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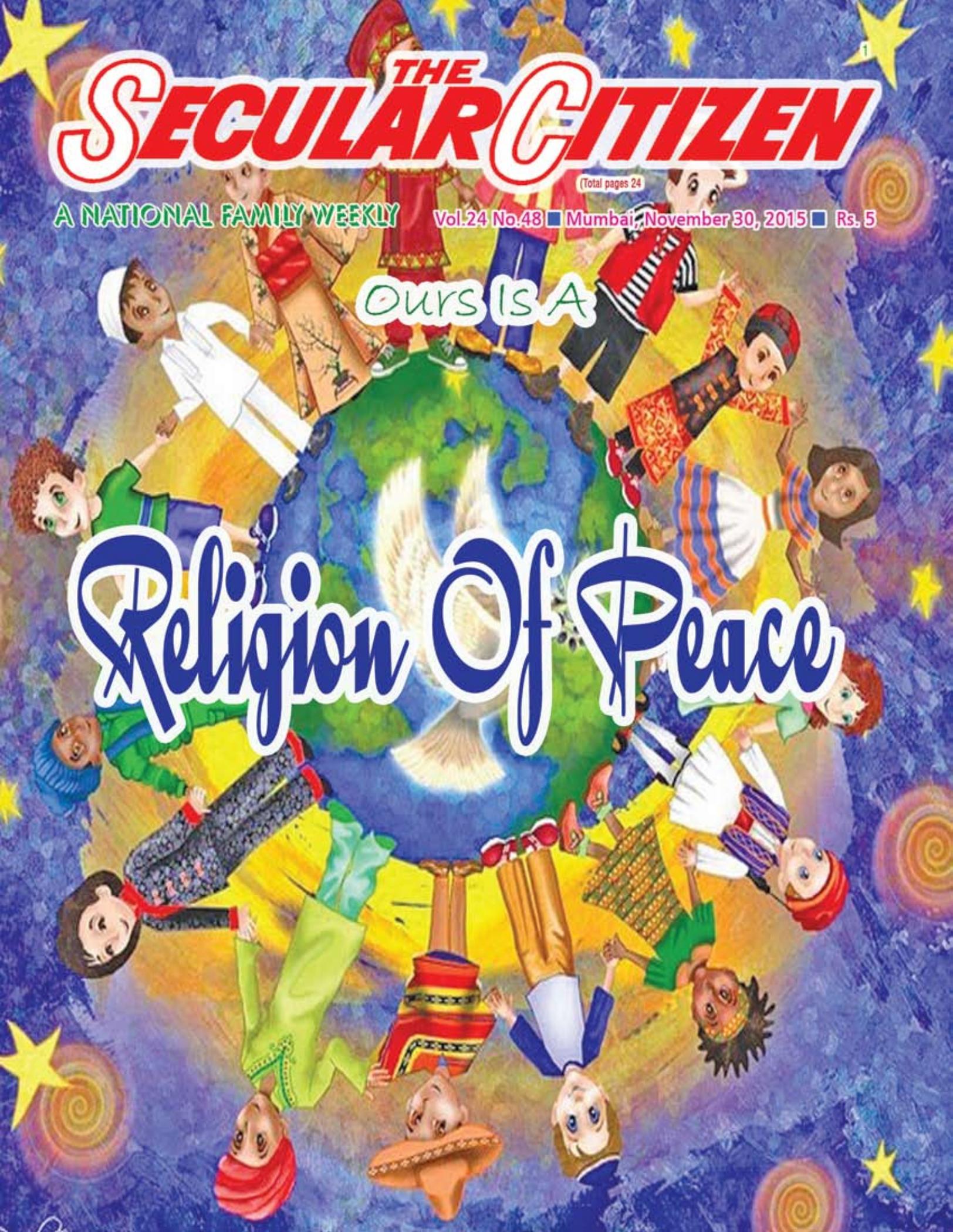
(Total pages 24)

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Ours Is A

Religion Of Peace



Nagaland CM Lauds Catholic Church



Dimapur: Nagaland Chief Minister T.R. Zeliang has applauded the Catholic Church's "great contribution" to the educational sector of the northeastern Indian state.

Speaking at the Golden Jubilee of All Saints Higher Secondary School (ASHSS), Peren on November 21, Zeliang congratulated the pioneers and faculty of ASHSS for their contribution towards the school. According to Media Cell, CMO, the chief minister said the school has done invaluable service to the people of Peren district, having nurtured and moulded many students to become successful citizens.

Further, chief minister said many important people working in various fields within and outside the state were products of ASHSS.

Child Protection Policy



One day Seminar on Child Protection Policy was organized for all partners, boarding prefects and in-charges of Ahmedabad Diocese on 22nd September 2015, at Limdapura by Kaira Social Service Society. Fr. Jagdish – Assistance Director of KSSS, welcomed 70 participants and shared the purpose of the seminar. The seminar had three sessions with speaker namely Fr. Joseph Appavoo – Director of KSSS. Fr. Joseph Appavoo highlighted the following features of Child Protection Policy along with the present status of child abuses and child rights violations:

1. Core values with regard to children
2. Code of conduct for all who deals with children –
 - Personnel should
 - Personnel should not
3. Action taken to prevent abuse and exploitation
4. Procedure for dealing with suspected or alleged child abuse and exploitation

Vast Corpus Christi Devotion In Kolkata

by Melvyn Brown

This Sunday afternoon 22 November was special. It was an encounter of Calcutta's Catholic faithful and the celebration of Corpus Christi (Body of Christ) on the massive grounds of



St. Xavier's College on Park Street. Roughly 3 thousand Catholics met from across the city and suburbs, seeking to give exposure of the Christian faith at a time when the world crisis in barbarism and Christian 'genocide' is spilling out of the Middle East.

Archbishop Thomas D'Souza led the opening prayers, blessed the huge crowds of people, parish groups, association members and several lay leaders. In his remarks, the Bishop took a moment to speak about the coming Year of Mercy. The Corpus Christi procession was organized by The Catholic Association of Bengal.

The massive decorations on the

center stage where the Eucharist was displayed looked awesome. The central theme of the day's devotion was: "Be merciful, just as your father is merciful" (Jk.6; 36).

A spiritually driven desire to forgive the enemy and uphold the values of our faith had enthralled the skeptics. A large procession (see pic) reciting the Rosary, while other groups sang hymns and yet other groups said the Lord's Prayer and recited the litany made one feel the presence of peace.

Focus on the Catholic faith was well received by non-Christians and those curious about the procession on the Park street- Middleton Row route.



Elders and youth lined the path from the grounds as it moved along the road and returned to the grounds as daylight started to dim. The brightly lit grounds welcomed back the faithful as the sun set.

Calendars for the year 2016 were available presented by the Calcutta Catholic Charismatic Renewal Services; and Pro-life prayer cards were given out by the Ambassadors For Jesus under direction of Founder Melvyn Brown who also gave cards announcing the coming Year of Mercy (8 December 2015 – 20 November 2016).

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'Thought for the week'

Happiness is strange, it comes when you are not seeking it. When you are not making an effort to be happy, then unexpectedly, mysteriously, happiness is there, born out of purity, or a loveliness of being.

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(Article on p. 2)

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'Ours Is A Religion Of Peace'

by Fr William Grimm

Tokyo: "Ours is a religion of peace."

That is religious adherents' programmed response to criticisms of violence perpetrated by their fellow believers. The assertion neither erases nor excuses the reality.

Twenty centuries of Christian influence in the West have not resulted in a culture that epitomizes the teachings that Christians claim to follow. While we have had our saints and sages, any honest Christian must confess that our history is marked even more by bloodshed, intolerance, cruelty, willful ignorance and oppression.

The most violent century in human history was born in the no-man's land between the trenches of opposing "Christian" nations in World War I. That was followed by the Second World War that took tens of millions of lives in combat as well as in concentration camps, terror bombings and in the disruption of economies and societies.

Even in areas where Christian influence was marginal, as in Asia, violence used and uses weapons developed in the part of the world with the longest sustained Christian influence.

In China and Cambodia, to give but two examples, ideologies developed in the Christian West cost the lives of millions. Even though the individuals who developed those ideologies might not have been Christians themselves, their culture was profoundly shaped by Christianity and therefore should have immunized them against inhumanity.

Since World War II, the West has experienced an unprecedented period of peaceful development and social justice. While Christians have been part of that, the fact is that it is largely the fruit of efforts by secularists who have abandoned or at least marginalized Christianity. It was they, fed up with nearly two millennia of Christendom, who put an end to the violence and injustice that had seemed normal for centuries.

Now, it appears to be Islam's turn. In every part of the world where there are Muslims, we see bloodshed, intolerance, cruelty, willful ignorance and oppression. After every outrage perpetrated by Muslims, the chorus rises, "Islam is a religion of peace." In its best teachings and among its saints and sages and as lived by the majority of Muslims, Islam is, indeed, a call to peace and justice.

The challenge facing Muslims today

But, is a religion solely its formal teachings, or is it the reality lived by its adherents, especially the most fanatically committed? To claim that only the first is true is to ignore reality. To deny those teachings and say that a religion is only what its worst adherents do is to despair of humanity.

Just as we Christians must confess that Christianity has been a religion of evil deeds, Muslims must admit that Islam, too, has been a religion of evil deeds. In neither case do those deeds invalidate the religion, but nothing can be done about extirpating the evil until its presence, its deep roots and its pervasiveness are recognized.

(Contd.. on p. 4)

(Contd.. from p. 3)

That is the challenge facing Muslims today. Their religion has been hijacked by a minority who would turn it into an ideology of intolerance and ignorance, ignorance of even their own religion. Muslims must reclaim it.

At present, the prospects for that happening are not good. News reports from Paris describe a woman who, along with another, recognized a wanted terrorist in her neighborhood. But they were too afraid to report their sighting to the police. Multiply those two women by the millions of Muslims in places less safe than France, and it becomes clear that the intolerantly violent minority will control the story of Islam for a long time.

Most Muslim violence by such groups as ISIS or Boko Haram is directed at other Muslims. That is likely to remain the case, since outer-directed violence is too costly. Recent terror bombings in Beirut and Nigeria drew little international attention, but attacks in Paris brought missiles and fighter bombers against terrorists' bases.

Will Muslims succeed where Christians failed? Will they be able to unite across sects, ethnicities, languages and nations to extirpate the evil that now controls the worldwide image of Islam and destroys the lives and livelihood of so many Muslims?

Islam seems to be repeating the history of Christianity, as when inquisitions tortured and abused people with impunity, and wars of religion raged across Europe because the majority who were aghast at the violence perpetrated in Christ's name could not find effective means to retake the religion for Christ.

If, as seems likely, history will repeat itself, we are facing a century of increasing violence by Muslim fanatics mainly within the Muslim world. That violence will likely produce such overwhelming revulsion that more and more people will renounce the religion and become a force to defang it. That has happened before; it happened to Western Christianity.

Maryknoll Father William Grimm is publisher of ucanews.com and based in Tokyo. Source: UCAN

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Vatican denies rumours over Mother Teresa canonization

Vatican City: Despite rumors that a date has been set for Mother Teresa's canonization, the Holy See Press Office told CNA Wednesday that the cause for sainthood has not concluded, and no date has been officially set.

Fr. Ciro Benedettini, vice director at the Holy See Press Office, confirmed to CNA that there is "a project, a study being carried out" on the potential future canonization of Blessed Mother Teresa.

However, he said, there is nothing juridical in place yet, as the setting of a date would require the sainthood cause to be concluded and the Pope to give his consent.

Fr. Benedettini could not confirm whether there would be a meeting of cardinals next month to discuss the cause, as has been reported by Vatican Insider.

Earlier on Nov. 18, the Italian agency AGI had reported that an official date had been set for Mother Teresa's canonization, and that the event would take place in September 2016. Similar rumors have hit the media previously, but each time, the Vatican has made clear that nothing official has yet been released.

Known for her work with the poor in the slums of India, Mother Teresa founded the Missionaries of Charity. Her canonization cause is currently underway at the Vatican, with the study of possible miracles being attributed to her intercession.

In September, Father Caetano Rizzi, who works in the Vatican's congregation for saints, told CNA that the Pope is interested in canonizing Mother Teresa during the upcoming Jubilee Year of Mercy, reported Catholic News Agency.

Fr. Federico Lombardi has also commented on the idea of a Year of Mercy canonization, telling CNA in May that while such an arrangement is certainly possible, nothing had been officially arranged at that time.

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Humanism Verses Christianity...

On Nov. 16, 2015, during a homily at Casa Santa Marta, Rome, Pope Francis made a comparison: "The single thought, - humanism, that takes the place of Jesus, destroys our Christian Identity! We don't put that identity up for auction.

The first Book of Maccabees, speaks of a root of evil that arose in those days. The Hellenistic king Antiochus imposed pagan customs on the chosen people of Israel, the Church of that time. He contrasted the phenomenology of an underground root which is unseen and harmless. But as it grows it shows its true nature. It becomes a rational root that pushed some Israelites to ally with neighboring nations for protection – Many evils have befallen us, so we go to them, as we are all equal. The Pope explained this rendering with three words: Worldliness, apostasy, persecution.

The Pope recalled that at the Last

Supper, Our Lord asked the Father to deliver them from every spirit of the world, from the worldliness which destroys identity, and which leads to the single thought: They all do it, why not us? This is precisely the deception of worldliness, and "why Jesus requested the Father, not to remove them from the world, but to keep them safe from the evil in this world" (cf. John 17:15).

—*Dr Trevor Colaso, Bandra (W),
(Now at Boca Raton, FL, USA).*

'Non-Vegetaran' is a Misnomer

In our country people are divided by caste, creed and even by the food they eat. These divisions create unnecessary tension in our society. For instance, the classification of people into vegetarians and non-vegetarians is very misleading as many people from the latter category eat vegetables everyday in addition to meat and fish. However, though most of the people consume vegetables, an artificial barrier is created between the two, because one group is termed 'non'-vegetarian. The 'non' word is seen as in 'persona non grata' by the vegetarian group. This creates hatred and bitterness between the two groups. Hence the classification between the two groups need to be modified to reflect their true identities. If people are to be classified at all on the basis of what they eat, I suggest that they be known as vegetarians and 'omnivarians'.

—*Prof Robert Castellino
Mumbai*

Tame Ending to Synod

The final round of the 3-week long

Synod on the family ended in Rome on a tame note, much to the disappointment of the several divorced and re-married Catholics, deemed to be living in sin and denied access to the Eucharist. It also includes couples in live-in relationship and those clamouring for recognition of same -sex unions by the church. Pope Francis's concluding speech sums it all when he categorically stated that "the synod was not about settling issues and finding solutions to problems faced by troubled families, but rather attempting to see them in the light of the gospel and the church's 2000- year old tradition. The Holy Father also stressed the indissolubility of marriage between man and woman and the importance of their family as the basic unit of society. Same-sex unions can therefore never be recognized even in the face of external pressure. The message then is loud and clear, that church doctrine doesn't change with changing times.

—*A. F. Nazareth
Alto Porvorim*

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Do Our Hearts Have Mercy?

Recently my friend Hedwig Lewis gave me his latest book entitled **PERSONS ARE OUR BEST GIFTS**. The book is published by Convivial Press, USA. It is a collection of inspirational stories. Here I would like to share with you one story from the book. As you can see, it is a real life.

“During his three-year tenure as Chief of the Naval Staff (1979-1982), Admiral Ronald Lynsdale Pereira was called for a meeting with the then Prime Minister, Mrs Indira Gandhi. His flag lieutenant (an admiral’s ADC) Captain B. R. Sen arranged the admiral’s schedule so that they would reach the PM’s office on time.

“On the way, however, Admiral Pereira spotted a youth staggering along the pavement with an elderly man on his back. Pereira ordered his driver to stop, got out and asked what the matter was. The youngster explained that he was carrying his sick father to the All India Institute of Medical Science, New Delhi’s premier government hospital, because he could not afford a taxi.

“Pereira turned to Sen. ‘We’ll take them’, he said. When Sen kept protesting, the admiral told him to shut up and helped the two men into his car. The AIIMS doctors looked dazed as the lean, six-foot-two, ramrod-straight admiral, his uniform ablaze with medal-ribbons, swept in and announced that the elderly man was his relative. Saying, ‘I’ll be back; make sure he’s better’, the admiral left, and they reached Mrs Gandhi’s residence about 15 minutes late.

“Captain Sen was impressed. Everyone in Delhi, no matter how senior, was petrified of Mrs Gandhi. To risk her wrath for the sake of a poor, sick stranger! It was an unforgettable lesson in courage and compassion. But it was typical of Ronnie Pereira. He always did what he felt to be right – and to hell with the consequence”. (Page 189)

The story of Admiral Pereira ap-

peals to me as a story of mercy. Mercy is another word for genuine love. Here I am happy to note that Pope Francis has called the Christians to celebrate a Year of Mercy from December 8, 2015 to November 2016. The purpose of the Year of Mercy is to celebrate God’s mercy to all of us and shares that mercy with all people through love and forgiveness.

We all need God’s mercy because we recognize ourselves as sinners. So we need God’s forgiveness and love. We are sorry for our sins and short-comings. When we acknowledge them before God we experience his forgiving mercy.

Poet William Blake in his poem “The Divine Image” says:

“For Mercy has a human Heart.”

In the same poem poet Blake sings again,

“To Mercy, Pity, Peace, and Love
All pray in their distress”.

As Blake says, we all pray to God for mercy as we are actually aware of our need for God’s mercy shown to us through God’s forgiveness and love.

Often in our real life we forget God’s mercy for us as we are often concerned more about justice and truth. But mercy is not separate from justice and truth. If justice and truth is one side of a coin, then mercy is the other side. They go together.

The Bible often recalls God’s mercy. Here I recall just a few quotes from the Bible. Repenting on his grave sins King David prays: “Let the Lord himself be the one to punish me, because he is merciful.” (1 Chronicles 21:13)

In a prayer for forgiveness Psalmist sings:

“Be merciful to me, O God,
Because of you constant love”.
(Psalm 51:1)

Then, in a prayer for help Psalmist pleads before God with trust:

“But your compassion, Lord, is great;
Show your mercy and save me!”
(Psalm 119:156)

Lamenting over the destruction of Jerusalem the poet in the book of “Lamentations” expresses his hope and trust in God:

“The Lord’s unfailing love and mercy still continue” (Lem 3:22).

The prophet Habakkuk of the 7th century B.C. prays recalling the unfaithfulness and idol worship his people and God’s faithfulness.

“Be merciful, even when you are angry” (Hab. 3:2).

These biblical quotes reveal that men and women may fail and sin grievously but God is always constant in his mercy.

When we come to New Testament of the Bible we see that God’s mercy is personified in Jesus. There we see innumerable instances of mercy shown by Jesus to the poor, sick and the needy persons.

The Jewish leaders like the Pharisees criticized Jesus for associating himself with sinners and eating with them. But Jesus answered them: “It is mercy that I want, not animal sacrifices” (Mt 9:13)

In the Gospel according to St. Luke 10 lepers pleaded with Jesus for mercy.

“They stood a distance and shouted, Jesus! Master! Have mercy on us” (Lk 17:13). Showing God’s mercy Jesus cured them all from their dreadful disease.

St. Paul in his letter to the Romans and the Ephesians portrays God as “the merciful Father” (2 Cor. 1:3) and as “God, who is rich in mercy” (Eph. 2:4).

Then, in the Sermon on the Mount Jesus himself proclaims: “Happy are those who are merciful to others; God will be merciful to them” (Mt. 5:7).

Coming back to Pope Francis, I think that he can very well be de-



by Fr Varghese Paul, SJ

(Contd.. on p. 9)

Arun Ferreira: A Saga In Courage

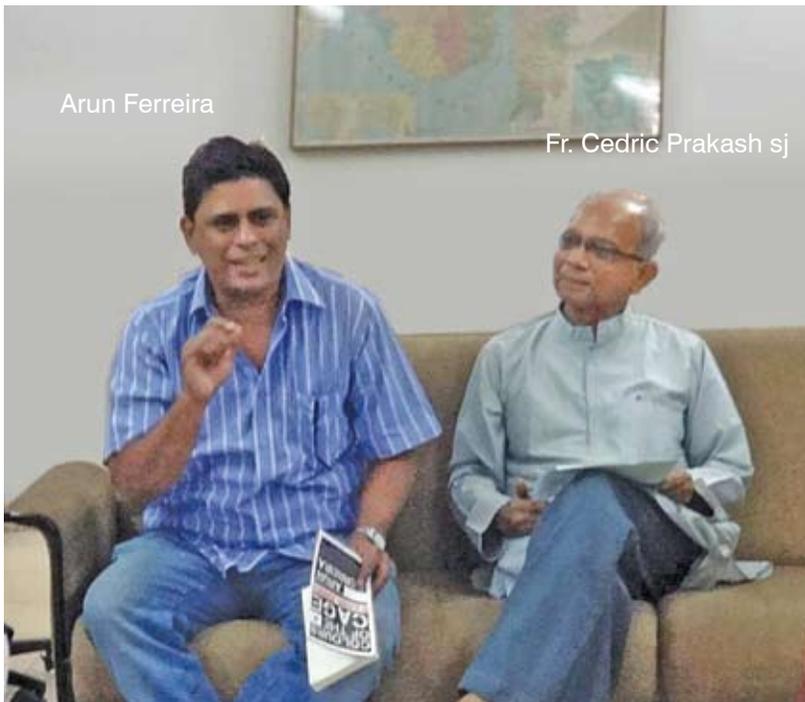
by Fr. Cedric Prakash sj*

On September 27th 2011 Arun Ferreira was released from the Nagpur jail after being illegally incarcerated since May 2007 on charges of being a naxalite. Just as he stepped out from the gates of the jail even as his aged parents and other family members waited outside the jail to welcome him back into their loving embrace, Arun was forcibly arrested once again and that too without a warrant.

The next day, on September 28th he was produced at the JMFC Court in Gadchiroli district, Maharashtra in a fabricated case of criminal conspiracy of 2007 despite the fact that the Trial Court had exonerated him of every single charge the previous day. He continued to languish in jail till January 3rd 2012 when he was granted bail; only on January 29th 2014 was he finally acquitted of all the false cases which were foisted on him by the State and other vested interests.

Arun Ferreira is a saga in courage. An alumnus of St. Xavier's College, Mumbai, he is basically a human rights defender, engaging in social and political activism. As a college student, he organised students to fight for their rights and against social atrocities. He deeply involved himself in the 'right-to-housing' struggles of Mumbai slum dwellers and later on with the tribals and other marginalised communities in rural Maharashtra. For his commitment to the rights of the poor, he was picked up in 2007 and was falsely charged of being a naxalite. For nearly five years in jail after that - besides being charged with several crimes like criminal conspiracy, murder, possession of arms and rioting - he was tortured and suffered greatly from police brutality.

Arun was our guest at 'PRASHANT'



on November 16th 2015, the day which is observed by the United Nations as 'the International Day of Tolerance'. We had invited a select group of our collaborators and well-wishers to listen to his painful and traumatic experience in prison. Without rancour or anger, but in a way which touched the hearts of all present, he shared with those present the ordeal of being a prisoner in India today.

His prison memoir entitled 'Colours of the Cage' contains a fair bit of what he went through in jail. On the cover page of the book is a note from well-known author and activist Arundhati Roy "Arun Ferreira gives us a clear-eyed, unsentimental account of custodial torture, years of imprisonment on false cases and the flagrant violation of procedure that passes as the Rule of Law. His experience is shared by tens of thousands of our fellow countrymen and women, most of whom do not have access to lawyers or legal aid. This country needs many more books like this one".

During his conversation at

'PRASHANT', Arun highlighted the need and importance for civil society to work for prison reforms; the condition in the jail, he says, are abominable, inhuman with very archaic rules which govern them. Secondly, he as-

serted, that people should come out to fight draconian laws like the Unlawful Activities Prevention Act (UAPA), 2004 which is draconian, violative of basic human rights and goes against the letter and spirit of the Constitution of India; such anti-people laws need to be abolished.

In the foreword to 'Colours of the Cage', Naresh Fernandes writes "Arun Ferreira reminds us that diversity of opinion and debate are essential for any society to flourish. The worst thing we can do to ourselves is to imprison our imagination".

Today, Arun continues his activism as an advocate focussing on issue of political prisoners, prison reforms and on the state of Indian democracy. He is truly a prophet for our times: a saga in courage!

*(Fr. Cedric Prakash SJ is the Director of PRASHANT, the Ahmedabad-based Jesuit Centre for Human Rights, Justice and Peace.)

Does Bihar Show The Way ?

Arvind Kejriwal in New Delhi was the first man to show BJP its place in New Delhi. It was a first slap. Nitish-Lalu duo in Bihar showed Modi that all empty promises and tall claims prove ineffective during the poll rallies. All people do look simple but they are not simpletons. No. Some are fooled for sometimes... People's memories are not short-lived.

Like Bihar, Gujrat local-body elections are going to teach a lesson to power-drunk BJP. The leader of the patel-resvation, Hardik Patel, is jailed and it seems he would be out of jail only after the local-body poll results in Gujrat. This is going to be against Gujarat BJP..... By now, the full Bihar results are out. The BJP bites dust. Bihar teaches us an important lesson.



by Ignatius Dabhi
Sr. Journalist

is the simple lesson for Modi and his jonnies? 'You cannot fool all the people for all the time' so said great Abraham Lincoln. The tall talks of 'Vikaas' made no effect on Biharis.

The time when this article is being prepared, (Nov.8-10.20 a.m), the trend of the Bihar poll results are indicating that the JDU + RJD + Cong. Merger is heading for a clear majority in Bihar. Various leaders seem to claim that the Great Merger may pocket nearly 168 to 180 seats in Bihar. We will have to wait till 11 am when things be really cleared. The TV pictures show that sweets are being distributed and crachers boom at Nitish-Lalu homes.

BJP leaders both in Delhi and Patna seem to say that BJP will win in Bihar and it will be a great victory for Narendra Modi. The BJP president Amit Shah just made a statement that he would win in Bihar. Ram Mahadev, a BJP leader seem to admit that his NDA is at 102 and the great merger has already secured 126 seats so far. At 10.35 am various channels say that Nitish is going to form the government in Bihar. BJP is trailing and by now the initial zest in the BJP camp is at a low level.

PM Narendra Modi addressed nearly 27 public rallies and tried his level best that BJP secures Bihar. At present (10.46.m.Nov 8) the great Merger, headed by Nitish Kumar, has secured 132 seats and the writings on the wall seem clear. Nitish is going to form the government in Bihar.

Political pundits say that the so called "Modi wave" failed to woo in Bihar. Big promises, hidden threats and what not from Modi totally failed. The tall claims and 'promises' of Modi failed in Bihar.

Those simple, uneducated-looking people and crowds in Bihar could not be 'goofed' by BJP big bosses. Ram Madhav sent a message at 10.55am that 'the Bihar polls were a big experience". Here at the BJP headquarters in Ahmedabad, leaders are gradually leaving for their homes!

Nitish Kumar with his clean image and a firm grip over the simple looking Biharis is going to form the government. Modi and Amit Shah went on insulting Lalu-Nitish for 'Jungle Raj' in Bihar. Modi's words on 'DNA' of Biharis was a great insult and now, the great merger is heading for a clean chit from people. Nitish and Lalu, in all addressed more than 560 rallies in Bihar. They succeeded in winning over the confidence of Bihar.

Bihar shows the way, tall political thinkers. Modi's magic did not work, first in New Delhi. Arvind Kejriwal snubbed Modi and now Nitish gave a second blow to Modi air. Shiv Sena leaders were the first to congratulate Nitish. This is a clear split in NDA.

What lesson does the Bihar poll give to India? Hundreds of thousands who thronged at Narendra Modi's rallies came just to see the 'Modi tamasha' they did not vote for Modi. They opted for a hard-working Nitish. People in Bihar did not believe in Modi. They knew that it is the same Modi who claimed that he would bring the black money back to India. He could not. He did not. The simple-looking Biharis could not be fooled. All people in India should learn this lesson. What

The Bihar results is a clear defeat of 'intolerance' - now so relevent all over India. The PM should know that glamorous and expensive foreign trips are his priorities-not that of the people of india. His tours have not reduced poverty, joblessness, intolerance and lawlessness in India. Modi's high-flown talks and claims do not bring effective change in the life-style of a common man in india. Let every secular citizen try to bring some positive change in India.

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(Contd.. from p. 6)

scribed as “the Pope of Mercy” or “The Merciful Pope”. In this Encyclical letter “The Joy of the Gospel” Pope Francis has used the word “mercy” no less than 32 times.

Pope Francis has appealed to the world to provide homes to the refugees and night shelters to the homeless people who sleep on the footpath of our cities. He also sets an example providing night shelters to the homeless at Rome with comfortable beds and morning breakfast to about 100 homeless people making space for them in two Vatican institutions.

Pope Francis in his letter on the Holy Year of Mercy has said that he wants the Church to live in the light of Jesus words:

“Be merciful, just as your Father is merciful” (Lk 6: 36).

As Pope Francis has referred in his letter on the Holy Year of Mercy to the call of mercy in other religions, saying: “There is an aspect to mercy that goes beyond the confines of the Church. He says that Muslims often refer to the creator as “Merciful and Kind”. Then the Jewish Scripture and their religious practices “are steeped in mercy”.

Finally, Pope Francis writes: “Let us open our eyes and see the misery of the world, the wounds of our brothers and sisters who are denied their dignity, and let us recognize that we are compelled to heed their cry for help!” We need to make fruitful God’s mercy to us by showing mercy ourselves to people in need of love and mercy.

Even if there is no call from Pope Francis and if there is no scripture to exhort us about mercy we know and our times specially demand that we need to show and practice mercy to our fellow men and women deprived of basic needs of life. But the question is, “Am I merciful?” “Can I show mercy to those who cross my path needing mercy?”

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Holy Fruit, Coconut

A holy fruit, coconut with hard shell on the outside, soft juicy fruit inside and the coconut water is only second to nectar. Know why this fruit is considered sacred

Traditions

Years ago, human heads were smashed in puja rituals as an offering to the gods. However, to save innocent humans being sacrificed, coconuts replaced human heads. Coconut has a unique symbolic representation too, which is one of the main reasons why it is offered to the Gods.

Fruit of the gods

The Sanskrit word describing a coconut is Sripkala, which means the fruit of gods & the symbol for the gods. Coconut is an important part of all Hindu puja rituals, many sweets offered to god, and Prasad offered to devotees are made of coconut.



Coconut and human ego

The coconut fruit is also a representation of the ego. When a person’s ego is very big, they will not bow down in front of anyone. And to pray to god means to break this ego and there is no better representation than smashing a coconut at god’s feet. Breaking a coconut is symbolic of overcoming one’s ego and surrendering themselves to the Gods. While the human head is represented by the coconut’s shell, the water inside is symbolic of human desires. Both ego and desires need to flow out to be completely pure and in submission to god.



Coconut, selfless fruit

Popularly known as the Kalpavriksha, the coconut tree is selfless, each inch of the coconut tree from the fruit, leaves, bark and trunk is consumed and used. The leaves of the coconut tree are used to create thatched roofs, the kernel is a healthy food, and the water from the coconut fruit quenches many thirsty souls. It is naturally sweet and unpolluted and has

hydrating properties. The coconut oil derived is used for cooking, application and is effective as an antiseptic on wounds. Finally, the husk or the bark is used as fuel too.

Three eyes of Shiva

Because the coconut tree is giving and useful, it is symbolic of selfless devotion to the Gods. The wonderful tree does not require much help, once planted; it grows in its own accord. A coconut has three marks on its side. These marks are considered to be the three eyes of Lord Shiva. This is another reason why coconut is considered important and auspicious.

Is Modi's salesman-like pitch in Malaysia any good for India?

by Rajeev Sharma

In keeping with the global trend in which presidents and prime ministers are increasingly acting as chief salesmen of their countries, Prime Minister Narendra Modi on November 21 put on his most charming visage to hard sell India in Malaysia. He did so at two different high tables in Kuala Lumpur: his opening remarks at the 13th India-ASEAN summit and his address at the ASEAN (Association of Southeast Asian Nations) Business and Investment Summit.

Notice his salesman-like pitch at the latter event where he wooed Malaysian investors thus: “We are at a take-off stage. I invite you to come and see the winds of change in India. Winds do take time to cross the borders. That is why I am personally here to invite you. When you come, you will get the wings of a new business environment. And once you are there, I assure you of my full cooperation.”

But what must be noted about Modi's strategy is his quoting of Western entities from diverse fields – institutions, rating agencies and media outlets – to drive home his main pitch that India has been truly shining since he took over the reins of the country 18 months ago. It is his way of telling the world that the Western set-up, which is truly independent and his staunch critic, has now turned around and showered accolades on his government.

This reflected in Modi's stance in Kuala Lumpur. He said: “The IMF (International Monetary Fund) and World Bank have expressed even better hope for our economy this year and after. The Economist magazine this week stated that ‘India is in healthier shape than any other big emerging economy’. That is how we have jumped by 12 ranks in the World Bank's ‘Ease of Doing Business Report of 2016’. The

industry is realising the benefits of these changes. The Index of Industrial Production in the current year shows a distinct improvement over the previous year. We are working in all ways to make India a global manufacturing hub.”

What is more, Modi did some chest-thumping in Malaysia by pointing out the following achievements of his government:

1. GDP growth is up and inflation is down.



2. Foreign investment is up and the current account deficit is down.

3. Tax revenues are up and interest rates are down.

4. Fiscal deficit is down and the rupee is stable.

5. The sentiments for private investment and inflow of foreign investment have turned positive. Foreign investment is up 40 per cent.

6. India has been consistently ranked as the most attractive investment destination by several global agencies and institutions. 7. India has also improved its United Nations Conference on Trade and Development (UNCTAD) ranking of investment attractiveness. Against 15th so far, India is now at the ninth place.

8. India has also jumped 16 places on the World Economic Forum's global competitive index after five years

of decline in the list.

9. Moody's have upgraded the outlook for India.

Modi was also at pains to tell his ASEAN audience why and how India today is the most ideal investment destination. He pointed out that his government has allowed and enhanced FDI levels in key sectors including insurance, defence and railways and now FDI in most of these sectors have been put on the automatic approval route.

Besides, he pointed out his government has also rationalised FDI policies in many sectors, including construction, plantation and medical devices and has now allowed composite caps for foreign portfolio investors in all sectors where FDI is allowed. Earlier, portfolio investments had a separate cap.

Like a clever salesman, Modi also reeled out the following attractions of India as an ideal investment destination:

The licensing regime has been greatly liberalised and almost 60 per cent of defence items have been taken out of the licensing process. Retrospective taxation has been ended and capital gains tax for Real Estate Investment Trusts (REITs) rationalised.

Modi's detractors may still pick holes in many of his averments mentioned above, but one remark by Modi will definitely provoke his political opponents back home. He said his government has introduced the Goods and Services Tax (GST) Bill in Parliament, aimed at creating a unified system of taxation in the country, and expressed confidence of rolling it out in 2016.

This is unlikely to happen anytime soon and may remain a political chimera for the Modi government.

The Homecoming of Maggi



by Afshan Shaik

I think almost all the Maggi lovers will mark the date and time of the return of Maggi. After all the hoopla around the ban happening from about 5-6 months, Maggi has finally come back like a boss in full confidence, flanked by its fans. Snapdeal invited Maggi with much love by packing 12 packs of Maggi with freebies and a 2016 year calendar. I felt I was insane to register myself for the Maggi 2 minute Masala noodle Welcome kit sale but once I received it, I felt glad and nostalgic. Nestle's Maggi did create ripples with its comeback.

If not all, at least 60-70% of Indians have a story associated with Maggi. The ads are touching and real because many people have such emotional bonding with Maggi. Before you frown, let me share my experiences and journey with Maggi so far.

It was in school when I first tasted Maggi Noodles brought by an aunt from Bombay. I had my introduction to Maggi during one of those summer vacations and I didn't become much of a fan then. Not for a long time actually. Maggi was not frequently consumed at our home as we pre-

ferred traditional breakfast/food like idli, dosa, bambino semiya to Maggi. Slowly, Maggi seeped in to our household and daily lives as it was easier to make and tastier too. It is and will always be fun to dig a fork and roll the noodles around it and eat with a slurp sound! I realized the importance of Maggi in my life only when I started

living away from home.

Maggi is a blessing to all those like me who cannot cook but want to eat something which

doesn't taste like hostel food (I claim that I can cook now though Maggi is the only thing I can cook with confidence). Hostel food spread usually is a riot of colors with every item tasting the same. There are many pale yellow liquids of different texture. You can name them only after tasting them. Sometimes it is rasam, sometimes sambar and most of the times it comprises of different kinds of Dals! Some deep fried Indian curry which is brick reddish or brownish in shade and totally not eye pleasing is also served. A white curd, a red pickle, burnt paapad or fryums, a boiled egg or a bowl of oily chicken (which actually used to be heavenly after a week's torture) usually are part of the menu. Whenever my taste buds used to become thick and failed to serve their duty, I

*Maggi is a blessing to all those like me who cannot cook but want to eat something which doesn't taste like hostel food,,,,,
Me and my hostel mates used to feel like master chefs whenever we invaded the kitchen with Maggi packets in hand.*

used to find my peace in this magical yellow packet with a taste maker.

It doesn't exactly take two minutes to make and I never complained for whatever time was spent in cooking Maggi, because, it was simply worth the time and effort.

Me and my hostel mates used to feel like master chefs whenever we invaded the kitchen with Maggi packets in hand. The hostel cook and his staff politely used to allow us to use the utensils and all the ingredients. There are different Indian-versions and variations of Maggi. Some make it with eggs, some with boiled chicken, some with onions, tomatoes and peas and some like it just plain. As there always is a problem of a mixed crowd of vegetarians and non-vegetarians we mostly used to cook it with veggies and matar. The end result may not be as beautiful as in the ads but it was delicious enough to soothe our taste buds and get our senses back! Like this, Maggi became a forever warm friend who used to bring smiles during the dull, mundane hostel life. The partnership with Maggi only became strong with passing months and years. Different people prefer Maggi differently. Some like it to retain more water, some like it dry and some like it the way it is quintessentially cooked. Maggi is wonderful at marketing as it keeps coming up with varieties of Maggi for various consumers. For health conscious consumers, Maggi introduced Vegetable Atta Noodles and Oats Maggi. Now whether they are actually healthy or not is an open question but the only answerable question is- is cooking Maggi easy and the answer is that every living being on planet can cook it. If you train your pet it can cook Maggi too! This makes Maggi the most sought out food and the most favorite food for people living away from home!

During many instances, Maggi came to my rescue and so many encounters with Maggi are forever memorable. Some are listed here-

(Contd.. on p. 18)



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7 Apps for a Better Life

It's been years since our cell-phones could only make phone calls and send text messages, so why not use them to make your life better? Improve your alertness, vitality and fitness, and even get rid of mosquitos. These 7 apps will turn your smartphone into a powerful tool to better your life. All of these apps are free, so download whichever one you want and see the difference it makes in your life.

1. SleepBot – Wake Up When You're Ready

Alarm clocks have an uncanny ability to catch you in the middle of a dream, but with SleepBot, you can make sure that you wake up at a time that's good for your body. The app can also give you data about the length and quality of your sleep. All you need to do is set up a 30-minutes time frame in which you'd like to wake up, place the phone at the side of the bed with the app running, and let the app analyze your sleep by using the phone's motion detection ability. Just remember to plug your phone in for the night, as the app may drain weaker batteries.



2. Anti Mosquito – Repel Mosquitos with Your Phone

Summer brings with it mosquitos, which means itchy bites. But instead of using chemicals or zap-pers, you can just install an app on your phone. These apps use high-frequency sounds that the human ear can't pick up, but mosquitos can't stand. For maximum effect, hook up the smartphone to loudspeakers. Download for Android
Download for iOS



3. Aqualert – Stay Hydrated

In our daily routine, it's easy to forget to drink, and water is vital for our wellbeing. By using Aqualert you'll have a helpful sidekick that will remind you to sip on some water by sending alerts to your phone throughout the day. It's particularly helpful during hikes and prolonged exposure to the sun (at the beach, for example). You can install it on your kids' phones and keep track of how much water they drink.



4. Global Air Quality – Real Time Air Pollution Information

The quality of the air we breathe directly affects our quality of life. Global Air Quality is an app that will display up-to-date information about the air quality where you currently are. The system works in most parts of the world, and will even send you warnings about high levels of pollution in your area. This can be particularly helpful when traveling abroad.



5. Moves – How Much Did You Move Today?

This app is very useful in measuring the amount of steps you take in a day. It can differentiate between



walking, running, and cycling. At the end of the day, Moves will tell you how many calories you've burnt and how far you've walked. The app lets you set yourself new challenges every day, and lets you know if you've reached your goal.

6. Daily Yoga – Learn How to Do Yoga and Stretches

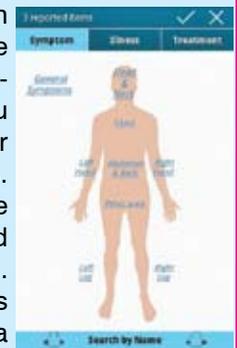
Lower back aches, stiff muscles and cramps – you won't believe how many of these problems can be solved by doing yoga and stretching. The Daily Yoga app has over 50 sets for training, and 400 different yoga positions, all displayed through pictures and videos. Even if you've never done yoga, the app will teach you, and help you set a plan to lose weight, relieve stress, or ease sore muscles.



7. Medicalog – Track Your Family's Health

This application lets you track the medical conditions of both you and any of your family members. The interface is simple and straightforward. Medicalog allows you to set up a profile for each family member and document their medical history. Periodic graphs will let you see how they are doing, and the symptoms will allow the app to give you a possible diagnosis.

—Agnelo Rodrigues



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“Be perfect as your heavenly Father is perfect” (Mt. 5:48)

by Michael Condillac, SDB

“**T**all order !” some may say and add “it is hard enough being good, so whats this about being perfect – and that too like GOD ?”

Yet those who know Jesus or at least have experienced something of Him wont just stop at that. For His words have a way of touching hearts and stirring souls and they never waver from the truth however painful or blissful it may be.

So the Church and the Christian, collectively and individually have had, over these last 2000 years, to constantly work at perfecting themselves as the grasp and understanding of the “inestimable riches of Christ” and His Gospel deepens and grows.

Consider some features of the scene during Jesus’ times: man was regarded as primary/ superior, woman secondary/ inferior – even in the eyes of the law both Civil and Mosaic; adulteresses were stoned to death; criminals were subjected to barbarous punishments; polygamy and divorce were rampant even among the Chosen People for reasons of incompatibility, infertility whatever; slavery and the bondage of men, women and children, often from the womb to the tomb, was a legitimate and respectable practice, an index of the owners wealth and social status.

Despite Christ’s life and teaching: the Commandment of Universal Love and the parable of the Good Samaritan (Lk. 10: 25-37); His description of the Last Judgment (Mt. 25: 31-46); His emphasis on monogamy and pronouncements against divorce (Mk. 10:2-12); in spite of His divest-



ing Himself of all material things (Phil. 2:6-8) and submitting to suffering and death on a cross (Mk 10:45). The early Church for decades and centuries after Jesus death and resurrection numbered within its ranks Jew and Gentile converts some of whom had more than one wife (1Tim 3:2); householders who held on to their slaves (Eph 6:5-9 and 1Tim 6); male converts, at least one of high ecclesiastical standing and renown, who continued to view their female counterparts in pre-Christ perspectives (1 Cor 11:6-7 and 1 Cor 14:34-35) as against (Lk 11:27-28) ...

So the situation was indeed distressing by modern standards. But the WORD had begun the final phase of salvific work and inexorably over the centuries the perfecting process has progressed.

Slavery has been abolished – indeed it is now a serious crime; laws and punishments are getting ever more humane; monogamy has been widely established; women are fast moving to full if not equal acceptance; peoples and nations are increasingly sharing with and caring for one another e.g. the fight against hunger, disease, ignorance and violation of

human rights; the joint efforts for peace & stability; international co-operation in facing calamities and combating terrorism, crime, drugs etc.

However, there is much left to be done, and the process continues till the end of time. For the Church itself, formed as it is of frail human members such as us, is constantly in need of purification e.g. in the Middle Ages Christians holding views opposed to the Church or suspected of witchcraft were incarcerated, threatened, even burned at the stake – the cases of Galileo and St. Joan of Arc stand out. In our own times, even after watershed Vatican II, we have forms of address, lofty life styles and extravagant vesture in the Church which are far removed from the simplicity and un-sophistication exemplified and demanded by the Founder and so on.

It would be worthwhile to mention in passing that today some fret and fume about dissent in the Church. Yet it existed from the earliest times. Indeed the holy Spirit used Paul’s strong dissent against Peter’s ‘tilt’ towards the pro-circumcision group (Gal 2: 11-14) to let wiser councils prevail and exempt baptized gentile converts from also having to undergo circumcision.

Now Jesus never turned down a prayer/ request for a cure/ miracle. He emphasized faith (Mt 21:21,22) and sometimes tested for it (Mt 15: 21-28) but even when found deficient (Mk 9: 14-29) or entirely absent (Jn 5: 1-15) He worked it anyway.

His was a loving/ kindly, often first-name-relationship with all: whether

(Contd.. on p.17)

Amazing Relics from the Life of Our Lord Jesus

by: Capt. Mervin John Lobo

A relic is something from the life of a saint or holy person. Usually, for something to be considered a first-class relic, it has to be part of the body of saint (e.g. a bone). There should be a certificate endorsed by the local Bishop. In the case of Our Lord Jesus Christ, however, anything directly associated with the events of his life is classified as the highest rank.

Here are 11 amazing objects claimed to be relics from the life of Our Lord.

1) Fragments of the True Cross :

There are lots of fragments of the True Cross in various churches around the world. This larger Wood fragment is in the Imperial Treasury in Vienna, Austria.



2) The Holy Nails; One of nails used in the crucifixion of Jesus is, kept at the Bamberg Cathedral in Bamberg, Germany, and the other nails are in Holy Cross in Rome

3) The Holy Chalice; This chalice (Holy Grail) is believed to be the one used by Christ at the Last Supper to institute the Eucharist.



It is kept at Valencia Cathedral in Valencia, Spain.



4) The Seamless Robe; This is claimed to be the seamless robe of Christ that the Roman soldiers gambled off during his crucifixion. It is kept at the Cathedral of Trier in Trier, Germany.

5) The Holy Lance; Christ hanging on



the Cross was pierced with a lance

by the Roman soldier Longinus who was riding the high horse, and the most Precious Blood of Jesus spurted on to Longinus' eye that had the squint and immediately his eye was healed; This was the first miracle after the death of Jesus. This Holy Lance is kept in the Imperial Treasury in Vienna, Austria.

6) The Gifts of the Magi; Gold, frankincense, and myrrh, of course. It is kept at St. Paul's Monastery on Mount Athos in Greece.

7) The Crown of Thorns; Jesus wore



this during his passion and crucifixion. This is kept at the Cathedral of Notre Dame in Paris, France.

8) The Pillar of the Flogging ; One part of this Pillar is kept in the Church of the Holy Sepulcher in Jerusalem.

9) A Vial containing the Precious Blood of Jesus; This is kept at



Basilica of the Holy Blood in Bruges, Belgium.

10) The Titulus Crucis; This is claimed to be the sign that hung above Jesus on the cross saying that he was "king of the Jews." It is kept at the Basilica of the Holy Cross in Jerusalem in Rome, Italy.

11) The Shroud of Turin; The shroud of Turin is believed to be the burial cloth of Jesus. It is kept in the Cathedral of Saint John the Baptist in Turin, Italy.

(Contd.. from p.15)

they were curious, afflicted common folk, disciples or apostles e.g. Zacchaeus ... Martha, Mary ... Simon and, on occasion, used even more endearing terms such as: "child" (Mt 9: 2), "little flock" (Lk 12: 32), "my children" (Jn 13: 33), "children" (Jn 21: 5), and the woman who was healed by stealthily touching the hem of His garment "daughter" (Mk 5: 34).

Love – God's love for humankind – is the sum and substance of Jesus Life, Death and Resurrection: "As the Father loves me, so I also love you ... if you keep my commandments, you will remain in my love ... love one another as I love you ... no one has greater love than this, to lay down one's life for one's friends ..." (Jn. 15: 9 – 13), (Jn. 13: 35) "If anyone wishes to come after Me he must deny himself, take up his cross daily and follow Me." (Lk.9: 23). It follows then that our Triune God Creator, Saviour, Sanctifier, the origin and end of all things, "loves each of us infinitely more than we can love ourselves." So in sorrows & joys, in sickness & health, in tragedy & triumph, in life and in death, recalling Christ and His cross, one is moved to pray: " Lord, I often do not understand your ways but I believe in your omnipotent love and the promise of everlasting peace and happiness, for the faithful, in your eternal abode."

His infinite mercy is plainly evident when He says: "...every sin and blasphemy will be forgiven people ..." (Mt. 12: 31,32) and as the preceding account (Mt. 12: 22 – 30) shows, only one who is given over to deliberate, rank, wickedness, sinning against the 1st Commandment, by upholding what is evidently good to be evil and what is evil to be good, thereby blaspheming the Holy Spirit, is irrevocably lost.

Though He suffered all through from the indifference and disbelief of people, the plots and snares of His enemies and later a cruel humiliation, scourging and crucifixion, He never so much as struck anyone, not even

His worst tormentors, either with a bolt from heaven or by His hand. The whip of cords that He made in the temple (Jn 2: 13-16) was to drive out the cattle, sheep and goats of the traders.

He strongly emphasized faith yet He did not ignore reason (Jn. 15: 22,24). The Son of God born of the Virgin Mary in a Bethlehem stable never said: "I am God". Rather, by His life, His teaching and His miracles ranging from the instant cure/ healing of the blind, the cripple, the deaf and the dumb, the lunatic, the leper ... to the raising of the dead, the feeding of the multitudes, the calming of the tempest, the exorcism of the possessed, the forgiving of sins, the raising of Himself in the Resurrection (Mk. 10: 33,34) He provided incontrovertible proof of His divinity (Mt. 12: 6). So much so that, the mysteries of the Holy Trinity, the Eucharistic sacrifice... right on to that of the Church headed by His Vicar, the Pope, in unbroken succession over 20 centuries and beyond, are all accepted by the faithful in faith.

It is this faith which has impelled saints and martyrs and countless rank-and-file Christians to even lay down their lives when the need arose/ arises. For as the Gospels teach, it is better to suffer and die for a good cause and be rewarded in heaven forever than live on in evil or ill-gotten pleasure/ wealth and perish in the hell of endless punishment.

So Jesus Christ one with the Father and the holy Spirit, almighty and eternal God, became man in order to redeem all humankind and empower those who believe in Him to overcome all evil by His Name.

Hence the Church, relentlessly advances on its mission, of unconditional love and service drawing members "from every tribe and tongue and people and nation" (Rev. 5:9) just as Jesus had foretold when He said " when I am lifted up from the earth I will draw everyone to myself" (Jn 12:32) making us members of God's family, secure in His love, truth and happiness here and hereafter.

Thanksgiving



Thanks to Divine Mercy,
Our Lady of Vailankani,
Our Lady of perpetual
Succor and St. Anthony
for the favours. Praying
for more favours.

— E. Fernandes family,
Bandra West

Catholics condemn police use of force on protesters

Panaji: Indian Catholics have condemned the use of force by police on 250 protesters who were demanding a fair investigation into the alleged murder of a former priest who led protests against the exploitation of the environment.

Police in Goa arrested and later released on Nov. 21 105 people who were seeking answers into the death of former Blessed Sacrament Father Bismarque Dias, whose body was fished out of Mandovi river on Nov. 7, two days after he went missing.

Police initially attributed his death

to drowning, but Dias' friends and relatives suspected foul play, a belief they say was strengthened after Dias' blood-stained clothes washed ashore two weeks after his death.

His burial and funeral have been delayed as friends and family are demanding a thorough investigation into his death.

Dias fought against illegal mining and opposed land projects such as hotels, golf courses and an airport on the grounds that such projects irreversibly destroy land, trees, water sources and the environment.

The protesters dressed in black and white, attempting to call attention to the slow pace of the investigation. Witnesses said police disrupted the protest by force and intimidation, arresting more than 100 people.

Sudip Dalvi, an associate of Dias, said he was attacked by police during the protest.

A police officer "punched me and shoved me into the police van. He then banged my head against the iron grill of the window (of the van). I remained unconscious for 45 minutes," he said.

Dalvi said he is in possession of "vital clues" into Dias' death and fears "the government will get rid of me."

Father Savio Fernandes, executive secretary of the diocesan Council for Social Justice and Action, expressed concern over the "excessive use of force."

He urged police to respect people's rights to assemble and protest peacefully.

(Contd.. from p. 11)

1. I still remember all those lazy days and nights in Infosys Mysore Training Center spent with Friends and Maggi. I do miss those long midnight talks and violation of the rules by boiling Maggie in the kettle. The fun quotient of training days increased due to the boiled Maggi in rooms and spending endless nights with friends sharing life goals, horror stories and love stories.

2. I remember the day I had high fever and couldn't eat anything till 3 in the morning and was suddenly hungry when the soupy noodles brought back life in my eyes and I slept peacefully much to the bliss of my mom.

3. My husband's Maggi recipe is super hit at my place. The dry Maggi made with scrambled eggs and onions is the best Maggi I have tasted so far. A Sunday which starts with that Maggi can never go wrong, undoubtedly.

4. Most memorable Maggi incident was when we went to Rohtang Pass, a high mountain pass on the eastern Pir Panjal Range of the Himalayas (Source: wiki). When everyone was suffering from acute mountain sickness and suffering from head-

aches and falling sick, Maggi and a hot piping cup of tea felt like elixirs of life. A plate of steaming Maggi was the only solace when our empty stomachs were growling! There used to be a Maggi ad in mountains which exactly matches the scene we were in that day with tired bodies and sick faces.

5. Mountains, Hill Stations, rains, sleepy towns and Maggi go hand in hand. You can find a Maggi stall in any quaint little town. Maggi is the quickest choice of food during long journeys. I could relish only Maggi during my trips to Nainital, Munnar and many other places.

There are many more anecdotes which can be narrated here, that describe my fondness for Maggi but I will stop here and end the post on a happy note, with pictures of my Snapdeal package.

Now all those who have removed cooking under their hobbies can add it back in their Bio-Data as Maggi is back!!

Maggi might be not the healthy choice of food. It might be having Lead but it has not lead to any serious consequences so far and I hope it continues to please our palates and hearts.

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Inspiration!

Learn Through difficult times

It's easy to be happy and motivated when things are going well. But what happens when unexpected troubles come your way? What do you do then? Difficult times can be a test of our souls and as such can be some of the most instructive times possible. You'll go through difficult times, suffer and learn. And come out stronger and better at the other side.

Life is a series of peaks and valleys. Sometimes you're up, sometimes you're down. But it's the difficult times where we need a little more support and guidance. When you can improve your ability to navigate the difficult times by understanding that you will not only live a happier life but you also grow as person after bravely facing tough and difficult time. Here's exactly what happens when you go through difficult times.

You learn new things:

When you go through difficult times (those times that you hate), you are under pressure, worry, anxiety or all of the above. You learn how to manage them, you learn how to work under pressure, you learn how other people behave, you learn if you are the one who always gets help from people or the one from whom people run away, you learn to stretch your limits and know that you are capable of doing more than you think.

You learn what responsibility is:

Being personally responsible for everything we do is a trait very few people have and if you want to get an extra advantage, grab this opportunity. When you are going through difficult times, accept your responsibility and start doing work. Don't grudge over past mistakes or waste time



complaining. Responsibility is accepting the task you were supposed to do and doing it without any complaints. When you make it a habit, things will begin to change and you'll begin to see results quickly.

You become master at difficult things:

The person who is proactive and is willing to accept responsibilities will not be afraid of doing difficult things. He knows he's learning so much and the only way to be great at something is to do difficult things first.

You learn to be proactive:

There comes a time when you have to take action even if you don't want to. That's why they're called difficult times. And the more action you take, the more results you get. When you become proactive, you gain the advantage over others as 80% of people hate being proactive. It's the remaining 20% — the proactive people — that bring the results.

You get support of other helpful people:

When people see you working hard, they genuinely want to help you as they know that you are a kind of person who will always help them. And also because they know that by

helping you, they'll be helping many people in the process through who you are connected. People want to make some impact and when they see someone making it, they naturally

feel inclined to help them.

Your self-confidence increases:

Slowly, as things begin to change around you as a result of your behavior and you begin to see positive results, you become confident in your work.

Things don't seem hard to you anymore:

We don't need more skills, we only need more confidence. When you have the confidence in you to do the difficult things with the required support, things that seem hard to others are part of the routine for you as all the hard work and efforts have finally paid off.

You become fearless:

The only way to overcome fear is to take action. And you are by now fearless because you took action, you took responsibility and when the right people supported you, your confidence grew.

Remember these

- We don't develop courage by being happy every day. We develop it by surviving difficult times and challenging adversity.
- Difficult times disrupt your conventional ways of thinking and push you to forge better habits of thought, performance and being.
- It's in the difficult times that we're growing and you can't just rebuke everything hard. We've got to endure it and fight the good fight of faith and pass the test.
- Difficult times always create opportunities for you to experience more love in your life.
- In spite of discouragement and adversity, those who are happiest seem to have a way of learning from difficult times, wiser and happier as a result.



MUMBAI : Goan Roman Catholic Bachelor, aged 39 years, Ht. 5' 7", Wt. 60 kgs, Fair Complexion, Edn. B.Com., and currently working with a Software Development company as a General Manager, H.R. Contact email : savio_fd7@rediffmail.com OR 9320099950 **(Regd. No. 6454)**

MUMBAI : Goan Roman Catholic Bachelor, aged 45 years, Ht. 5' 7", Wt. 70 kgs, Wheatish Complexion, Edn. B.Sc., (Physics), Green Card Holder. Contact email : florencedsouza07@gmail.com OR 8879718760 / 9820438278 **(Regd. No. 6450)**

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 30 years, Ht. 5' 8", Wt. 72 kgs, Wheatish Complexion, Edn. B.E. (Elect. & Telecom), working as a Networking Engineer in KUWAIT. Contact email : alwayswelcome107@gmail.com OR 9819269721 **(Regd. No. 6449)**

MUMBAI : Goan RC Bachelor 58 years, looks young, 5' 7", slim, wheatish, B.Com., own flats financially very well settled in Mumbai. Seeks educated, presentable lady upto 50 years. No. Bars. Email : gerryc1956@gmail.com OR 09820636316. **(Regd. No. 6301)**

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

6267 MUMBAI : Goan Christian Bachelor, aged 31 years, Ht. 6' 3", Wt. 85 kgs, Fair Complexion, Edn. MBA., working as HR Professional. Contact email : valsafonso@gmail.com OR 9819295981 / 9867036662 / 9920733493 **(Regd. No. 6267)**

MUMBAI : Goan RC Bachelor 58 years, looks young, 5' 7", slim, wheatish, B.Com., own flats financially very well settled in

Mumbai. Seeks educated, presentable lady upto 50 years. No. Bars. Email : gerryc1956@gmail.com OR 09820636316. **(Regd. No. 6301)**

MUMBAI : Goan Roman Catholic 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 : Goan Roman Catholic Bachelor, aged 28 years, Ht. 5' 11", Wt. 78 kgs, Wheatish Complexion, Edn. B.E. I.T., Principal Consultant in South Africa. Contact email: ronaldsouza.pm@gmail.com OR 9702970004 / 9820842154 **(Regd. No. 6276)**

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 29 years, Ht. 5' 8", Wt. 78 kgs, Fair Complexion, Edn. Electronic Engineer and MBA, Working as a Consultant in Limited Company. Contact email : henry.fernandes53@gmail.com OR 7738365149 **(Regd. No. 6259)**

MUMBAI : Protestant Christian Bachelor, aged 49 years, looks much younger to his age, Ht. 5' 4", Wt. 60 kgs, Wheatish Complexion, Edn. DMLT., working as a Section Technical Coordinator. Contact email : shashibsd_d@yahoo.co.in OR 9869117823 **(Regd. No. 6253)**

MUMBAI : Mangalorean Roman catholic Widower, aged 53 years, Ht. 5' 7", Wt. 65 kgs, Wheatish Complexion, Edn. HSC, having business and accommodation. Contact email : albertlobo19@gmail.com OR 9820695110 **(Regd. No. 6251)**

MUMBAI : East Indian Roman Catholic Bachelor, aged 40 years, Ht.5'

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8", Wt. 76 kgs, Wheatish Complexion, Edn. B.A., working as a Manager. Contact email : cardoz.clint@gmail.com OR 9833563182 **(Regd. No. 6250)**

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 : RC Bachelor 40/5'8", 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)**

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MUMBAI : Mangalorean Roman Catholic Spinster, aged 23 years, Ht. 5' 5", Wt. 45 kgs, Fair Complexion, Edn. T.Y. B.Com., currently pursuing Travel & Tourism Course from Thomas Cook. Contact email : daisy.diana92@yahoo.com OR 9768964704 **(Regd. No. 6453)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 4", Wt. 50 kgs, Wheatish Complexion, Edn. B.Com., PG in Banking, working in a Private Bank. Contact email : paispascal@gmail.com OR 9892921564 **(Regd. No. 6452)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 27 years, Ht. 5' 4", Wt. 54 kgs, Wheatish Complexion, Edn. B.A., working as a Financial Analyst in MNC. Seeks a suitable match. Contact email : serraoilinda@gmail.com / natasha_serrao19@yahoo.com OR 9619522154 / 9969114346 **(Regd. No. 6451)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 30 years, Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, beautiful, Edn. B.Com., working as an Asst. HR Officer. Contact email : genesalis@yahoo.com OR 9324515797 **(Regd. No. 6448)**

MUMBAI : Goan Roman Catholic Spinster, aged 28 years, Ht. 5' 1", Wt. 57 kgs, Fair Complexion, Edn. B.Sc., IT., MBA working as a IT Engineer. Seeks a well settled boy. Contact email : m.rodricks24@gmail.com OR 9821596241 / 26424190 **(Regd. No. 6408)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 28 years, Ht. 5', Wt. 46 kgs, Fair Complexion, Edn. B.Sc., MBA working as a HR. Contact email : picardo.princijaj@gmail.com OR 9833077789 **(Regd. No. 6406)**

MUMBAI : Goan Roman Catholic Spinster, aged 32 years, Ht. 5'5", Wt. 75 kgs, Wheatish Complexion, Edn. TYBA., working as a Receptionist. Contact email : mascarenhasprescilla@gmail.com OR 9930953353 **(Regd. No. 6405)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 3", Wt. 54 kgs, Fair Complexion, Edn. MBA in Pharma Management, working as a Senior Process Associate at TCS.

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CANADA : Mangalorean RC Spinster, aged 27 years, Ht. 5' 5", Wt. 67 kgs, Wheatish Complexion, Edn. M.Sc. Microbiologist in Canada, working as a Microbiologist. Looking for a professionally qualified, well educated bachelor preferably working in Canada. Contact email : pintocrystina@gmail.com OR 9769818773 **(Regd. No. 6391)**

AUSTRALIA : Mangalorean RC parents seek alliance for their daughter 28 years, 5' 1", fair, BE in IT and working as software developer in Australia from professionally qualified RC bachelors, preferably working in Australia, kindly reply with detailed profile and photograph to email gracyfred84@gmail.com Mob : 9833149882 / 9819219544. **(Regd. No. 6390)**

MUMBAI : Goan RC 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 RC Spinster, Only Child, aged 28 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)**

NAGPUR : CNI Protestant Spinster, aged 31 years, Ht. 5' 3", Wt. 57 kgs, Wheatish Complexion, Edn. M.Sc., Biotechnology. Contact email : shikhanath@yahoo.com OR 9422300753 **(Regd. No. 6383)**

NEW DELHI : Mangalorean RC Spinster, aged 27 years, Ht. 5' 7", Wt. 70 kgs, Fair, good looking, Edn. B.A., LL.B., LL.M., Legal Executive in MNC. Contact email : judith_m@outlook.com OR 9560242263 **(Regd. No. 6382)**

MUMBAI : Goan RC Spinster, aged 31 years, Ht. 5' 3", Wt. 58 kgs, Wheatish Complexion, Edn. M.Com., working. Contact email : soareskaren14@gmail.com

com OR 9967297756 **(Regd. No. 6381)**

MUMBAI : Innocent divorcee 35 years, MBA (F), works for a bank in Mumbai as an Asst. Manager. Short marriage dissolved and annulled. Seeks a suitable groom from good family background. Contact Mob.: No. 09052872253 **(Regd. No. 6379)**

MUMBAI : Mangalorean RC Spinster, aged 31 years, Ht. 5' 4", Wt. 58 kgs, Wheatish Complexion, Edn. M.Sc., writer and editor of Science Research Publications. Contact email : tnmdfg@gmail.com OR 9619428279 / 8879452467 **(Regd. No. 6378)**

USA : Mangalorean RC Spinster, aged 31 years, Ht. 5'4", Wt. 54 kgs., Fair Complexion, good looking. Edn. M.A., MBA., working as Sr. Manager in USA. Seeks well qualified bachelors working in USA. Contact email : divineword121@gmail.com **(Regd. No. 6377)**

PUNE : Maharashtrian RC Spinster, aged 29 years, Ht. 5' 1", Wheatish Complexion, Edn. BHSC, B.Ed., Post graduate, Teacher by profession. Contact email : cyrilmuntode@gmail.com OR 9850978699. **(Regd. No. 6374)**

MUMBAI : Mangalorean RC Widow, aged 46 years, Ht. 5' 3", Wt. 55 kgs, Wheatish Complexion, Edn. 12th std., Housewife. Seeks a suitable match. Contact email : benedicta43@gmail.com. **(Regd. No. 6371)**

MUMBAI : Goan RC Spinster, aged 28 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 RC Spinster, aged 25 years, Ht. 5' 2", Fair Complexion, Edn. B.Com., Dip. in Mktg., working as a Sales Coordinator. Contact email : mflavy@yahoo.com OR 9769226745 / 9819736100 **(Regd. No. 6263)**

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RF100759:	Goan	33Years;	HT.5'.9";	Edn. BBA/BMSa;	Pro. : Office Assistant
RF100578:	Goan	30Years;	HT.5'.8";	Edn. MBBS;	Pro. :Doctor/Dentist
RF100758:	Goan	37Years;	HT.5'.6";	Edn. BSc;	Pro. : Sr. Executive in Dubai
RF100754:	Manglorean	25Years;	HT.5'.	Edn.High School;	Pro. : Graphic Designer
RF100696:	Keralite	27Years;	HT.5'.7";	Edn. MA;	Pro. : Accountant
RF100744:	Goan	28Years;	HT.5'.3";	Edn.Management Degree ;	Pro. :Health Care Professional
RF100713:	Tamilian	28Years;	HT.5'.5";	Edn. B Arch;	Pro. : Architect/Interior design
RF100737:	Goan	31Years;	HT.5'.1";	Edn.Graduate Degree;	Pro. : CO - TCS
RF100736:	Manglorean	30Years;	HT.5'.3";	Edn. MBA PGDM;	Pro. :Finance Manager in Dubai
RF100734:	Manglorean	42Years;	HT.5'.5";	Edn. MBA/ PGDM;	Pro. :other
RF100715:	Goan	39Years;	HT.5'.2";	Edn. BA;	Pro. : Banker
RF100721:	Goan	54Years;	HT.5'.3";	Edn. High School;	Pro. : Beautician
RF100720:	Maharashtrian	29Years;	HT.5'.5";	Edn. M.Sc Nursing ;	Pro. : Clinical Instructor
RF100719:	Telugu	39Years;	HT.5'.3";	Edn. B Com;	Pro. : Teacher
RF100709	Protestant	34Years;	HT.5'.	Edn. BE/B Tech;	Pro. : Textile Designer
RF100708:	Goan	32Years;	HT.5'.4";	Edn. B com;	Pro. : Team Leader
RF100707:	Manglorean	26Years;	HT.5'.	Edn. BL/ LLB;	Pro. : Lawyer
RF100706:	Protestant	30Years;	HT.5'.2";	Edn. BL/ LLB;	Pro. : Legal/Law
RF100468:	Manglorean	27Years;	HT.5'.3";	Edn. MBA/ PGDM;	Pro. : Banker
RF100693:	Goan	32Years;	HT.5'.3";	Edn. BBA/BMS;	Pro. : Banker
RF100692:	Manglorean	25Years;	HT.5'.1";	Edn. B Com;	Pro. : Customer Support
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GROOMS

RF101123:	Mangalorean	45 years;	Ht. 5'.10";	Edn. Graduate;	Pro.: Project Engineer
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RF100482:	Goan	39years;	Ht. 5'.6";	Edn.Bcom.;	Pro.:sr, CRA, operations
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RF100402:	Mangalorean	51years;	Ht. 5'.4";	Edn.Bcom.;	Pro.:supervisor
RF100396:	Goan	40years;	Ht. 6'.8";	Edn.BE/B Tech.;	Pro.:Electronics /telecom Engr

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