth don't even understand the meaning of independence and take it for granted. Maybe, many of them never had to undergo the hardships faced by these prominent leaders. Today, however, 68 years later, Independence Day is nothing more than a holiday for them like any other public or bank holiday.

On the occasion of Independence Day, we must remember the sacrifices made by those who fought bravely for a liberated India. But it is a pity that every year, after the Independence

(Contd.. on p. 23)

A tale of two democracies

A tale of two cities by Charles Dickens of 1859 vintage compared the two cities – London and Paris after the historic French revolution. Today, it would only be appropriate to compare the two vibrant democracies of the world – Britain and India. The Indian democratic set-up is based on the Westminster model and it is only fair that we compare these two in the context of what is happening to our democracy in general and the Parliament in particular in the past decade or so.

When our own Parliament is in turmoil, Deputy Speaker of the House of Lords, John Sewel resigns amidst 'claims' in The Sun Newspaper that he took class A drug at a sex party. The Speaker announces the resignation saying that the matter will be referred to the House of Lords Commission for necessary inquiry etc. Mind you, nobody including his party defended him. No shouting, no yelling! Nobody demanded that the newspaper report be verified first. Nobody said it was a frame-up, a political conspiracy or even vendetta. The accused himself also did not try to defend though it does not necessarily mean that he accepts the charge. He could have said that the images appearing in the newspaper are morphed or what he was snorting was not a drug but normal tobacco.

The English Deputy Speaker knew that there are ethical standards in place and in line with those standards; he stepped down in all humility. When established practices [even if they are unwritten] are respected by all the Parliamentarians, there is no question of any disruption of the House. This does not mean that all of them are paragons of virtue. They too have been guilty and even punished for indiscretions. What is important is to uphold the dignity of the House by not trying to brazen it out.

On the other hand we have a situation today that the Parliament - both Houses have become dysfunctional because of the obstinacy of the ruling party to brazen it out and the persistence of the opposition to make sure that the Houses do not function. The Home Minister says 'We are not UPA to resign' and the Parliamentary Minister says 'the Union Minister [and the Chief Ministers] are not guilty'. The PM who

IEWS on NEWS

remained silent decides to announce at a rally that the two CMs will not resign because their two states have fared well – a very poor excuse not to step aside. They have given their verdict, so as the opposition says, 'What is left to debate'? In the process, both the Houses continue to remain paralyzed. Since everyone agrees that the responsibility of running the Parliament rests with the Government, the Treasury benches should have shown some magnanimity and said that nobody is exonerating anybody. Let the Disciplinary Committee of the Parliament go through the issue and give its verdict. Until then the Minister should step aside simply to uphold the dignity of office and the Parliament.

Each elected representative should know that he is occupying the seat to fulfill the aspirations of his/her people and not to look at it as an opportunity to enrich oneself and one's near and dear ones. That is not for what s/he is elected to the august House. One hopes that the saner elements will prevail upon the insane ones. The ruling and the opposition must look at the way the British Parliament functions and if in its history it has never been adjourned, it is functioning well though they do go astray elsewhere. Roughly 700 porn sites were accessed per day in 2014 on UK House PCs. We need not copy that though, using the biblical quote, "not all the elected representatives are clean". Some MLAs have been caught watching it.

The Famous Newspaper Boy

APJ Abdul Kalam who left his world like a rocket without any real suffering and that too in the company of those he loved the most - students. It is said that at a very early age of around four he used to get up at 4.00 in the morning and help his father in the distribution of the newspapers. Someone said that he used to roll the newspapers and fling them in the upper floors to save time. Perhaps this ingenuity may have inspired his 'Rocket Mission' which he accomplished so successfully later in his life much to the envy of his contemporaries. Unfortunately, Pakistani scientist Abdul Qadir Khan chose to call him an ordinary scientist and that too



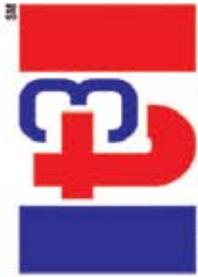
by Marshall Sequeira

after his death not before. That said, APJ served his country with distinction which earned him Bharat Ratna who did not sell nuclear secrets to rogue countries like North Korea etc like Khan did.

APJ Abdul kalam took over as the 11th President of India during the Vajpai era and served that august office with a high degree of probity and simplicity. In the process he endeared himself not only to the politicians of all hue and cry but also to the masses particularly the student community. What Pope Francis is to the Catholic community [a people's Pope] Abdul Kalam was to the kids and the youth. They saw in him a great reservoir of knowledge which he wanted to imbibe in the citizens of tomorrow. He missed no opportunity to be present if the congregation comprised of students. He spoke to them with love and affection and they will miss him the most.

During his tenure one hardly heard anything of his close family. Being one of the seven siblings, the extended family must be large yet he kept them at bay. It is said that he kept a minimum contact with the family back home. Reports suggest that he invited his family members to the Rashtrapati Bhavan only once during his tenure. Unlike some of his predecessors whose families made the the Raj Bhavan their permanent abode and even accompanied the Presidents overseas during their official visits.

The public out-pouring at the passing away of the beloved son of India was unprecedented. People of all walks of life lined up first in Delhi and then in his home town to pay their respects to the man they admired and loved. Similar grief was witnessed when Mother Teresa had died. She too received a similar send off. By the way, why did Parliament get a holiday when schools were asked to remain open that day? Sorry! Forgot MPs are a privileged lot.



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The Missile Lady Dr. Tessy Thomas



Dr. Tessy Thoma's moniker "Agni putri" or "The Missile Women of India", hails from her works in the field of Agni 3, Agni 4, and Agni 5. She likes her title even more because her role model and mentor Dr Kalam is called the missile man of India.

Dr. Tessy Thomas is the Project Director and Key Scientist for the Agni-V project of India. She was also the key figure behind the development of Agni-V. The media also love to call her Agniputri, or one born of fire, after the missiles she has helped develop.

Dr Tessy Thomas, is an expert on all solid propellants systems, has a B. Tech from Thrissur Engineering College, Calicut. She started her career in the DRDO under Dr APJ Abdul Kalam's leadership and guidance. She also has an M.Tech in Guided Missile from the Institute of Armament Technology, Pune (now known as the Defence Institute of Advanced Technology).

She was born in 1964 to a a small-businessman father and a homemaker mother at Alappuzha a district, well known as the Venice of the East, in Kerala. She grew up near a rocket launching station and says her fascination with rockets and missiles began then. She was named after Mother Teresa, the late Nobel laureate who worked with the poor in Calcutta.

Tessy Thomas's marriage was an inter religious one with Saroj Kumar Patel who was her classmate at Pune. Saroj Kumar is a CMDR officer. Her husband, now a commodore in the Indian Navy and they have a son, Tejas. an engineering student who shares his name with India's indigenously developed light combat aircraft, also made by the DRDO.

In a glowing tribute in 2008, The Indian Woman Scientists Association did not forget to mention that "like most women she also does a tight-rope walk between home and career, between being a mother and a scientist who is dedicated to her job. "We feel Tessy Thomas serves as a role model and an inspiration for

women scientists to achieve their dreams and have their feet planted in both worlds successfully," the group said.

Tessy was associate project director of the 3,000 km range Agni-III missile project. She was the project director for Agni IV which was successfully tested in 2011. Tessy was appointed as the Project Director for 5,000 km range Agni-V in 2009 and is based at the Advanced Systems Laboratory in Hyderabad. The missile was successfully tested on 19 April 2012.

In January 2012, Prime Minister Manmohan Singh told the Indian Science Congress that Ms Thomas is an example of a "woman making her mark in a traditionally male bastion and decisively breaking the glass ceiling".

In 2011, three women scientists won the Shanti Swarup Bhatnagar award, India's top science prize, compared to 11 from 1958-2010 and one was for Ms Thomas. . "We are all proud of our country. Agni-V is one of our greatest achievements," she says. She is also an example for a women who is doing her best in a male dominated society of ours.

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The Bigger Picture

Imagine facing a painting. As you move closer to the painting, you notice a few minor faults. A brush stroke may not be perfect. There may be a little more paint daubed here and there. But as you again start going further from the painting, you start appreciating it more and more and once you see the entire picture, you feel it looks pretty good! How do we view our lives? Very minutely so that we are obsessed with every tiny defect or in its totality?

Tom was upset when a rash youngster driving on the wrong side of the road rammed into his parked BMW. He was in the car but escaped without a scratch. The damage was extensive and Tom was grumpy for some days. "I'll have to shell out quite a bit on repairs. Are these youngsters blind?" he blurted out at home. He was so focused on the mishap, that he made himself and others surrounding him unhappy until his wife, Nalini pointed out, "You should go down on your knees and thank God for your miraculous escape but all you think of is your precious car and the money you will have to spend. See the bigger picture Tom."

We are ingrates. Like Tom we focus on the damaged car or what we do not have and ignore God's bountiful gifts to us. We have a roof over our heads but want a bigger house. Our closets are bursting with clothes but we feel we have nothing decent to wear. There is no room for happiness in our hearts and homes because we have this insatiable appetite. If we choose to be unhappy, surely God is not to be blamed.

We have been endowed with different talents but, like Oliver Twist, we want more. Greta sings like a nightingale but she is unhappy because she did not win the talent competition. Vineet writes well but he was disillusioned when his work was not found good enough to be published in a popular magazine. We need to shift our focus on winning all the time and instead en-

joy what we are doing.

Again we suffer from myopic vision when understanding and dealing with our children. Viren's father Ashok (names changed) was a prominent doctor. As Viren was an only child, Ashok was very keen that the boy would follow his footsteps and distinguish himself in medicine. But there was a problem. Try as much as he would, Viren could not meet his father's expectations as he was dyslexic. Regretably Ashok had a blind spot. He would constantly berate Viren about his inability to score high marks. Viren's mother was afraid of her husband and did not oppose him. Viren got into a depression. Fortunately a couple of Viren's supportive friends urged him to break away from his domineering father. With their monetary support and backing he decided to follow his dream of starting an eatery. And by sheer dint of hard work, he succeeded! Today he runs two successful restaurants. Frankly, we should not expect our children to be our clones and instead, respect their individuality. Paul McCartney's daughter, Stella, has made her name in fashion designing and not in music.

Some people focus only on the negative occurrences and tragedies in their lives. Anita is one such person. She lost her parents when she was very young. This tragedy has clouded her entire life. She is one of those perpetual grumblers and is constantly finding fault with her husband and son. Granted she had a tragic past but life is a series of ups and downs which is something we must accept. Anita has clearly lost the bigger picture.

When the going is tough, it is the tough that get going! It is therefore important that we take one day at a time. I like to think, "This too shall pass." I mentally repeat these words of a popular hymn, "One day at a time, sweet Jesus, that's all I'm asking of you. Just give me the strength One day at a



by Monica Fernandes

time."

We are often envious of others. We think of what material possessions and positive qualities they have which we don't and land up feeling miserable. We suffer from a 'Comparison Complex'. We fail to see the picture in its totality for the person we envy may

have more possessions than we do, but he/she may be deeply unhappy. Mohan resents the fact that his childhood classmate, Neil, is successful and lives in a fancy apartment. But has Mohan ever paused to reflect that Neil has a lot of problems with his teenage son who is hooked on drugs? Mohan has missed the bigger picture.

Sometimes blessings are showered on us in disguise. Adrian was worried when the company where he worked closed down and he lost his job. But then he thought that this was an excellent opportunity to start up a company on his own and he is today a successful businessman.

How do we perceive others? Do we only see a person's behaviour without trying to understand why he behaves in a certain way? The husband comes home late, weary and upset with office politics. So he snaps at his wife and kids. The wife unfortunately only focuses on his irritability. When he says he had a hard day at the office, she retorts, "So did I. I too had to work extra hard today because the bai did not turn up. Don't imagine you have a monopoly on tough days!" And then all hell breaks loose.

We were in Pune for my husband Nelson's stem cell transplant when a dear friend passed away in Mumbai. We of course had no clue. Asha's son was hurt because we had not even phoned to condole with him. However, his wife Marissa was convinced that there was a logical explanation. She phoned us and gave us a chance to explain.

(Contd.. on p. 23)

The Seven Deadly Sins

by Francis Lobo

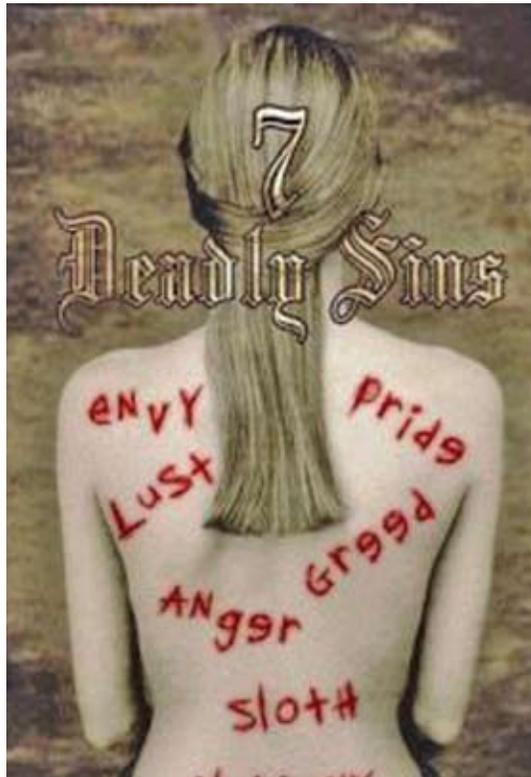
After I wound up the Ghar Vapsi Series I got a number of requests - KEEP WRITING. Being a compulsive writer I readily agreed. The topic selected for me for this series is "The Seven Deadly Sins". Possibly because those who know me think I know a lot about sin. Of course I have learnt a lot from the Catholic Church and the Media. **If the Media is to be believed, we are swimming in sin - Corruption, Murders, Rapes, Terror, Lies, Defamation etc etc.**

As far as the Catholic Church is concerned it classified sin as Venial, of a minor nature, and Mortal cutting you off from grace and ensuring your eternal damnation. In the 14th century the church felt it necessary to identify the capital vices or cardinal sins. To relieve your suspense these are Pride, Anger, Lust, Envy, Greed, Gluttony, Sloth. To make it easy to remember the church coined a word SALIGIA with the first letters in latin of superbia, avarita, luxuria, invidia, gula, ira and acedia. I have coined the word PALEGGGS with the first letters in English.

The seven deadly sins which are termed as "Idolatry of the self" were made known around the world by European Artists. Far from eradicating these deadly diseases from individuals, they have become the culture of entire communities and societies. Self interest dominates economic doctrines. Nobody does anything without first finding out what is in it for her. My grandson from Canada who claims he scored 100 in catechism, gave me my first lesson on the deadly sins. He wanted to give me detail information on each but I said, "No thank you. I would like to learn them on my own".

Why Seven? The ancients believed in the significance of numbers. Christ said to forgive not seven times, but seventy times seven and the church introduced the seven sacraments. The modern world also worships numbers but they are in lakhs and crores. Possibly in olden times, people did not know how to count beyond hundred and how to generate astronomical figures by adding zeros.

Why deadly? It would not have been so bad if the death related only to those who indulged in these vices. But they lead to bigger crimes like murders, atrocities of various types, wars and genocides. So they cannot be taken lightly and society must take every measure to eradicate them. However modern science has backed the concept of the seven deadly sins by showing that modern illnesses, like cancer, diabetics, heart diseases, obesity, are the result of indulging in these vices and could lead to death.



The first 2000 years of church history emphasized on personal virtue and individual sins with confession as the means of gaining forgiveness. This has now moved to Social Sin. The individual is not to blame. It is the culture of society. A businessman was once complaining to me how corrupt the corporation officials were. "Oh my God the corporation is so corrupt, I had to play Rs 2 Lakhs

to have my plans passed". "But could you not stand up to the corruption", I asked. "Are you mad, what is Rs 2 Lakhs when the deal is worth Crores"

Another view that has changed is that if everyone is good, the society automatically becomes good. It is now accepted that we are all part of a system and we can do only as much as the system will permit. But the system has deliberately not been well defined, leaving huge discretionary powers to the person at the top. Nobody wants to change the system, because it suits them - So black money, corruption, poverty, exploitation grow at an exponential rate with the rich getting richer and the poor getting poorer.

In the idolatry "worship of self", individual interests rule over the common good.

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A Trilogy Of Freedoms

by Leon Bent

The month of August is full of grace leading one to Freedom: The Assumption of Our Lady, Independence Day and the Feast of St. Ignatius.

The Assumption is the oldest feast day of Our Lady, but it is uncertain how it first came to be celebrated. For a time, the "Memory of Mary" was marked only in Palestine, but then it was extended by the emperor to all the churches of the East. In the seventh century, it came to be celebrated in Rome under the title of the "Falling Asleep" ("Dormitio") of the Mother of God.

Soon the name was changed to the "Assumption of Mary," since there was more to the feast than her dying. It also proclaimed that she had been taken up, in her complete human form, into heaven.

In 1950, in the Apostolic Constitution "Munificentissimus Deus," Pope Pius XII proclaimed the Assumption of Mary a dogma of the Catholic Church in these words: "The Immaculate Mother of God, the ever-virgin Mary, having completed the course of her earthly life, was assumed body and soul into heaven."

With that, an ancient belief became Catholic doctrine and the Assumption was declared a truth revealed by God. At her death Mary was

"freed" from the tentacles of the flesh and crowned Queen of Heaven! This feast is celebrated on August 15.

Our Country was "freed" of English Colonialism on August 15, 1947. The Preamble of the Nation's Constitution speaks of Justice, Liberty, Equality, and Fraternity. The Constitution in totality offers us seven Rights: To Freedom, to Equality, the Right against Exploitation, Cultural and Educational Rights, the Right to Constitutional Remedies when one's Fundamental Rights are taken away and, finally, the Right to Life. All these ingredients "free" us to flutter gloriously like the Indian Flag, "free" as the wind blows, unlike a broken-winged bird that cannot fly! It gives Indians and their Motherland too, enough scope to bloom and grow to their fullest potential.

St. Ignatius' Feast falls on August 31. This towering saint revolutionized the spirituality of the Catholic Church, and "freed" it from the guile and deceit of Satan, through a radical path to holiness. The "Examination of Conscience" and the "Art of Discernment" are Spirit-inspired creations of the Founder of the Society of Jesus: the Jesuits.

The daily "Examination of Conscience" that is the key to Ignatian spirituality practised especially at night, cultivates in a person, alertness to the slightest offence (sin) to the Divine Will, and protects an individual from the scheming of the evil spirit. It enables the practitioner to remain in God's Providence, and open and "free" to receive God's grace. In essence, the prayer is a review of the day. It can be done either once, usually before going to bed, or twice, generally at midday and in the evening.

This quest yields two results – anxiety and chaos are replaced by contentment and self-actualization (personal fruitfulness), and growth in sanctity, joy and Shalom (nothing-broken-nothing-missing), regardless of the external circumstances.

Want to Live Healthy?

The Indian diet goes wrong, when it comes to evening snacks. Samosas, vadas, batatavadas, and other fried snacks are (a) fried in vanaspati oil and (b) deep fried, making them extremely unhealthy for your cardiovascular health and weight management.

Therefore, by simply following the following tenets of a healthy diet, even your current diet of Indian dishes, snacks and desserts can help you lose weight, get fitter, and look better:

- Control your portions - For every roti that you consume, you add 80-90 calories to your day's intake. For every second helping of rice, you add another 100 calories.
- Stop frying food - Instead opt for steamed, boiled, stir-fried, pressure-cooked, sauteed, or broiled food. You'll find that the same dishes can be cooked with better methods.
- Reduce salt intake by a mere 1/2 teaspoon - Start small. If you add 3 teaspoons of salt to each vegetable dish, cut it to 2.5 teaspoons, and very soon you'll find that even 2 teaspoons is enough.
- Cut back on artificial sugars in your desserts, and use natural sweeteners like honey, cinnamon and fruits instead.
- Let the spices do the talking - rely more on the rich Indian spices and flavour-givers like kadi patta, coriander and mint, instead of oil, to make Indian food healthy and inviting.
- Rely more on whole grains, and coars rice - Therefore use whole wheat for rotis, brown rice with curries, and other healthy grains for other bread accompaniments.

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What Is Excellence

A German once visited a temple under construction where he saw a sculptor making an idol of God. Suddenly he noticed a similar idol lying nearby.



Surprised, he asked the sculptor, "Do you need two statues of the same idol?" "No," said the sculptor without looking up, "We need only one, but the first one got damaged at the last stage."

The gentleman examined the idol and found no apparent damage. "Where is the damage?" he asked. "There is a scratch on the nose of the idol." said the sculptor, still busy with his work.

"Where are you going to install the idol?" The sculptor replied that it would be installed on a pillar twenty feet high.

"If the idol is that far, who is going to know that there is a scratch on the nose?" the gentleman asked.

The sculptor stopped his work, looked up at the gentleman, smiled and said, "I will know it."

The desire to excel is exclusive of the fact whether someone else appreciates it or not.

"Excellence" is a drive from inside, not outside.

Excellence is not for someone else to notice but for your own satisfaction and efficiency...

Don't climb a mountain with an intention that the world should see you, Climb the mountain with the intention to see that world.

Holy Crosses of Mumbai

MEICF (Maharashtrian East Indian Christian Federation) approached the Office of the (then) Collector of Mumbai Mr. C. Oak, who agreed to assist the said Federation by instructing one of the Officials to help us in tracing the Cadastral Survey (C.S.) Nos. as per the Area (Division). This process helped us to retrieve the C.S. Nos. of most of the Holy Crosses and later accordingly informed us to make necessary Applications to apply for True Extracts of the Holy Crosses given herein below:

- (1) Holy Cross on the footpath (A-46) Opp. Kailash Kunj, Nathalal Parekh Marg, Matunga - True Extract showed the existence in the Collector's Office records Preliminary Edition - 1918;
- (2) Holy Cross on the footpath (A-47) at the Junction of Prabhakar Sule-Marg & Nathalal Parekh Marg, Matunga - True Extract showed the existence in the Collector's Office

records Preliminary Edition - 1918; This cross was demolished by the local Municipality but rebuilt later on with help of MEICF.

- (3) Holy Cross on the footpath (A-48) at the Junction of Prabhakar Sule-Marg & R.A. Kidwai Road, opp. Lijjat Papad, Matunga - True Extract showed the existence in the Collector's Office records Preliminary Edition - 1918; This cross is demolished by BMC. A small cross is kept in its place.
- (4) Holy Cross of the footpath (non-listed) of Wadala Villager's, on Bhairavnath Mandir Road, Opp. Auxilium Convent School, Wadala, (W) - True Extract showed the existence in the Collector's Office records 3rd Edition - 1954;
- (5) Holy Cross of the footpath (non-listed) Late Louis Barretto cross Opp. Wadala Masjid, Bhairavnath Road - True Extract showed the existence in the Collector's Office records 4th Edition - 1954;
- (6) Holy Cross of the footpath (non-listed) Farro family cross, Opp. Bansidhar Aggarwal High School, Bhairavnath Road - True Extract showed the existence in the Collector's Office records 4th Edition - 1954;
- (7) Holy Cross Opp. Dr. A. D'Silva High School, 9 Gol temple) Dadar - the True Extract have been given to the Parish Office, Portuguese Church (Salvation Church), Dadar;
- (8) Holy Cross (Dome) on the footpath of Portuguese Church Late Jacinto Barretto cross - the True Extract have been given to the Parish Office, Portuguese Church (Salvation Church);

—**Herbert D. Barretto**
President : Maharashtrian East Indian Christian Federation

For More details and full text visit:
www.sezariworld.com/mumbai/holy-crosses-of-mumbai.html

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Secrets to a great Life

A great life doesn't happen by accident. A great life is the result of allocating your time, energy, thoughts and hard work towards what you want your life to be

Stop setting yourself up for stress and failure, and start setting up your life to support success and ease. A great life is the result of using the 24/7 you get in a creative and thoughtful way, instead of just what comes next. Customize these “secrets” to fit your own needs and style, and start creating your own great life today!

S – Simplify. A great life is the result of simplifying your life. People often misinterpret what simplify means. It's not a way to remove work from your life. When you focus on simplifying your life, you free up energy and time for the work that you enjoy and the purpose for which you are here. In order to create a great life, you will have to make room for it in yours first.

E – Effort. A great life is the result of your best effort. Creating a great life requires that you make some adjustments. It may mean re-evaluating how you spend your time, or choosing to spend your money in a different way. It may mean looking for new ways to spend your energy that coincide with your particular definition of a great life. Life will reward your best effort.

C – Create Priorities. A great life is the result of creating priorities. It's easy to spend your days just re-



sponding to the next thing that gets your attention, instead of intentionally using the time, energy and money you have in a way that's important to you. Focus on removing the obstacles that get in the way of you making sure you are honoring your priorities.

R – Reserves. A great life is the result of having reserves – reserves of things, time, space, energy, money. With reserves, you acquire far more than you need - not 6 months living expenses, but 5 years worth; not 15 minutes of free time, 1 day. Reserves are important because they reduce the fear of consequences, and that allows you to make decisions based on what you really want instead of what the fear decides for you.

E – Eliminate distractions. A great life is the result of eliminating distractions. Up to 75% of your mental energy can be tied up in things that are draining and distracting you. Eliminating distractions can be a difficult concept to many people, since they haven't really considered that there is

another way to live. Look around at someone's life you admire. What do they do that you would like to incorporate into your own life? Ask them how they did it. Find ways to free up your mental energy for things that are more important to you.

T – Thoughts. A great life is the

result of controlling your thoughts so that you accept and allow for the possibility that it actually can happen to you! Your belief in the outcome will directly dictate how successful you are. Motivated people have specific goals and look for ways to achieve them. Believing there is a solution to the same old problems you encounter year after year is vitally important to creating a life that you love. Whatever you think and believe, you create. Listen to what you're telling yourself, and adjust that voice if you need to.

S – Start! A great life is the result of starting. There's the old saying everyone's familiar with “a journey of a thousand miles begins with a single step.” In order to even move from the couch to the refrigerator, you have to start. There's no better time to start than today. Don't wait for a raise, or until the kids get older, or the weather is better. Today, right now, is the right day to start to take a step in the direction of your heart's desires. It's what you do TODAY that will make a difference in your life tomorrow.

Grooms



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MUMBAI : Mangalorean Roman Catholic Divorcee, 1st marriage annulled by the Church, aged 43 years, Ht. 5' 10", Wt. 82 kgs, Wheatish Complexion, Edn. B.Sc. (Chemistry) working as a Medical Representative. Contact email : nigel0571noronha@ yahoo.com OR 9820263185 (Regd. No. 6386)

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 32 years, Ht. 5' 7", Well built, Wheatish Complexion, Edn. B.Com., working as an Asst. Manager. Contact email : ferdinand.furtado@gmail.com OR 9820018233 (Regd. No. 6051)

MUMBAI : Goan Roman Catholic Bachelor, aged 35 years, Ht. 5' 7", Wt. 75 kgs, Wheatish Complexion, Edn. Graduate, working as a Manager in Cruise Line. Contact email : 9833944206 (Regd. No. 6385)

PUNE : TAMILIAN Roman Catholic Bachelor aged 42 years, Ht. 5' 4", Wt. 62 kgs, Wheatish Complexion, Edn. Diploma Mech, Engg., Working for Govt. Concern. Well settled. Seeks a simple, qualified girl. Contact email : berland@rediffmail.com OOR 9822397126 / 8097191727 (Regd. No. 6191)

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 34 years, Ht. 5' 4", Wt. 64 kgs, Wheatish Complexion, Edn. HSC, working as a Script Writer. Seeks a suitable match. Contact email : roy-dandsilva@gmail.com OR 28815914 (Regd. No. 6384)

MUMBAI : 34 yr old mangalorean divorcee, church marriage annulled, no children, dentist by profession, own accommodation, own private clinic in mumbai, looking for spinters/divorcees upto age 32, mangalorean / goan. Contact email : job314mi4@gmail.com OR 9920059033. (Regd. No. 6008)

MUMBAI : Goan Roman Catholic Bachelor, aged 37 years, Ht. 5' 6", Wt. 68 kgs, Wheatish Complexion, Edn. B.Com., Working as a T.L. Operation. Having own house. Seeks a suitable match.

Contact email : mq_2775@yahoo.com OR 9821952841 (Regd. No. 6035)

MUMBAI : Goan Roman Catholic Bachelor, aged 60 years, looks much younger to his age, Ht. 5' 10", Fair Complexion, M.Sc., IT, worked in Australia as a Programmer. (Regd. No. 6236)

MUMBAI : Goan Widower, aged 45 years, Ht. 5' 6", Wt. 65 kgs, Wheatish Complexion, Edn. SSC., HSC, Working Mechanical Technician in Abroad, having 9 years daughter. Currently in Mumbai. Contact email : cola_mick@yahoo.com OR 9702148869 (Regd. No. 6210)

PUNE : Goan Roman Catholic Bachelor aged 29 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)

MUMBAI : Mangalorean Roman Catholic Divorcee, aged 34 years, Ht. 5' 9", Wt. 75 kgs, Wheatish complexion, Edn. B.Com., working as a Team Leader. Contact email : rdsouza_12@yahoo.com OR 9987317544 (Regd. No. 6050)

MUMBAI : Goan Roman Catholic Bachelor, aged 32 years, Ht. 5' 6", Wt. 64 kgs, Wheatish Complexion, Edn. B.E., (Comp.), working as a Software Engineer. Contact email : barretto.elton@gmail.com OR 9004500088 (Regd. No. 6034)

MUMBAI : RC Bachelor 40/5'8", B.E., working in Senior position reputed IT firm. Seeks alliance from R.C. spinster educated good family background PI. reply with photograph and details to keithcardozo@ hotmail.com or con-

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

tact 9820338755 (Regd. No. 5996)
MUMBAI : Mangalorean Roman Catholic Bachelor, aged 34 years, Ht. 6' 2", Fair Complexion, Handsome, Edn. B.Com., & HTL Management, Working on Cruise Line as Supervisor, Seeks an educated, simple, Mangalorean girl above 5'5", Email : marprop111@gmail.com (Regd. No. 6045)

MUMBAI : Goan Roman Catholic Bachelor, aged 38 years, Ht. 5' 7", Slim, Fair Complexion, Edn. M.B.A., B.Com., Teacher by profession. Contact email : ryanboscodsouza@gmail.com OR 9869423500 (Regd. No. 6067)

MUMBAI : Goan Roman Catholic Bachelor, aged 33 years, Ht. 5' 9", Well Built, Fair Complexion, Edn. B.Com., M.A. Position : Vice President. Contact email : rodrigues-johann@hotmail.com OR 9819268548 (Regd. No. 6066)

MUMBAI : East Indian Roman Catholic Bachelor, aged 35 years, Ht. 5' 6 1/2", Wt. 62 kgs, Fair Complexion, Edn. B.Com., PGDBA, working as a Sap Consultant. Contact email : clyntp@gmail.com OR 28957760 (Regd. No. 6085)

U.S.A. : Universtiy Professor, USA, Fair Complexion, 5' 7", age 46 years, Protestant Bachelor, Seeks a well educated, fair complexioned girl below 40 years, Contact email mddav2009@yahoo.com OR 9769061597. (Regd. No. 5978)

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MUMBAI : Goan Roman Catholic Spinster, aged 33 years, only child, Ht. 5' 9", Wt. 78 kgs, Wheatish Complexion, Edn. Post Graduate, Hotel Management, studing. Contact email : p5659c@gmail.com OR 9930019677 **(Regd. No. 6389)**

DUBAI : Anglo Indian Roman Catholic Spinster, Only Child, aged 27 years, Ht. 5' 2", Wt. 62 kgs, Wheatish Complexion, Edn. MBA in Finance, working as a Finance Asst., Contact email : arwengretel24@gmail.com / hildafernandez11@gmail.com OR 9768401209 **(Regd. No. 6388)**

POONA : Mangalorean RC Divorcee having one son 7 years old, aged 36 years, Ht. 5' 4", Wt. 62 kgs, Wheatish Complexion, Edn. B.Sc., B.Ed., M.Ed., CIDTT, working for International School as a Teacher. Contact email : sheilashere@rediffmail.com OR 9527884542. **(Regd. No. 6387)**

MUMBAI : Mangalorean Roman Catholic Spinster, Only Child, aged 24 years, Ht. 5' 2", Wt. 45 kgs, Fair Complexion, Edn. B.Com., working as HR. Contact email : staceydsouza95@gmail.com OR 9930276885 **(Regd. No. 6367)**

MUMBAI : Mangalorean Roman Catholic Spinster, Only Child, aged 29 years, Ht. 5' 6", Wt. 65 kgs, Wheatish Complexion, Edn. Post Graduate (Marketing & HR), studied and working in **SYDNEY-AUSTRALIA**. Contact email : sydn2020@gmail.com OR 9892112703 **(Regd. No. 6366)**

MUMBAI : Goan Roman Catholic Spinster, aged 31 years, Ht. 5' 4", Wt. 45 kgs, Wheatish Complexion, Edn. BMS & appearing for MBA. working as a HR Manager in IT Company. Contact email : alee_812@rediffmail.com OR 9967924579 / 8454841729 **(Regd. No. 6365)**

MUMBAI : Goan Roman Catholic, 1st marriage annulled by the church, aged 39 years, Ht. 5' 2", Wt. 60 kgs, Fair Complexion, Edn. B.Sc. (MBA Pursing) working as a Quality analyst. Contact email : ephania_helen@yahoo.com OR 8879867471 **(Regd. No. 6364)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 34 years, Ht. 5' 2", Wt. 49 kgs, Wheatish Complexion, Edn. B.Com., ALAM (US), working as a Sanctions - Manager in Bank. Contact email : renita.coutinho@gmail.com OR 9820841317 **(Regd. No. 6351)**

MUMBAI : Anglo Indian Roman Catholic Spinster, 34 years, Ht. 5' Wt. 48 kgs, Wheatish Complexion, B.A., MBA/PG (HRM), working as Secretary, Seeks a suitable match. Contact email: smithjenny0407@gmail.com or 9819791693 / 9819610348 **(Regd. No. 6346)**

MUMBAI : Goan Roman Catholic Spinster, aged 27 years, Ht. 5', Wt. 64 kgs, Wheatish Complexion, Edn. HSC., Teacher by profession. Contact email : juliejoedesa@gmail.com OR 9769614656 **(Regd. No. 6343)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 28 years, Ht. 5' 3", Wt. 58 kgs, Chocolate Complexion, Edn. B.A., Animation (Dip.). Contact email : profileb9@gmail.com **(Regd. No. 6342)**

MUMBAI : Protestant Christian spinster, aged 30 years, Ht. 5' 1", Wt. 58 kgs, Wheatish Complexion, Edn. B.A., B.Ed., Teacher by profession Seeks a groom from well settled, educated and good family background. Contact email : georgethomas1353@yahoo.com OR 9819133154 / 9930310549 **(Regd. No. 6341)**

MUMBAI : Mangalorean Roman Catholic spinster 1973 born, 5' 5" tall, fair complexion with qualifications, B.Com. (Mumbai), M.B.A. Finance (Canada), M.B.A., (H.R.) and Diplomas in I.T. (NIIT), Comp. (APTEC), and Cert.Ind Acct. (I.C.A.), working in good position. Graduate / Post Graduate unmarried R.C. Bachelors upto 45 years,

employed in good position and well settled in Mumbai or abroad. Contact email : bellwether77@yahoo.com or Mobile No. 9892700617. **(Regd. No. 6166)**

MUMBAI : Roman Catholic Spinster, aged 25 years, Ht. 5', Fair Complexion, Edn. BMS, pursuing correspondence PGDBA, working for MNC as an Analyst. Looking for bachelors with good family background, well educated and well settled. Please reply with Bio-data and recent photograph. email : indyjonesm@gmail.com OR 9967509233 **(Regd. No. 6234)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 35 years, Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., working as a Sr. Customer Service Associate. Contact email : dsouza.arati@gmail.com OR 9869612479 **(Regd. No. 6184)**

MUMBAI : Telugu Protestant Christian Spinster, aged 29 years, Ht. 5' 2", Fair Complexion, Edn. B.H. T.M.S., working as a F.O. Manager. Contact email : asmatrix82@gmail.com OR 8454083778 / 7506242266 **(Regd. No. 6182)**

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)**

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(Contd.. from p. 8)

last month, but will live in the nation's memory forever. At the same time, it must be conceded that the task of our Presidents has become difficult in the present political environment where they have to contend with the present trend of coalition governance.

The ruling power and the opposition need to be educated in proper and principled governance, or else we will see the kind of situation witnessed today. The opposition believes it just has to blindly oppose, like the ruling party did when it sat in the opposition. The result is that parliament is disrupted causing inestimable financial loss to the nation!

Those men of stature worked to put India in line with the leading nations of the world. Regrettably, today's politicians are interested only in power and pelf, corruption has been self-destructive, and regional parties have emerged to create chaos through linguistic politics. Their leaders have luxurious lifestyles thanks to their vagrant front-runners who keep them well provided through extortion and looting. And yet some defiant elements who are a law to themselves, get away with openly breaking the law. For instance, because neither the police nor the saffron brigade dare stop them, they ride motorised two-wheelers without helmets as is necessary, and even go three and four on a bike meant for two, regardless of the safety of themselves or others.

Our real leaders of an age gone by commanded respect, today our babus have to be told to show respect to our elected representatives. Wrong doers can get away with any crime if they are rich and famous, as we have seen in recent happenings. Yet, we live in a democratic society where liberty gives us the right to choose, and freedom is the result of the right choice. To quote Benito Mussolini, the war time Italian leader, "Democracy is beautiful in theory, in practice it is a fallacy."

(Contd.. from p. 10)

Day and Republic Day celebrations get over, our national flag is strewn like rubbish on the streets and people irrespective of caste, creed, colour or religion, walk blithely over them. Even when the national anthem is played on radio or relayed on television, people no longer stand up and sing the song; they remain glued to their mobile phones talking to friends. As Indians, we must show respect for our country's national flag and anthem. It is only because of the sacrifices made by our freedom fighters that we live in a free country today.

Independence Day is a day for us to celebrate with the hoisting of our national flag, recitation of our national anthem, singing patriotic songs and organising social and cultural programmes. On this day, we should also remember the sacrifices made by our various freedom fighters who fought bravely for our country's independence and pay our homage to them.

Independence Day is one of the three national holidays of India and the greatest festival celebrated in the country. The most spectacular celebrations are marked by the Independence Day Parade that takes place in the capital of New Delhi at Rajpath. It includes march past of the three armed forces, massive parades, folk dances by tribal folk from different states in picturesque costumes marking the cultural unity of India. Further, the streak of jet planes of the Indian Air Force, leaving a trail of coloured smoke, marks the end of this great event.

The Independence Day celebrations of India have become world famous as one of the greatest shows on earth drawing thousands of eager sight-seers from all over the country and many parts of the world as well. No other country can draw on such a wealth of tribal traditions and cultures, with so many regional forms of dances and dresses. And, no other country in the world can parade so many ethnically different people in splendid uniforms, all united in their proven loyalty to the Government elected by the people and in their proud traditions and legendary gallantry.

(Contd.. from p. 15)

The ebullient Stevie Wonder once said, "I thank God for the gift of life." He focuses on being happy through what God has gifted him – his musical talent, rather on his disability – his blindness. He invited happiness into his life. He focused on the bigger picture – his musical talent. Happiness or unhappiness – the choice is ours depending on whether we choose to see the smaller picture or the bigger one.

While we may be able to see the bigger picture when it comes to others, the fact is that we cannot understand why tragedies occur. Our finite brains fail to understand God's reasons for taking away an innocent life prematurely. When my husband was being treated, there was this cute four year-old, Parth, undergoing chemotherapy in the next bed. He would cry bitterly upon seeing the tubes going into his tiny hand. My daughter Minal would distract him by playing Angry Birds on her laptop. We were saddened when the tot passed away. "Why, God, why?" we asked but we got no answer. Perhaps death was a merciful escape from a lifetime of suffering. In such times only God has the answers. We must pray for the faith to accept, "Not my will but Thine."

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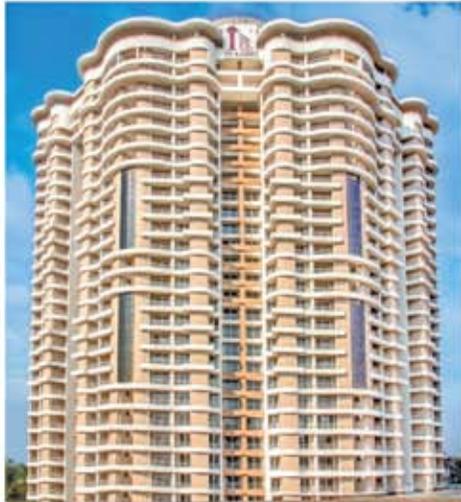
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