

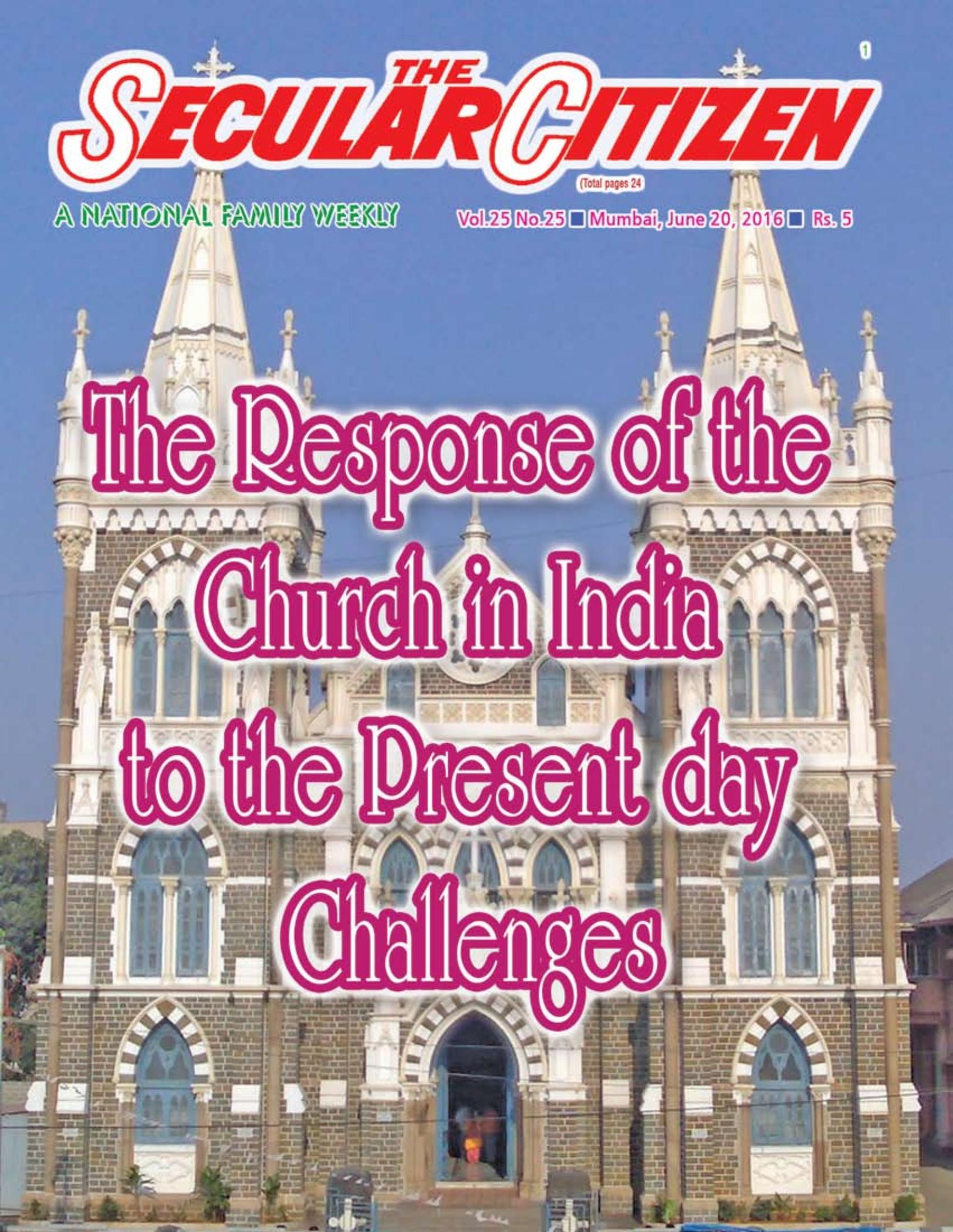
# THE *SECULAR CITIZEN*

(Total pages 24)

A NATIONAL FAMILY WEEKLY

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## The Response of the Church in India to the Present day Challenges



## Madam Grace Pinto receives Pride of India Award



Madam Grace Pinto, Managing Director, Ryan International Group of Institutions was recognized for her singular achievements. This time she was awarded the PRIDE OF INDIA - Maharashtra for her immense contribution to education. In a glittering ceremony held at Hotel Sahara Star in Mumbai, the Award was given to her by the inimitable Bollywood actor Shri Dharmendra Deol.

—Rons Bantwal

## Farewell to Felix D'Souza Exec. Secretary CCCI



On 10th June 2016, Christian Chamber of Commerce and Industry bid farewell to its Executive Secretary who resigned due to his failing health. Seen from left Vincent Mathias, Founder Chairman; Anthony Sequeira, Chairman, Felix D'Souza, Executive. Secretary; John D'Silva, Vice Chairman; Henry Lobo, immediate past Chairman

## Richard V.D'Souza appointed Deputy Commissioner of Kodagu

May.31: In one of the eight transfers of IAS officers by the State Government, Richard Vincent D'Souza was appointed as the new Deputy Commissioner (DC) of Kodagu district and took effective charge from 1st June, 2016.



Richard Vincent D'Souza comes in place of Meer Anees Ahmed, who got retired earlier. Vincent, who had served earlier as the additional commissioner in the transport department was appointed as the CEO of Raichur Zilla Panchayat, and after being promoted as IAS (Indian Administrative Service) officer in an order dated 12th June 2015.

Only one son of late Urban D'Souza and Rita D'Souza of Mudarangady in Udupi District is married to Florine D'Souza and has two sons, Christen and Glen. He is brother of five sisters, including Sr. Lenita D'Souza the former Provincial Superior of Ursulines, Mangalore Province and now taken charge of Superior at Parampally Convent, Udupi from 1st June. She was one of visitor to see specially this reporter's health at Kallianpur from Mudarangady who also belongs to the same place in childhood.

—Rons Bantwal

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*You are essentially who you create yourself to be and all that that occurs in your life is the result of your own making.*

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Cover : The Response of the Church in India to the Present ...  
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**The Orlando Shootout**  
**(Why America won't put the guns down)**

by Sunil Rajguru

**O**n June 12, Omar Mir Seddique Mateen opened fire in the gay bar Pulse in Florida's Orlando and killed at least 50, while wounding a similar number. With that he broke the record of 32 set during the Virginia Tech university massacre.

That's not a kind of record that any kind of country wants to be proud of. It is estimated that the amount of deaths, suicides, injuries and accidents as a result of gun shots are in excess of one lakh per year in the US.

For a non-American these are mind-boggling statistics. Very few people can make sense of the gun culture that doesn't just survive but flourish in America. While it is derided outside that country, it is celebrated inside it.

The first reason for this is: The gun is just there for the taking. Indians may understand this by taking the case of Bihar's Jungle Raj and the lawlessness of certain areas in Uttar Pradesh. If you are a criminal, then (illegal) guns are there just for the asking.

India has many lawless areas in Naxal zones, the Northeast and the Kashmir valley where arms are freely available. For bad things like drugs, guns, prostitution and the like, if the supply comes, then the demand will automatically appear out of nowhere.

Punjab is one such case and the film 'Udta Punja' is merely showing the grim reality of the rampant drug culture there.

Darra Adam Khel in Pakistan produces thousands of guns from small firearms to anti-aircraft guns. And we all know the current state of Pakistan, what with its unending terror attacks. You get the picture.

While these are examples of "black markets" of guns, America is the fountainhead of the "white market". The gun laws in America are the most liberal in the world and it's easy for the citizens to buy as many as guns as they want.

Once a country is flooded with guns, it becomes far easier for them to be invariably used to settle scores and even vent out your frustrations as seen from the many mass shootings that take place in America with Orlando merely being the latest.

The second reason is the power of the National Rifle Association (NRA) which was formed in 1871. This is again something Indians will easily understand. In India sometimes it's not just people power that triumphs, but it has to be backed by some strong political group or party.

In the US, the NRA is that political group. It prevents any meaningful gun legislation from taking place. In fact, it becomes even more powerful. Such legislation was indeed attempted after the years that followed the assassination of the then President John F Kennedy in 1963.

That ultimately resulted in the formation of the NRA's Institute for Legislative action in 1975 and subsequent Cincinnati Revolt of 1977 where the hardliners took over and politicized gun rights and took on any and every legislation head on.

(Contd.. on p. 4)

(Contd.. from p. 3)

The NRA has successfully marketed the good old gun as a symbol of freedom and power for the common citizen. It is presented as something that can make a poor ole citizen more powerful than a criminal who should choose to attack him or her.

In 1994 when the then President Bill Clinton introduced the Federal Assault Weapons Ban, there was a gun buying frenzy in protest! Similar gun buying frenzies have been seen in America whenever current US President Barack Obama rants against the gun culture.

One media outlet cheekily called Obama "Gun salesman of the year" after one such surge!

Now the NRA has a membership of about 5 million. Yes you read that right. That's another thing Indian masses will understand. The NRA is a powerful votebank.

With five million members, the NRA regularly threatens American lawmakers that if they support anti-gun legislations, then they will lose this votebank.

In India we have the caste/religion votebank and in America they have one of guns.

The NRA is cash-rich and propagates the gun culture aggressively.

"I'll give you my gun when you take it from my cold, dead hands" was an extremely popular NRA slogan in the 1970s.

This was popularised by Hollywood legend Charlton Heston in the 2000 NRA convention when he attacked the then Democrat Presidential candidate Al Gore's efforts to promote anti-gun legislation.

After ranting against his opponent, Heston ended it with...

"...Mr Gore: "From my cold, dead hands!"

That got a thunderous applause.

Gore lost to George W Bush by the narrowest margins in the 2000 US Presidential elections. Did the millions at the NRA have anything to do with that? Your guess is as good as mine!

When any mass shooting happens in America, while the world looks in horror, the NRA thinks differently. After the horrific San Bernardino attack in 2015 declared grandly NRA CEO and Executive Vice President Wayne Robert LaPierre, Jr...

The only thing that stops a bad guy with a gun is a good guy with a gun.

While everyone is aware of America's First Amendment which guarantees free speech, the Second Amendment secures the American citizen's right to bear arms.

While the origins of this are nebulous and may have served a different purpose when introduced in 1791 when the integrity of the

(Contd.. on p. 7)

## Christians Upset As Cross Demolished In Mumbai

**Mumbai:** Civic authorities in Mumbai demolished a century-old cross June 9 to reclaim government land from encroachment but Christian leaders allege it is part of an anti-Christian policy by the Maharashtra state government to remove Christian symbols from the nation's financial capital.

Brihanmumbai Municipal Corporation workers demolished the cross along with other unauthorized construction work on Khar Raod without informing local church authorities.

Godfrey Pimenta, a Catholic leader and official of Watchdog Foundation said the authorities demolished the cross "without considering the religious sentiments of the Christian community."

Maharashtra state, of which Mumbai is the capital, is India's financial center. Both the state and the federal governments are run by pro-Hindu parties, under whom religious minorities such as "Christians and Muslims are under threat," Pimenta said.

"The majority of church properties are wrongly marked in a recently issued government development plan," which helps government authorities claim church land as government land, he alleged.

"There appears to be a systematic plan to wipe off the identity of Christians from the city," Pimenta said.

Dolphy D'souza, spokesperson of the Save Our Land Team that campaigns to protect church properties within the city, said Catholics in the area want those "responsible for this action prosecuted."

Mumbai, formerly Bombay, has a strong Christian presence since the time of the colonial Portuguese and over the centuries numerous churches and chapels have developed that now occupy several prime properties.

Mumbai Archdioceses based is India's largest Catholic diocese in terms of population.

Nonetheless Christians are a minority and "we are a soft targets," D'souza



said.

Aftab Siddique, who heads the residents association in the area, said the demolition has also displaced some 27 families as their homes were destroyed.

Local people were not issued any notice about the demolition and they suspect the authorities are doing this in connivance with the police to claim land for property developers because land is a premium commodity in the city, Siddique said.

This particular cross like many such crosses seen by the side of the roads in Mumbai, is popular among the local Christian community and a focal point of their religious devotions, with many gathering around it to pray.

Although there are no historical documents to prove its origins, local people such as believe that it "has been there for generations" and has been constantly renovated with cement and paint.

Christians are just 3.25 percent of 12 million people in the city according to latest government census, which is higher than their national percentage of 2.3 percent. Despite being a minority, Christians, majority of them Catholics, are well acknowledged in the city because of the reputed schools, colleges and medical facilities they run.

The Maharashtra government has been pushing pro-Hindu policies recently and last year it banned the consumption of beef in Maharashtra, making it an offence punishable by a five-year jail term. Cows are sacred to Hindus.

Source: UCAN



## "Sin-Free" Certificate - A Gateway to Heaven!

"A holy dip and Rs 11 is all it takes to be 'certified' free of sins" said the headlines in The Times of India some time back - *interesting news report that!* According to the report, a Temple in Rajasthan is issuing certificates to those who take a dip in the Temple pond in order to cleanse themselves of sin. **It sounds so simple – you commit sins and you go bathing in holy waters and your sins are washed away; you are a clean person! And to top it all, you are also certified as "Free of Sin"- a Gateway to Heaven, perhaps!**

What does this mean to us Christians? Yes sure, we do have the sacrament of Reconciliation. But who knows some day, some one may start asking for similar certificates from the Church after going through the sacrament of Reconciliation! One may also ask for certificates after attending retreats at different centres. More so, in this year of Mercy, when a large number of people are walking through the Door of Mercy. **However, the question we should be asking ourselves, how do we feel at the end of the day? Do we see ourselves as a better persons? Do we feel any sort of change in ourselves? If not, then all this exercise would be in vain. So, Certificate or no certificate, we shall be doomed!**

On Judgement day, God is not going to ask how many sins we committed, or how many retreats we attended or how often we walked through the Door of Mercy. Rather, God would be interested in knowing what good we did for your neighbour, for people in society, or even our family members. *Whatsoever you do to the least of my*

*brethrens, you do it unto me! Our Certificate is waiting for us at the Gates of Heaven!*

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

## On Removal Of Bishops

The decision by Pope Francis to clamp down on bishops by establishing legal procedures to remove bishops for their negligence in reining in errant priests involved in sexual abuse cases, is a welcome step. Although there are existing procedures in the Catholic church's Canon law to remove bishops for "grave reasons" it is surprising that nothing was done over the years to bring them under the ambit X-Spam-Subject: YES and have them removed for shielding priests involved in sex scandals that have rocked the church and for which the church had to pay heavily by way of compensation to the victims and their families. Or was it sufficient for over 300 bishops of America to beg forgiveness from the victims with their 'mea culpas' or former Pope Benedict XVI to take upon himself the guilt of the abusive priests and apologise on their behalf?

—A. F. Nazareth,  
*Alto Porvorim.*

## Don't Give Up Hope

As the S.S.C. results declared, I would first and foremost like to congratulate all students who have passed in their examinations. However there is a need for those students who failed in their examinations not to be discouraged but try again and don't give up hope. Speaking of

my own personal experience, I understand the feeling of failure as I had appeared my S.S.C. examination in 1981 and passed out in 1985, after I kept trying till I finally succeeded. The students must understand that failure is the end of everything but the beginning of a new phase where we must look in to pursue new hobbies, and develop our talents, that will help you to keep your mind occupied and will encourage you not to give up hope.

—Cajetan Peter D'Souza

## Corruption Rules India

Today, corruption has shaken the conscience of the entire country. For fighting this evil, the law of the land should be provided with more teeth to deal with the corrupt elements. Ministers and senior officials should also set a noble example of making an honest living free of corruption, bribery and nepotism.

India is a vast and beautiful land. But however the beauty and the goodwill of this great nation gets spoilt with the kind of corruption that is happening in the country. Almost in every sector, one can find corruption happening and corrupt people growing in great number day by day.

Money and power has ruled men and it has come to a stage where if a common man needs any kind of assistance from the government sector or business arena, he/she too will have to end up taking the corrupt route.

Though lots of speeches go around speaking about morality, but behind the doors it is money that rules. For any kind of things to happen, one has to know the back door and have to spend a great amount of money to get the work done.

In every sector, bureaucrats and politicians influence with power and money in such a way that even the talented and most efficient people in the respective sectors would not be surviving or recruited for that matter.

Hence in these places, the work efficiency also gets corrupted and al-

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tered as per the interests of the people in power.

Corruption starts at the higher levels and it carries its way to the lowest levels too. From the senior officer to the junior officers to the clerks, one would find corrupt people and the common man would find it difficult to bypass and get his/her work done.

Now this does not happen only in the sophisticated cities, but throughout India. Villages and towns are all a part of these games and it is the common man who gets affected from these dirty games of corruption in the form of bribery.

The heights of corruption has reached to a very great extent where there are no proper laws to bring an end to these corrupt people who ask for or accept bribes. Because of the highly corrupted people who just would do anything for money, it has become very difficult for the common man or the righteous to survive. They are taken for granted and hence taken for a ride.

Corruption has to come to an end and we need to reach a situation where every Indian should feel and say that they are living in a corrupt-free land and be proud of it.

— Jubel D'Cruz,  
Dombivili I

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## Goan not Goanese

An un-called for debate seems to be raging in Goa over the usage of the term 'Goanese' while referring to Goans. Undoubtedly every Goan would like to be called 'Goan', but it is difficult to understand how the word 'Goanese' invokes a sense of outrage and used as a pejorative to deride Goans. Certainly there is a big difference between calling Goans Goanese and those of Bombay as 'ABC' Goans (Ayahs, Butlers and Cooks) in days gone by. Such a classification is downright outrageous and prejudiced, and should be condemned by every Goan, given the fact that several Goans in Bombay rose to positions of eminence, holding top posts in various fields such as Social, academic, political, Police, Defence and govt departments. Let us not stir an unnecessary hornet's nest with misplaced thinking, as Goans will always remain Goans and sweet, just like a rose by any name.

—A. F. Nazareth,  
Alto Porvorim



## Give me not less than Rs 5

Beggars come in different forms. Some fake injuries and pretend that they are desperate enough to evoke sympathy



from the public and get money. Some pretend to be new and lost in the city. Some are kidnapped and forced to beg, and yet others carry just a few months' old kidnapped babies in their arms. There are also beggars who don't accept anything less than Rs 5.

This incident took place a few years ago. One day as usual, I stood at the bus stop waiting for my bus to arrive when a man in tattered clothes approached me for alms. Feeling sorry for him, I opened my wallet and gave him a coin of Re 1. He took it, threw it back on my face and said, "Aaj kal, ek rupaiya mein kya milta hai? Mujhe kum se kum panch rupaiya de do." ("Now-a-days what do you get in Re 1? Give me not less than Rs 5.")

When I wrote about this incident in the 'Letters to the editor' column in a local newspaper, I received a letter from the Beggars' Association of India that said, "Rs.5 is the minimum one must give to a beggar." The letter was in English and it contained the address of the Beggar's Association.

—Jubel D'Cruz,  
Dombivili, Mumbai

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# Speech teleprompter: The secret behind Narendra Modi's fluent English

**O**n June 8, the Prime Minister addressed the US Congress for over 45 minutes in English which gathered nine standing ovations and more than 50 rounds of applause.

During his entire speech, the Prime Minister connected India to America with his various quotes and said, Indian Americans are bridging both the

(Contd.. from p. 4)

country was at stake, today it is used by an individual as his right to have a gun.

Indians will recognise this. Once any right is given to the people, it is difficult to repeal it. India is still struggling to repeal all the bad laws that have been imposed by the British Empire before 1947.

Mainstream media outrage has backfired. The media demonised Narendra Modi for more than a decade and the people made him prime minister. The media demonised Donald Trump and the Republican voters made him presumptive Presidential candidate.

Nothing has been more demonised in the American media than the NRA and gun culture. The gun users of America became even more resolute.

A key point to note is that Americans have been desensitised to the gun culture by watching and celebrating endless westerns and gangster movies.

"An average American child will see 200,000 violent acts and 16,000 murders on TV by the age of 18!" said a senate committee report in 1999.

In summation, the US Constitution guarantees guns for every American. You can't take away guns from them. All efforts to take them away will backfire. As long as millions of guns are there in private hands, incidents will continue to happen.

It will take a very strong President to come out with an all-encompassing legislation that will stand the scrutiny of the Second Amendment. Then he or she will have the tough job of pushing all the Senators and Congressmen to actually pass that bill!

Obama is not that President. Neither may Trump nor Hillary Clinton who are both hardliners in their own way.

Americans love affair with guns may just last forever!



nations. Today the Indians are among the America's best of academics, scientists, doctors, CEOs and even the best spelling Bees.

The technology that has helped him is a teleprompter which is also frequently used by US President Barack Obama even for short speeches.

Here's how it works: A teleprompter usually consists of two mirrors that are semi-transparent, each mounted on a small, thin stand, with each mirror set at a 45 degree angle. The text from the monitor is visible on the mirror for the speaker to read.

At the base of the mirror is a flat LCD monitor, pointed at the ceiling. It displays the words of speech in a large, typically 56 pt to 72 pt, font. Usually an operator controls the speed the speech, who listens to the speaker and follows along. The operator waits,

if the speaker pauses, before moving on.

Though the speaker can easily read from the mirror, from the audience side it looks like a clear piece of glass because of the anti-reflective coating that is on it. During his speech, the speaker simply looks from one teleprompter to the other. This gives an impression that he is looking at the audience while giving his speech.

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# Refugees Are Not Dangerous, But In Danger!



BY FR. CEDRIC PRAKASH  
SJ

**E**arly in May, the media house 'The Guardian' posted a one-and-a-half minutes' video entitled 'From War to Sweatshop for Syria's Child Refugees'. This video which went viral on social media tells the story of Hamza who "sits at a sewing machine in a gloomy warehouse in southern Turkey, where he works 12 hours a day, six days a week. The Syrian can perform most of the roles on the assembly line: he knows how to mould leather into the shape of a shoe, or attach its sole with glue. Today Hamza threads its different parts together with the machine, and his boss looks on approvingly.

"He can make 400 shoes a day," says the factory manager. "He's a real man." Only he's not. Aged just 13, Hamza is in fact a child. And so are more than a third of the workers in this sweatshop.

This is no anomaly. According to UNICEF, more than half of Turkey's 2.7 million registered Syrian refugees are children – and nearly 80% of them are not in school. Across the wider region, UNICEF estimates that half of school-age Syrians – 2.8 million children – have no means of accessing education."

Hamza is just one of millions of refugee children who have been affected by war and persecution across the globe. Pope Francis held a very moving meeting with hundreds of children on May 28th at the Vatican; he hugged Osayande, a Nigerian boy whose parents had drowned trying to flee. He told the children that refugees "are not dangerous, but in danger". Pope Francis showed the children an orange life jacket he was given by a Spanish rescuer working to save lives in the Mediterranean. "He brought me this life jacket and, crying a little bit, he said: 'Father, I failed. There was a little girl in the sea and I wasn't able to save her. All I could reach was her

life jacket,'" And the Pope continued, "What was her name? I don't know - a little girl without a name ... She's in heaven and watching us. Let's close our eyes, think about her and give her a name."

Pope Francis has made the care and concern of refugees and forcibly displaced persons as a hall-mark of his papacy and in fact of this 'Year of Mercy'. He has shown this through very meaningful gestures too: on Maundy Thursday he washed the feet of twelve refugees; on April 16th he visited the Greek island of Lesbos and told the refugees there "we hope the world will heed these scenes of tragic need"; he then brought back three highly vulnerable Syrian refugee families who faced deportation, back to Italy with him.

World Refugee Day will be observed once again on June 20th to honour the courage, strength and determination of women, men and children who are forced to flee their homeland under threat of persecution, conflict and violence. There are an estimated 60 million refugees in the world today and an unknown number of forcibly displaced persons in several countries. This year the UN Refugee Agency – UNHCR-( [www.unhcr.org](http://www.unhcr.org) ) has launched the "#WithRefugees petition asking people from across the globe to send a message to governments that they must work together and do their fair share for refugees by:

- Ensuring that every refugee child gets an education.
- Ensuring that every refugee family has somewhere safe to live.
- Ensuring every refugee can work or learn new skills to make a positive contribution to their community.

All this is easier said than done. In the past, India has welcomed refugees from all over: from Tibet and Bangladesh, from Myanmar and Sri Lanka,

besides from other countries. In recent times however, we have seen how xenophobia, intolerance and jingoism has become the order of the day. There is no national outrage when Africans are beaten up and even killed; or if North-Easterners are given a rough deal. The victim –survivors of the Gujarat Carnage of 2002 and the Christians who were attacked in Kandhamal Orissa still cannot go back to a place which they once called their home. We are untouched when millions of tribals and dalits are displaced by mega-projects and because of the profiteering of multi-nationals.

World Refugee Day should therefore not be relegated to yet another day of cosmetics, but in fact a day on which we commit ourselves to the 'nowhere' people of our world: the refugees and the IDPs; to remind ourselves of their plight; to realise that, in the words of Pope Francis, "they are not dangerous but in danger"; and above all, to work for a more inclusive, just, and equitable society.

*\* (Fr Cedric Prakash sj is a human rights activist and is currently based in Lebanon and engaged with the Jesuit Refugee Service(JRS) in the Middle East on advocacy and communications. He can be contacted on [cedricprakash@gmail.com](mailto:cedricprakash@gmail.com) )*



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**by Valerian Menezes,  
Kota Udupi.**

The Church has many challenges in India. The problems have grown over a period of time. The political atmosphere has been progressively getting murkier and murkier with respect to communal harmony. Church's interpretation of constitutional 'freedom of conscience' is being questioned. Tightening of anti-conversion laws in almost all states in the country is biggest hurdle for propagation and practice of faith. Intolerance towards food, apparel, religious practices other than having the approval of the majority communal outfits and their members is vitiating a harmonious relation between communities. All these have become a hurdle to the Church in India in its way to propagate its faith to the masses.

## Challenges

Anti-conversion laws in various states is a major challenge. Most of them are euphemistically called "Freedom of Religion Acts". But contrary to the title such law restricts freedom of conscience. We all know this trend of passing anti-conversion laws started first time, after independence, in the state of Odish in the year 1967 when a coalition government of Swatantra Party and Orissa Jana Congress under the leadership of Rajendra Narayan Singh Deo was in power. Later, during the course of 2- 3 decades many other states also followed enacting such law.

They all, inter alia, prohibit conversion and make it punishable if done under 'force', 'fraud' or 'inducement'. The punishment is doubled if the conversion involved minors, women and members of Scheduled caste and Scheduled Tribe.

# The Response Of The Church In India To The Present Day Challenges

Church claims that it never uses force, fraud or inducements for conversions, if at all done in small numbers. But the governments do not heed to these factual explanations.

Now we have 'Freedom of Religion Acts' in more than half a dozen states in India. These state Acts have an approving stamp of Supreme Court of India. In a combined judgment over two cases of law on conversion – one from Madhya Pradesh High Court 'Rev.Stanislaus Vs State of Madhya Pradesh' and another from Orissa High Court 'Yulitha Hyde Vs State of Orissa' the Supreme Court has confirmed the constitutional validity of these laws under the principle that "What is freedom for one is freedom for the other in equal measure and there can, therefore, be no such thing as a fundamental right to convert any person to one's own religion". While delivering his judgment on behalf of the Constitutional Bench of five judges headed by him Chief Justice A N Ray summed up saying "propagation is different from conversion". After examining the different meanings of the word "propagate" in Article 25(1), Justice Ray expressed the view that "what Article 25(1) grants is not the right to convert another person to one's own religion by exposition of its tenets". That means Church can profess and propagate its religion but cannot baptize anyone who gets convinced by such propagation unless the intending convert, and the converting priest, follow the cumbersome procedure prescribed in the rules which is intended to ward off forceful conversion. This ruling as the Church puts it: "is a restriction on freedom of conscience".

Whatever the legal verdict, anti-conversion laws are promulgated on the premise that forced or induced conversions happen and need to be prevented. It is a common knowledge that the force and inducement for conversion cannot work in this modern times. The facts and fig-

ures of growth of Christian population which remains below 3 per cent in India since independence prove the contrary. In reality, such laws are controversial because they run the risk of being abused by communal forces which may have the tacit approval of the dominant political party in the state or country.

In recent developments, in 2013, the Bharatiya Janata Party general secretary Venkaiah Naidu had declared that his party would bring anti-conversion laws nationwide if his party was elected to power in 2014. However, as of now, the party does not yet have a majority in the Upper House of the Parliament. The president of party Amit Shah has challenged the opposition parties to support it in enacting such a law. The US State Department

(Contd.. on p. 10)

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(Contd.. from p. 9)

has said that the wave of anti-conversion laws passed by some of the Indian states is seen as gradual increase in ideological Hindu nationalism (Hindutva).

Vigilantism by Hindutva Groups is another major challenge to the church in India. It poses a greater problem than the one posed by law. These challenges come in many forms: vandalizing the church buildings or property mostly desecrating the holy sacrament or other holy objects; attacking the clergy or the faithful, sometimes culminating in murder of the victim, for misconceived reasons involving, preaching or conversion. Murders may be rare, but vandalization happen very frequently. A few examples will explain the situation: Unprovoked attacks in Mangalore on places of worship (2008) culminating in foisting false litigation on hundreds of Christian youth; mayhem in Kandhamal in Orissa (2008-10) leading to many rapes and displacement of thousands of Christians; vandalization of churches in Delhi (2014-15) causing flutter in the capital of the county. The legal remedy one can seek for these illegal acts is limited. Most of the time the law enforcing bodies don't reckon such acts as attacks or mayhem on faith for the sake of protecting administration's secular credentials. That is why, even if a complaint is lodged, the case will be booked as an ordinary criminal act, namely theft or internal fighting, relating to 'general law and order'. Such diluting of intent of the act spoils the entire case and the culprits will escape the intended punishment available under various sections of Indian Penal Code like Sec.295 (intent to insult the religion), Sec. 295-A (outrage religious feelings, insulting religion or religious beliefs), Sec. 298 (uttering words etc. with deliberate intent to wound the religious feelings), etc. Compatriots from Hindu, Jain communities fully benefit through these provisions. But due to non-co-operative attitude of law enforcing authorities, for political reasons, Christians hardly get such benefit. Non-availability of independent witnesses because of being in minority also restricts the success.

Taking law into hand by vigilant organizations, bullying by some communal groups, unsympathetic attitude of some

civil servants make the case of minority Christians weak. Recent crackdown on some charitable institutions and organizations, by central government, has also curtailed the freedom of Christians on charity. Equating religious conversions to terrorism and imputing motives of conversion to Christian social service activities in the field of health, hunger and education is really vilifying and painful. Some of the organizations like RSS are calling Christianity a foreign religion. They even want, of course in vain, to treat Christian community as alien. We all know that is easier said than done.

## Response

As an institution Church has been giving an exemplary service to the nation in the spheres of education, health and hunger. In spite of being a minority of 2.3%, of the total population, church is said to be providing more than 30% of the educational and health services in the country. Despite the fact that its services are viewed skeptically, imputing motives of conversion, the Church still commands respect from the majority of the non-Christian citizens. In the true spirit of the Church, these services are continuing nonchalantly. Hence the Church still holds a strong moral position to challenge the attacks of core hindutva elements. In fact these hard core communal elements are in minority compared to the vast majority of well meaning Hindus. Only problem is that these elements which were in the fringe in the past have come to the foreground and are commanding the mainstream due to the tacit support by the present central establishment. The majority is silent most of the time.

The Church as a community responds better to the challenges posed by the communal forces in India. Christians are acknowledged to be peaceful, law abiding and disciplined citizens of the country. They have been contributing in various fields – political, educational, financial, civil and defense services in government. But in recent years there is an increased tendency to take up overseas jobs for better prospects and even there are a few scattered, but steadily increasing cases of migrations weakening the community. However, the Church hierarchy encourages the laity to participate

in politics, local and municipal administration and civil services in order to participate in the governance of the country so that the communal elements do not isolate the community. Inter Religious Dialogues are encouraged along with celebration of religious feasts/festivals together. Encouraged to form Peace Committees in co-operation with local police and law enforcing authorities to ward off possible attacks and tension.

There is an argument that the legal and even the political climate with respect to religious freedom is much better in India than in the neighboring countries like Pakistan, China and a host of many other countries in the world today. But they are all either theocratic or totalitarian states. That cannot be a norm for India. India has its own standard in the eyes of the world. This has given a good status to this country. In the view of the Church, the freedom of conscience is much restricted in India compared, to its expectations from the liberal provisions envisaged by the egalitarian constitution of a secular country.

## Remedy

It is beneficial to remember that every malady has a remedy. From experience it is observed that even small remedies cure massive life threatening problems.

The Church leaders could hold periodic dialogue with national leaders and constitutional authorities on various problems faced by minority community. Whatever the response from the government, even if it is negative, the dialogue process is a democratic tool. It will help the Christian community in long run.

Steps can be contemplated, if found necessary, to arrange to seek revision of Supreme Court verdict which in the opinion of the Church has "restricted the freedom of conscience". No need to question the main purport of the judgement. But some of the definitions like 'force' 'inducement' 'fraud' used in these Acts have unnaturally wider scope. They have become oppressive tools in the hands of communal groups to harass the members of the minority community. They need finer tuning to fall in line with ordinary criminal law of the land. An effort in this direction is worthwhile to protect, even marginally, this much cherished

(Contd.. on p. 18)

# The Golden Blocks



by Edwin JF DSouza

**T**his is the only guy in the world who has touched my heart, literally. And I am single-mindedly jealous of him and this envy builds up in leaps and bounds as I ruminate on what I have undergone, five years ago, same time to be precise.

Yes, he is a cardio-surgeon whom I met for the first time. My heart took me to him. This same romantic, fertile, creative, golden heart of my 63 (now 68) years of life running, never gave me a chance to touch it. My incidences have touched my heart but it has not let me touch it. It just gave me privilege to bow to some incomparable people in my life and compliment them by saying – you are a great man/woman. You have a golden heart. This Cardio-surgeon is one such.

After three years of the CABG procedure, I met him at Bangalore Central Mall, shopping with his petite wife. He is from Theerthahalli and does not speak Tulu but his wife is from Puttur. So you can speak Tulu I suppose I said, trying to come closer and closer, at least with the knowledge of a mutually spoken language. She smiled sweetly and nodded. I went into getting to converse with her, more so with reverence to the cardio-surgeon standing by but he doused my enthusiasm with his remark – *“This is the guy I told you about.... who did not trust me!”*

There is a tale behind this. I was made to lie supine after the angiogram and a team of Doctors announced that a by-pass is a must. I am not recording the sentiments of Jane and my Daughter Ruth but I was more inclined to put my stubbornness to use and harshly asked. *‘How the hell do I know that you are not going to take me to a ride? Three lakhs is a lot of money for a retired guy and that too a Konkani writer.’*

*“Trust is a quality that we believe in!”* Came the answer. *“We do not curtail your freedom to walk out of this Hospital but at your own risk. Yes, many a docs have formed medical pools and*

*we hear a lot about their misdeeds. And as such we do not hold you at prejudice for asking this question. It is not impertinent. Life is yours, heart is yours and money is your. We just are instruments. We do not judge ourselves with the deeds of others. Now the choice is yours. This is the Doctor who will do the surgery.”*

I looked at the guy from Theerthahalli. Young, bespectacled, handsome, confident.....

Coming back to Bangalore Central Mall...

*“How could, I”* I respectfully kept the humor flowing. *“How could I trust you when you leave your patients there in the Hospital and shop around with your charming Wife?”*

He took it well. He jotted down his personal number on his calling card and said. *“Do drop in for a chat. Perhaps we could have a drink. I will not charge you for it!”*

But this chap, I dare to call him so frivolously, never made a mention of the golden qualities of my heart; *I kept it ticking, he said. I never shut it down when I set right the three major, critically blocked arteries.* CABG, that is what the procedure is called. Perhaps a couple of decades ago undergoing coronary pass surgery spoke of the financial status of the patient. See the irony of the situation. Even before the advent of this procedure of overhauling the heart, there have been affluent patients, but alas – the by-pass took its own time to arrive on the affluent scene. Now one can say –I have undergone coronary by-pass... hey, what was that Peter Sellar movie – *“Where Does It Hurt?”* . Oh yeah.

My family and I accepted the ‘package deal.’

I am not saying anything further on this. I have survived the ordeal and the experience of pain coupled with anxiety, prayers, assurances, the tender care and the ‘how are you feeling, sir,’ a question from those little angels/arch-angels in the ICU, surgical ward who flit around you is beyond any package deal. I have survived a hospital.

These the ‘little’ people doing a job. These little people do not have a designation to pin on their shirts but they do have a name. But as their duty shift changes, their names get changed automatically, to the patient. Be it Sister Prema, Sister Laveena, Sister Geetha; Laxman Anna, Kuriakose Cheta, Rajan Thambi.

Nevertheless, they do not forget the name of the patient who was on their previous shift. You bribe a corrupt person prior to any job being done but here is a man/woman attending to you without making any package deal. Of course, finally, when you are wheeled out, these little angelic people put their hands to your shoulder and say, *“Sir, I wish and pray you never have a health crisis... nothing should ever again draw you to the wards of a hospital, I know this has been a tough time for you and your family, and I pray the worst is behind you. I admire your courage and pray your surgery was successful! Warm blessings for a complete recovery!”*

**No blocks can obstruct Faith, no surgery can suppress Hope!**

# Mother Teresa - A symbol of Selfless Love & Service !



by Melville X. D'Souza



**T**he announcement of the canonization of Mother Teresa on the 4th of September 2016, was indeed great news for India, for the Catholic Church and for the world at large. **Mother Teresa has long been known as the "saint of the gutters" and now she would formally be canonized as a saint of the catholic church.**

Just as Mother Mary knows how to take care of her children so also we have seen how Mother Teresa took care of the poor children on the

streets of Calcutta, the sick, the forsaken, the downtrodden members of society.

Newspaper reports also say that an Indian delegation of Bishops met Prime Minister Narendra Modi and asked him to personally lead a group from India to the September canonization ceremony of Mother Teresa at the Vatican. **So now our Prime Minister has found yet another foreign destination on the world map – this time the Headquarters of the Catholic Church, Rome !**

**Mother Teresa had the courage to leave a life of comfort in her hometown and come to India to care for the less fortunate citizens of our country, irrespective of caste, creed,**

**colour, or religion.**

Mother Teresa's work has been lauded the world over. **She has shown the world what 'Selfless Love and Service' means.** Can we hope that our Prime Minister Narendra Modi finds some inspiration in Mother Teresa's canonization and finds the courage to speak up sincerely (not just hollow words) for the Christian minorities in the country - against the continuing, mindless attacks on Christian churches & institutions, by fascist forces ? **And let the Prime Minister and all the peoples of the world understand what 'Selfless Love and Service' is all about !**

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# Create a close knit family

**The family can be a source of true joy and love. Family relationships offer us unconditional support and are important for every member of the family unit**

**P**ositive, healthy relationships are built on foundations of trust, respect, love and understanding. These relationships can also be expanded and family bonds can be strengthened to keep relationships healthy.

Here are some areas where families can come together:

## Family interests and activities

One way to build a strong emotional connection is to engage in enjoyable and pleasant activities together. Figure out what each member of your

family likes to do and spend time together involved with these activities. These may be recreational activities, games, or general hobbies. Try to find sources of fun and amusement that everyone can enjoy.

## Religious, spiritual, or cultural beliefs

Cultivating a spiritual relationship and sharing in this as a family can be very inspiring and healing during tough times. Having a belief system that is shared amongst family members can be very unifying. If you don't have clear and virtuous beliefs — work to develop them, and learn how best to communicate family beliefs as well as how to live these out in daily life.

## Family values and traditions

What values and traditions are most important to your family? These are things that can bring people together and give moral direction. What values do you teach in your family? Maybe you focus on the importance of honesty, integrity, forgiveness, generosity, or caring. Whatever it is figure out what is most important to your family, and embrace family traditions that offer a sense of identity and belonging.

## Employment and education

School is a major part of a child's

life just as work is a major part of an adult's life. As a parent, engage children in your career. Discuss what you do at work and teach them about it. This can help kids feel involved in your adult world, and it can be an effective way to teach work ethic and get kids to feel pride in working around the house. On a similar note, show interest in your child's education and explore their favorite subjects and special skills. Show them you care about what they are learning, not just about their grades.

## Physical health and staying active

Do things that are active and exciting as a family. Exercise and staying healthy is also important for psychological well-being and is an important protective factor for overall health. So begin to mobilize your family strengths and enhance areas of positivity.

**Families that come together and share positive experiences build strong family relationships. They cultivate a strong family bond by experiencing positive emotions and uniting through common family goals.**

**Family is like a safe harbour where we find refuge. From trusting that someone will pick us up, when we fall, as a preschooler, to someone being there for us as we experience the storms in life-family bonds help to instill trust and hope in the world around us.**

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# Never ever forget your roots

Maybe you can plan your life, change your future and destiny but you cannot alter your roots. It's where you belong! Whether you like it or not, it's part of you that defines you in some unique ways. No matter where you grow-up, where you become or where you eventually settle down, your roots will continue to play a very important role in your life. So, never forget your roots because it is an important and permanent part of you

**S**ome of you might have come across the story of the world's richest man who astonished a waiter with his reply. It is said that when Bill Gates tipped the waiter who served him in a restaurant with Rs 100, the waiter had a strange feeling in his face. After Gates realised and asked what happened, the waiter said, "I'm just amazed because on the same table your son gave a tip of Rs 1000 and you his father, the richest man in the world gave only Rs 100?" Gate's reply to this was, "He is the son of the world's richest man, but I am the son of a wood cutter.

Well, you may find this story inspirational but, it's also true that very few people remain grounded or rooted after they become somebody. 'Fame and success' can drive us around for a while but these two things do not accompany us till the end. hence, it's important to remain rooted. Here's how and why:

**Don't be ashamed of your family and cultural roots:** Our world is so diverse that no nationality is better than another. Not having grown-up with good education should not be something to be embarrassed about. You are at a better place now than you were yesterday - this is what counts. Do not let other people define who you are because of where you came from. No one has had a perfect family nor had the best cultural expe-

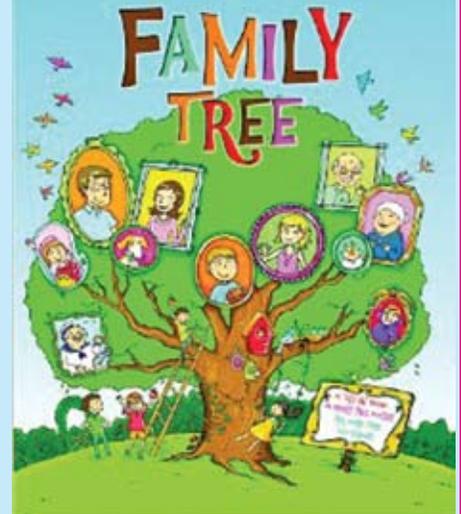
riences.

**Respect it:** Regardless of whether the experiences are positive or negative, your roots have got you where you are today. Honour your home as it has taught you the goals, mottos and aspirations that have gotten you this far and will bring you even more success. Because at the end of the day, if you don't understand where you came from, how can you ever understand where you are going?

**It is where you are based:** Never forget your roots because it is the foundation of your existence and the first place of your origin. Yes, changes will take place in life but nothing can ever change where you come from and we must teach our children the place of our existence. We must teach them the value of belonging somewhere and more importantly, it must be guarded and cherished. Remember, there are only two lasting gift we can give our children - one is roots and the other, wings.

**Have an accountability group in place:** It is very important to have people in your life that you can reach out for advice and keep a reality check on how things are in your life. Your group may consist of two or more people who you highly trust. This is extremely essential for you to thrive. Never forgetting where you came from will keep you grounded and in touch with reality. Embrace your life and those who have helped you be where you are now.

**Return to your roots:** The wanderer life seems to be an inevitable part of life. Of course, lots of people stay in the same city for the entirety of their life and there's nothing wrong with leaving your hometown for college and moving somewhere else, as long as you never forget where you come from. As long as a certain physical location is remembered with metaphorical significance and as long as



you never feel ashamed of your background, it seems completely appropriate that you may venture all over the world. The opposite - never leaving a city - has the tendency to confine you to a physical location and mental perspective.

If we neglect the roots from which we come, we are missing out on embracing the complexity of who we are. We will keep chasing, but forget how to exist.

Sticking to your roots, while also opening yourself-up to new experiences, will allow you to evolve into the person you are meant to be and have always wanted to be.

Regardless, our roots serve as the foundation for our very being. And knowing and accepting that foundation allows us to develop an identity that is honest and true.

- Knowing who you are, who your ancestors are and where you came from can give you a sense of identity in this vast world.
- Start a family tradition by beginning to share your own stories, along with your children, siblings and other relatives. As you start passing along your stories, you'll feel better about where you came from and you'll help those younger than you to do the same in the future.

# The Epistle Of Chaos On Smoking



BY MELVYN BROWN

**D**oes it look disturbing: the zooming price for a packet of cigarettes, the ugly pictures of mutilated human organs printed on packets while most brands cut-down the size of a stick, all adding up together to save your life for higher stakes?

For many generations in the past men, women and youth have indulged in the tobacco habit with insistence that puffing on the weed proved a leverage for taking on more workload, having more calm from stress and strain. Men with cigarettes hanging from their lips promoted the typical male macho image while women radiated sex-appeal.

Can you believe this, the first NO SMOKING day was on Ash Wednesday 1984. Thereafter, the second Wednesday in March has been nominated as No Smoking day. It was recently smeared across a daily that 14,000 people die every day from smoking. The media predicts that tobacco will kill 1 billion people. A few weeks back WHO appealed for plain cigarette packets with no disturbing pictures on the wrap. The new word on the street is that there is access to a range of “reduced-risk” products.

The rivalry between the two sides to smoke or not to smoke dates back to only a few decades when the American surgeon-general made a landmark decision – that cigarette smoking was a hazard to the health.

Philip Morris, a giant in the industry of cigarette manufacture in the United States, did all in his power to manoeuvre the decisions of courts across the nation. Verbal pyrotechnics, however, were not enough.

The Supreme Court got into the act and a mandate was given to stem the race for newer generations to stop the nicotine habit. With good reason. The

daunting task to re-invent the lifestyle behaviour pattern opened the floodgates of outward approval and inward doubt.

People were impressed by the findings of nicotine scientists who suddenly sprang up all over the global village. Many, however, had no willingness to challenge the system. They did, in closed circles, make emotional pleas and reasonings. They failed to succumb to the magic not to smoke. If ten did, twenty others didn't. The desperate search for a solution to quit smoking still remains.

The establishment as we know of it is flaw-ridden. No one is neglectful of all duties, but run deadlines to be met with commitments and promises. The remarkable thing is that only a few work on the angle of human feelings and their interaction with the mind and the spirit.

In an idyllic upbringing, generations of men and women used tobacco, many to a ripe old age. Some people believe that there is nothing wrong with smoking cigarettes. Lives have never been noticeably in jeopardy over the centuries. To this day in far away places, people still smoke pipes, cigars, cigarettes, bidis and the hooka. They also chew on tobacco.

Women who smoke make a positive statement in social circles till very recently. Smoking seems to ease their tension in daily labour at home and in the fields.

Men on the other hand, find women who smoke to be attractive and X-Spam-Subject: YES intimidating. A woman with a cigarette between her lips has been the sex symbol of all time, be it Greta Garbo, Loren Bacall or Madonna.

Large breasts may come and go,

pouts and high skirts may tease the fashion world – but can never downbeat a good woman who dares to smoke. In a recent WHO survey it was stated that men smoke to cope. Women smoke to calm their nerves.

The question is whether smoking will remain your choice. In our modern world almost everything is turning out to be bad for the health. Wine and alcohol, including beer, should be taken in small measures. Ask your doctor for advice before he sends you to his special clinic for a blood, stool, urine and a cat-scan test.

Beware of soaps, toothpaste, powders and creams. Remember to diet. Fat is no good. Stop running in the morning, it could affect your heart. Don't breath too fast. Don't smoke – oops, we have touched on that. Be brave. We are still a people who follow the sayings of the system, often. After all, whose life is it, anyway?

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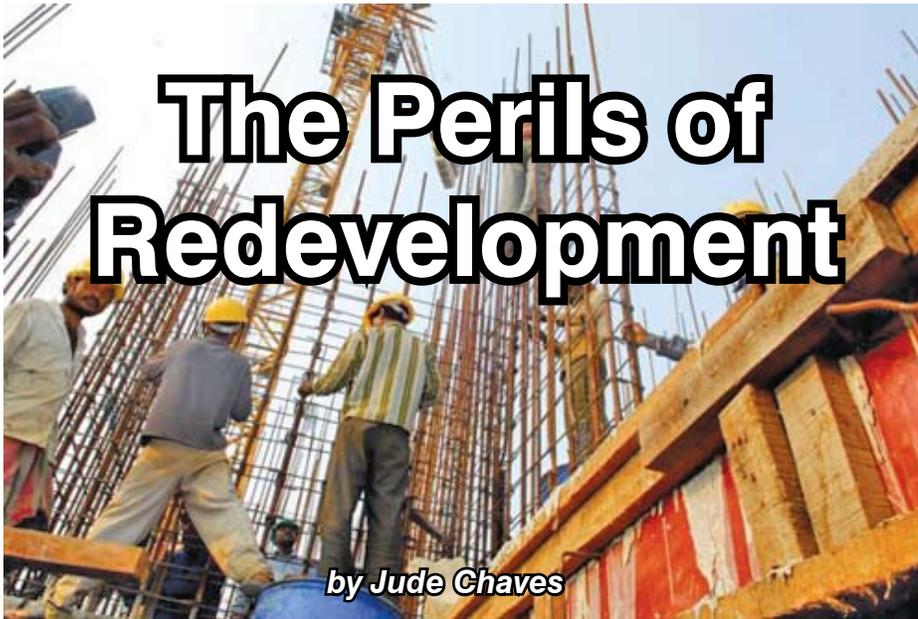
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# The Perils of Redevelopment

by Jude Chaves

In the early 60's the enactment of the Co-operative Society's Act gave a Filip to the building industry and the old tenant – landlord relationship in seeking accommodation soon came on the decline and later impossible to find.

Decade's later buildings constructed in that era, especially those with the 'bad construction tag' started falling apart and repairs were uneconomical.

In this scenario the concept of 'Redevelopment' was born, with much appreciation, both by the developer and the residents with a profitable package to all concerned. More of course to the builder.

With residents promised a new dwelling free of cost in a new building and that their housing problems could be buried for another 35 years or so, the whole idea seemed too good to refuse. And at times the matter went as expected.

But a hidden agenda can be present and only comes to light when it is too late for remedial measures.

Let us analyze the whole situation as presented to the residents and the actual scenario that sometimes unfortunately unfolds itself when the new building smartly overlooks the horizon.

What could possibly go wrong? Some of the most common surprises after demolition of the old building are:

1. The developer is riddled with problems such as no permission being granted on the plans submitted by him.
2. Local but mandatory permissions are unable to obtain for one reason or other.

Actually these should have been got prior to the agreement the developer had with the residents.

3. Construction is inadvertently delayed, sometimes as long as 5 years or more.
4. The rental money given by the developer (2 years) runs out and he refuses to supplement further, citing circumstances beyond his control.
5. Another lame excuse put forward by the builder for the delay is that a few members have problems with their agreements and thus the conveyance is delayed.
6. The developer is required to re-submit plans. (You can expect a less livable area than you bargained for)
7. Total uncertainty as to when the project will be started let alone be completed.
8. At times the developer may even withdraw from the project promising you a replacement.
9. When and if you finally move in, much to your dismay you find that nothing you anticipated is given to you and your only option is to approach the courts for redressal. An impossible situation for most residents.

Under the above given circumstances, are there no safeguards you can take? Yes there are and you can minimize the perils if not altogether eliminate them. Residents who have adhered to these 9 golden rules have found satisfaction in their ventures. They are:

1. Make the managing committee (or a

specialty formed committee) and the developer partners in the project. A law on this would be welcome.

2. All decisions taken thereafter must be a joint affair.
3. The track record of the developer, though necessary should not be a cornerstone. He could fail in your project for various reasons. Check for fly – by – night operators. Confirm that the proposed developer is not saddled with criminal or civil cases that could hamper your project.
4. The financial stability of the developer should be the prime factor in finalization of the deal with him. Most problems that occur later are a result of lack of funds.
5. Ensure that all permissions necessary for re-construction are obtained before signing the agreement.
6. Ensure that should the project cross the two year period, the developer provides a 'Bank Guarantee' to cover future rental charges that the residents will have to pay.
7. A further 'Bank Guarantee' must be taken to compensate residents should contents as specified in the agreement are not adhered to.
8. Expect the rental cheques to bounce as a possibility. To combat this, a 'Bank Guarantee' covering the value of the cheques issued must be demanded, or better still demand a single cheque covering two years rental charges.
9. Constant monitoring of the project must be done and immediate action must be initiated for any discrepancy.

The above rules may seem stiff and builders adhering to the same may be difficult to come by, but Eternal Vigilance is the price one must pay to ensure one's rights. As the old saying goes 'It is better to be safe than sorry'

A good option would be to opt out of the project in as such request the builder to pay you off at current market rates. You could find alternate accommodation without the two year uncertainty.

*Parishioners desiring assistance or clarification may contact the writer (Jude Chaves) on 022 - 28942659*



# Spices with healing powers

**C**onsumption of spices provide infinite health benefits. For instance, spices intensify salivary flow. They cleanse the oral cavity from food adhesion and bacteria, they help to check infection and caries and protect the mucous membrane. Spices act as stimulant to the digestive system and helps digestion in many ways. Stroke frequency and blood pressure can be diminished or augmented by means of spices. Some may even be a substitute for your costly beauty products and even medicines.

## **Fenugreek (methi):**

Fenugreek seed and leaves are good for increasing breast milk in lactating women. It is also helpful for treating diabetes and lowering cholesterol as it helps in reducing blood sugar levels. You can consume it either by incorporating it in your diet or chewing its seeds (after soaking them overnight). Fenugreek also helps in maintaining a good metabolism and prevents constipation. It purifies blood and helps in flushing out the harmful toxins.

## **Coriander (dhania) leaves/seeds:**

The leaves of coriander are stimulant and tonic. They strengthen the stomach, relieve flatulence and increase secretion and discharge of urine. Coriander seeds reduce fever and promote a feeling of coolness. Coriander juice is highly beneficial in deficiencies of vitamin A, B1, B2, C and iron. One or two teaspoons of coriander juice, added to fresh buttermilk, is highly

beneficial in treating digestive disorders such as indigestion, nausea, dysentery, hepatitis and ulcerative colitis. It is also helpful in typhoid fever. Regular drinking of coriander water helps lower blood cholesterol as it is a good diuretic and stimulates the kidney. It can be prepared by boiling dry seeds of coriander and straining the decoction after cooling.

## **Chillies (mirch):**

Chillies have been used by healers to cure a variety of ailments. They have been used externally to relieve pain and internally to cure anything from yellow fever to the common cold. The active ingredient in hot red peppers is a compound called capsaicin, which gives it that unique sting. Capsaicin triggers the release of endorphins in the brain, which has a pain relieving effect similar to that of morphine. Their high vitamin C content can also substantially increase the absorption of non-heme iron from other ingredients

in a meal, such as beans and grains.

## **Turmeric (haldi):**

In Ayurvedic practices, turmeric is thought to have many medicinal properties. Many use it as a readily available antiseptic for cuts, burns and bruises. It also makes coping with diabetes easier. Raw turmeric juice is used to treat hyper acidity and indigestion. The juice of raw turmeric also acts as a blood purifier. Curcumin -- an active component of turmeric, has antioxidant and anti-inflammatory properties, making it useful for treating arthritis, inflammatory conditions and possibly cancer. Turmeric is also an inexpensive and indigenous beauty aid. It is used in the formulation of some sun screens. Smearing with turmeric paste cleans skin and beautifies it. Its antiseptic and healing properties prevent and cure pimples.

## **Clove (laung):**

Cloves promote enzymatic flow and boost digestive functioning. They are used in various forms of gastric-irritability and dyspepsia. Licking the powder of fried cloves mixed with honey is effective in controlling vomiting. Chewing a clove with a crystal of common salt eases expectoration (the process of coughing up and spitting out) relieves the irritation in the throat and stops cough in the pharyngitis -- that is, inflammation of the pharynx. Clove is an effective remedy for asthma. A teaspoon of decoction prepared by boiling six cloves in 30 ml of water can be taken with honey thrice daily as an expectorant. The use of a clove in toothache decreases pain. It also helps to decrease infection due to its antiseptic properties.

## **Cinnamon (dalchini):**

Cinnamon is used for stimulating gastric and digestive juices and carminative. It is an antiseptic that helps kill bacteria which cause tooth decay and gum disease, and that is why most of the tooth pastes are cinnamon flavoured. It also kills many fungi and viruses that cause diseases. It helps calm the stomach, clears up urinary tract infections. In diabetic patients, it helps metabolise sugar in a better way using less insulin.

(To be contd...)

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# The Confession Box

**T**he Holy Father has time and again emphasised the importance of the sacrament of confession as he is seriously concerned about the declining foot-falls at the confessional box. Unfortunately no detailed study has been undertaken in recent times regarding the percentage of practising Catholics confessing their sins. The last such survey was conducted by the Center for Applied Research on the Apostolate, a survey in 2005, which showed that 42 percent of Catholic adults, when asked how often they went to confession, answered "Never". The percentage today would be much higher.

It would be useful to conduct a pilot survey in a few parishes to gauge the percentage of practising Catholics who make a confession at least once a year. The survey would throw up some reasons for the decline in confessions. The survey may also include sug-

gestions to improve attendance at the confessionals.

After Sunday mass, at St Lawrence church Scarborough Canada, I took a walk inside the church. I could not see a confessional anywhere. On asking a parishioner, he pointed to two curtains which I presumed were exit doors. On raising the curtains I found two separate dark cubicles with a screen between. The priest and the penitent are unaware of the identities of each other. This, I understand is the norm all over Canada, the US and Europe.

This system may not be suitable for our climate in Mumbai but I do believe that the option of confessing behind a simple dark screen must be available to those who desire it, in all parishes. Perhaps this may even result in an increase in the number of confessions. Moreover in small parishes the option of a screen confessional is an absolute must as the priest and parishioners are known to each other and very likely some parishioners may not feel comfortable approaching the priest for confession.

Interestingly, until the early 20th century, children were allowed to confess only in their teens. The reason being that for a good confession one must first have knowledge of what constitutes a sin. A seven year old obviously wouldn't know what constitutes a sin. That being the case one would first have to 'educate' the child about various types of sins, which would create confusion in tender minds. However, Pope Pius X, decreed in 1910 that children must make their first confession at the age of seven. Evidently he had taken to heart the Jesuit maxim: 'Give me a child at seven and it's mine for life'. Perhaps the time has come to do a rethink on the minimum age of making confession. Pre-teen kids, unaware of types of sins, suffer from a sense of shame and guilt and are apt to lie at the confessional.

—**Prof Robert Castellino**  
**Toronto Canada**

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It's not at all in 'war'but twice in 'peace'

It's once in 'hell' but twice in 'heaven'.

E "represented in 'Emotions'  
\*Hence\* all emotional relations like Father, Mother, Brother, Sister, Wife & friends have 'e' in them.

E" also represents 'Effort' & 'Energy'\*  
Hence to be 'Better' from good both "e" 's are added.

Without "e", we would have no love, life, wife, friends or hope

& 'see', 'hear', 'smell', or 'taste' as 'eye' 'ear', 'nose' & 'tongue' are incomplete without "e".

Hence GO with "E"  
but without E-GO.

(Contd.. from p. 10)

freedom which is enshrined not only in Indian Constitution, but also in Universal Declaration of Human Rights (Read Article 18 - UDHR). Simultaneously better remember that conversion is a change of heart and mind which is a realm of Holy Spirit. Change of name, external practices, and even enrolling in Church roll are only peripherals of Christian faith. But transforming life and witnessing Christ is the essence and essence is never missed for peripherals!!!

Church as a community can ponder over this: David conquered Goliath with only a feeble sling and five stones. Try to acquire those stones. In this context those "polished" stones are: i) unite to be strong, ii) continue dialogue with like-minded citizens of all communities. iii) have interest of the nation at heart, iv) increase awareness, and v) vote.

Do hurl the last stone on every available opportunity. It may appear feeble. But in democracies, it has a track record of changing the course of history.

— Valerian Menezes, Kota Udupi.

# Inspiration!

## Tools to Find Inspiration



**Inspiration is the part of our brain that pushes us through the doubts and fears when we consider just giving up on whatever it is we are chasing**

**M**any of us have ambitious ideas or goals, but fall a little bit short in the inspiration department. It is a common problem in modern society - sometimes we just let our lives get in the way of chasing those dreams.

By feeding inspiration regularly, we keep the dreams alive and get a little closer to them each day. Use the following inspirational tools to motivate you all the way.

### **Believe it**

If you don't truly believe you can accomplish your goals, you never stand a chance. Summon all of your conviction to stand firmly behind what you are pursuing. If you don't feel hundred percent committed to the process, you may need to re-evaluate your goals and consider adjusting them until you feel the true belief.

### **No fear**

Another emotion that blocks our brains from being productive is fear. When we are fearful of something we tend to close up and stop pursuing it. Have a talk with yourself (or a friend)

about what parts of your dream you are afraid of. By thinking it through logically, you can rationalise the fear and free up your brain space to focus on the goals you have set.

### **Be specific**

Our brains are scared off by confusion. If the dream you are chasing isn't clear vision, you will be far less likely to see it through. Take time to write out exactly what it is you want to accomplish and you will find yourself more inspired to see it through.

### **Take a leap**

At some point, you will have to be all-in with your dream and take a chance on it. At the point you decide the time is right to go for it, don't waste any time looking back. There are no guarantees in life - so stop looking for them. Work hard, keep your head down and trust in your plan. Find people who are

supportive of your dream and lean on them for support in difficult times.

### **Expect to fail**

When you expect failures along your path, they will not deter you. Rare is the successful person who didn't fall on their face several times along the way. It comes with the territory. If you dare to be something more than what you have been, you have to accept the possibility that rejection and failure will be part of the journey. They don't have to be bad things. Learn from them and most importantly, keep on going.

### **Step back**

Another good tip for staying inspired over a period of time is to step away now and then. Plan out a day or two where you don't work on (or even think about) your goals and dreams. Make the purpose of these days just to live in the moment and enjoy the people around you. Days like these will recharge your batteries and make sure the inspiration tank doesn't end up on empty.

### **Meditate**

A consistent pattern of meditation can also keep your inspiration levels up. It focuses your brain back to the basics, starting with breathing. From there, you build back in layers of thought until you are seeing a clearer picture of your life as a whole. Inspiration can be drawn from feeling calm and prepared for your mission and it is a great tool to get your mind in that place.

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**MUMBAI** : Tamilian RC bachelor, aged 33 years, Ht. 165 cms, Wt. 67 kgs, Wheatish Complexion, Edn.B.E. (Civil), working as a Structural Engineer (Associate). Contact email : winall2891@ gmail.com OR 7506861330 / 9820041633 **(Regd. No. 6222)**

**MUMBAI** : Mangalorean RC Bachelor, aged 38 years, Ht. 5' 6", Wt. 72 kgs, Wheatish Complexion, Edn. B.A., working as a Deputy General Manager. Contact email : albert.pinto2006@ gmail.com OR 9320341260 **(Regd. No. 6446)**

**DOHA QATAR** : Mangalorean RC Divorcee, aged 33 years, Ht. 5' 10", Wt. 75 kgs, Wheatish Complexion, Edn. MBA, PGDM, having decent job. Contact email : secondsairik2016@ gmail.com OR Phone: 0097466710060 **(Regd. No. 6526)**

**MUMBAI** : Mangalorean RC Divorcee, aged 35 years, Ht. 5' 10", Wt. 80 kgs, Fair Complexion, Edn. Masters in Computer, working as a Sr. Tech. Anyl in Bank. Contact email : melwyngdsouza@ gmail.com OR 9004748881. **(Regd. No. 6510)**

**MUMBAI** : RC bachelor, aged 27 years, Ht. 5' 5", Wt. 65 kgs, Fair Complexion, Edn. Graduate, working as a Front Office Clerk in DUBAI. Contact email : sam\_sin88@ hotmail.com OR 971559969531 OR 9821388194 **(Regd. No. 6489)**

**MUMBAI** : Mangalorean RC bachelor, aged 30 years, Ht. 5' 8", Wt. 72 kgs, Wheatish Complexion, Edn. B.M.M., L.L.M., M. Phil., Law, Postition : Professor + Legal Advisor., Contact email : kevintauro85@ gmail.com OR 9820529060 **(Regd. No. 6487)**

**GERMANY** : Goan RC Bachelor, aged 34 years, Ht. 5' 11", Wt. 75 kgs, Wheatish Complexion, Edn. M.Phil/Ph.D., Occupation : Research & Development/Scientist. Seeks fair, goodlooking, educated Goan RC Girl below 28 years. Contact email : mira.spf@gmx.de OR 49404916382 **(Regd. No. 6486)**

**MUMBAI** : Mangalorean RC Bachelor, aged 29 years, Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn. M.B.A., working as a HR Manager in DUBAI. Contact email : jassyfernandes1958@ gmail.com OR 9503282306 **(Regd. No. 6476)**

**MUMBAI** : Mangalorean RC Divorcee, aged 34 years, Ht. 5' 10", Wt. 99 kgs, Wheatish Complexion, Edn. B.Sc., Hospitality and Hotel Administration, working as a Duty Manager, Contact email : roshanihma@gmail.com OR 09769237575 **(Regd. No. 6472)**

**MUMBAI** : Mangalorean RC Bachelor, aged 29 years, Ht. 5' 8", Wt. 52 kgs, Wheatish Complexion, Edn. Hotel Management, working as a Team Leader. Contact email : rikhil.joseph@ gmail.com OR 9819665309 **(Regd. No. 6466)**

**MUMBAI** : Goan RC 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** : Mangalorean RC 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 O R 9819269721 **(Regd. No. 6449)**

**MUMBAI** : Maharashtraian RC Bachelor, aged 25 years, Ht. 6' 2", Wt. 94 kgs, Fair Complexion, Edn. B.E., MBA (Fin.), working as a Dy. Manager. Seeks a well qualified, cultured and homely girl. Contact email : bharati.muntode@gmail.com OR 9322105132 **(Regd. No. 6436)**

**MUMBAI** : Mangalorean RC Divorcee, 1st marriage annuled by the Church, aged 38 years, Ht. 5' 10", Wt. 68 kgs, Wheatish Complexion, Edn. Undergraduate, working as Asst. Manager-Stores in Cruise Lines. Contact email : jacque@ universalmedicare.com OR 7045120382. **(Regd. No. 6435)**

**MUMBAI** : Goan RC Bachelor, aged 42 years, Ht. 6' 4", Wt. 98 kgs, Wheatish Complexion, Edn. HSC., working as a Steward in Oil Tanker - Foreign Ship. Contact email : 285victor@gmail.com OR 7798325784 **(Regd. No. 6380)**

**MUMBAI** : Mangalorean RC Bachelor, aged 32 years, Ht. 5' 7", Wt. 65 kgs, Fair Complexion, Edn. B.Com., working as an Asst.

Retail Manager in Cruise Lines. Contact email : denzil.i.pinto@yahoo.co.in OR 9167613412 **(Regd. No. 6376)**

**MUMBAI** : Goan RC Bachelor aged 32 years. Ht. 5' 7", Wt. 57 kgs., Wheatish Complexion, Edn. HSC, working as Food Production. Contact email : vaz.dominic@yahoo.com **(Regd. No. 6229)**

**MUMBAI** : Mangalorean RC Bachelor aged 29 years, Ht. 5' 10", Wt. 80 kgs, Fair Complexion, Edn. B.E.. working as a Asst. Manager in German Company. Seeks a tall, well educated homely Mangalorean girl. Contact email : colind.3010@gmail.com OR 99200 63946 / 98203 73826 **(Regd. No. 6508)**

**MUMBAI** : Mangalorean RC Bachelor (Deaf and dumb) aged 26 years, Ht. 5' 9", Wt. 62 kgs, Fair Complexion, Edn. HSC., Dip. in Computer Hardware. Working as a Cashier. Contact email : clifford9948@gmail.com OR 9920331773 / 022-28731976. **(Regd. No. 6507)**

**MUMBAI** : Mangalorean RC Bachelor, aged 30 years, Ht. 5' 9", Wt. 75 kgs, Fair Complexion, Edn. MBA., Working as a Branch Manager. Contact email : yopepjo2005@gmail.com OR 9820793042 **(Regd. No. 6503)**

**MUMBAI** : Goan RC bachelor, aged 29 years, Ht. 5' 7", Wt. 68 kgs, Wheatish Complexion, Edn. B.Com., working as a Manager. Contact email : kelwinbritto007@gmail.com OR 9619011728 **(Regd. No. 6491)**

**MUMBAI** : Goan RC Widower, aged 55 years, Ht. 5' 7", Wt. 77 kgs, Fair Complexion, Edn. High School, Government employee in Bahrain. Contact email : alwyn60rodrigues@ gmail.com OR 9733830968 **(Regd. No. 6490)**

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**BANGALORE** : Mangalorean RC Spinster, aged 29 years, Ht. 5' 7", Wt. 70 kgs, Wheatish Complexion, Edn. B.Sc., Nursing, working as a Nurse. Contact email : dsouza.antonette@gmail.com (Regd. No. 6484)

**K.S.A.** : Roman Catholic Spinster, aged 32 years, Ht. 160 cms, Wt. Normal, Wheatish Complexion, Edn. B.Sc. in Chem/ PGD-MLT, Pathology Lab Technician (Instructor) in KSA since 10 years, well settled, seeks a suitable match. Contact email : mathew\_680@yahoo.com OR 8652531726 (Regd. No. 6482)

**MUMBAI** : Mangalorean RC Spinster, aged 34 years, Ht. 5' 3", Wheatish Complexion, Edn. B.Com., working as a Supervisor in Airport. Seeks a well settled bachelor. Contact email : linnnet\_r@rediffmail.com OR 9892327916. (Regd. No. 6481)

**MUMBAI** : Mangalorean RC Spinster, aged 39 years, Ht. 5' 5", Wt. 55 kgs, Wheatish Complexion, Edn. MBA, PGDM, working as a IT Engineer, Seeks a suitable match. Contact email : 2016onlyforyou@ gmail.com OR 9819194352 (Regd. No. 6479)

**MUMBAI** : Mangalorean RC Parents from Mumbai seek alliance for their daughter aged 28 year's height 5' 4", Fair, highly educated, working as a Physiotherapist in States. Seeks a suitable match from states. Contact email : mariapereira1909@ gmail.com OR 9833819039. (Regd. No. 6478)

**MUMBAI** : Mangalorean RC Parents from Mumbai seek alliance for their daughter aged 28 year's height 5', Charatered Accountant working in MNC in Mumbai for a reputed company, seeks for a qualified RC bachelor, aged upto 31 year's, with good family background and values. Preferably living in Mumbai or abroad. Contact email stanley\_ds118@yahoo.com (Regd. No. 6475)

**MUMBAI** : Mangalorean RC Divorcee, aged 58 years, looks much younger to her age, Ht. 5' 3", Wt. 58 kgs, Fair and Beautiful, Edn. Undergraduate, Seeks a match below 65 years. Contact email : loicy30@hotmail.

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**MUMBAI** : Mangalorean/Goan RC parents of spinster daughter 31 yrs, 5' 7", graduate, well built, very fair, good looking with a pleasing & cheerful personality having good family background & moral values. Working abroad for an international airlines administration. (OCI in progress). Invites alliance from well qualified well settled suitable bachelors with good family values and from decent cultured catholic family in India or abroad kindly reply with full details & recent photos to lmna31@hotmail.com (Regd. No. 6438)

**MUMBAI** : Mangalorean RC Spinster, aged 29 years, Ht. 5' 3", Wt. 65 kgs, Fair Complexion, Edn. B.Sc., IT, MBA., working as an Analyst. Contact email : cecy.martis@gmail.com OR 9920966061 (Regd. No. 6432)

**MUMBAI** : Goan RC Spinster, aged 46 years, Ht. 5' 4", Wt. 56 kgs, Wheatish Complexion, looks much younger to her age, Edn. HSC., working as admin. Executive. Contact email : marthapereira2000@gmail.com OR 9870367090 (Regd. No. 6422)

**MUMBAI** : East Indian RC Spinster, aged 29 years, Ht. 5' 8", Wt. 64 kgs, Fair Complexion, Edn. B.Com., working, Contact email : mariashgo24@ gmail.com OR 9819524367 / 9920102623 (Regd. No. 6246)

**MUMBAI** : Goan RC Spinster, aged 26 years, Ht. 5' 2", Wt. 45 kgs, Wheatish Complexion, Edn. B.Com., working as a Supervisor in Bank. Contact email : rodriguesmary898@gmail.com OR 91-9979687644 (Regd. No. 6226)

**MUMBAI** : RC Mangalorean Spinster, 27/5'2", Wt. 54 kgs, wheatish, B.Com., C.S., L.L.B., working as a teaching faculty for Law. invite alliance from well qualified and well settled bachelor with good family values upto 30 years Kindly reply with details and full length photograph to r.dsouza.co@gmail.com OR 9323925995 / 9699788876 (Regd. No. 6350)

**MUMBAI** : Mangalorean RC Spinster, aged 27 years, Ht. 5' 4", Wt. 65 kgs, Beautiful, Very Fair Complexion, Edn. B.Sc., IT., Masters in Media Art & Animation & Editin. Working as an Editor. Contact email : simonsjl@ vsnl.com OR 99870 82211 (Regd. No. 6535)

**BANGALORE** : Mangalorean RC Spinster, Only Child, aged 40 years, Ht. 5' 2", Wt. 58 kgs, Fair Complexion, Edn. M.A. Communication, working as an Assistant.

Contact email : asnajob@notmail.com OR 9880869797 (Regd. No. 6532)

**MUMBAI** : Mangalorean Born Again Spinster, aged 28 years, Ht. 5' 3", Wt. 53 kgs, Wheatish Complexion, Edn. MBA in Finance, PGDM., working for a co-op. Bank in Mumbai. Contact email : brinliafernandes@yahoo.com OR 9619445121 (Regd. No. 6492)

**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** : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 3", Wt. 60 kgs, Fair Complexion, Edn. M.A. in clinical counselling from USA, working as a clinical counsellor in well know Hospital. Contact email : i\_dsa@ yahoo.com (Regd. No. 6530)

**MUMBAI** : Mangalorean RC Spinster, aged 25 years, Ht. 5' 6", Wt. 75 kgs, Tan Complexion, Edn. MMS - HR, working as a Jr. Officer HR. Contact email : michelledsouza1990@gmail.com OR 9820476543 (Regd. No. 6511)

**MUMBAI** : Mangalorean RC Spinster, aged 35 years, Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. M.Com., PG in Finance, working as a Project Manager. Contact email : smartopt0909@ yahoo.co.uk OR 9004788803 (Regd. No. 6499)

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 3", Wheatish Complexion, Edn. M.Com, (Accounting) GNIIT, Working for a reputed IT MNC as a Finance Executive. Contact email : nishalobo88@gmail.com OR 9930913027 / 9869077568. (Regd. No. 6340)

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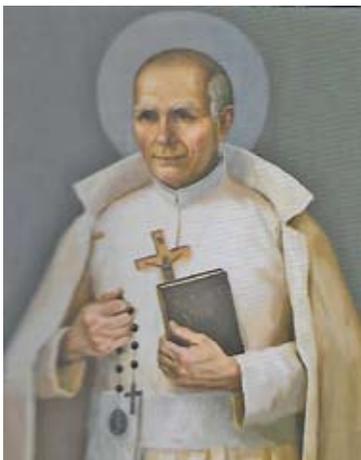
# Archbishop Bernard Moras at the Canonisation of Saint Mary Elizabeth Heselblad



**Blessed Maria Elizabeth Hesselblad**

**A**rchbishop Bernard Moras, Archbishop of Bangaluru attended the canonisation ceremony and con-celebrated with the Holy Father on 5th June 2016 as Pope Francis lead a canonisation mass of Blessed Maria Elizabeth Hesselblad and Stanislaus of Jesus and Mary Papczynski, at St. Peter's Square, Vatican city. For India it was a moment of joy as the Archbishop Bernard Moras was the only bishop from India who was present for the canonisation of Saints Mary Elizabeth Hesselblad and Stanislaus of Jesus and Mary.

St. Stanislaus was born on 18th May in 1631 and baptized on the same day as Jan Papczynski in Poland. On 12th March 1661 was ordained a priest for the Piarist congregation. In 1670 after obtaining the required dispensation he left the congregation and founded the Institute of the Marians of the Immacu-



**St. Stanislaus**



late Conception. Among his penitents was Apostolic Nuncio Antonio Pignatelli, the future Pope Innocent XII. He died on 17 September 1701 being faithful to his ascetical observances. He left behind many spiritual writings for religious and laity. Pope Benedict XVI enrolled him among the blessed in 2007.

St. Mary Elizabeth Hesselblad was born in Sweden on 4th June 1870. She was baptized Lutheran convert to Catholicism who re-founded the Order of St. Bridget (Patron of Sweden and original foundress of the order of religious women that took her name and followed – follows her charism) in the early 20th century. Her desire was the unity of Christ's Flock and rendered untiring service as a nurse. Her entire life was characterized by works of charity. During world war II she provided refuge to many persecuted Jews and took care of the sick and the suffering. On 24th April 1957 after a long life marked by suffering and sickness she died in the casa Santa Brigida in Rome, having a reputation for holiness among her Bridgettine sisters. she was beatified by Saint John Paul II on 9th April of the Jubilee year 2000.

Pope Francis during the homily pre-

pared for the occasion and delivered Sunday morning before a crowd of some 40 thousand faithful praised the two new saints as outstanding models of Christian faith and faithful perseverance in the face of trial. He continued saying "the experience of Stanislaus of Jesus and Mary, and Maria Elizabeth Hesselblad remained deeply united to the passion of Jesus and in them the power of His resurrection was revealed."

The Archbishop Bernard soon after the mass met the Superior General of the Order of St Bridget and wished her at St Peter's Square on the same occasion. Later during the common gathering with the Sweden delegates Archbishop Bernard honored the Mother Superior general with a shawl and garland, congratulated her conveying his delight during the joyous vocation.

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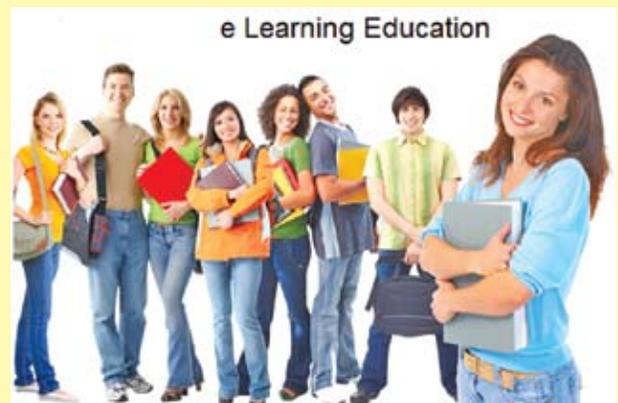
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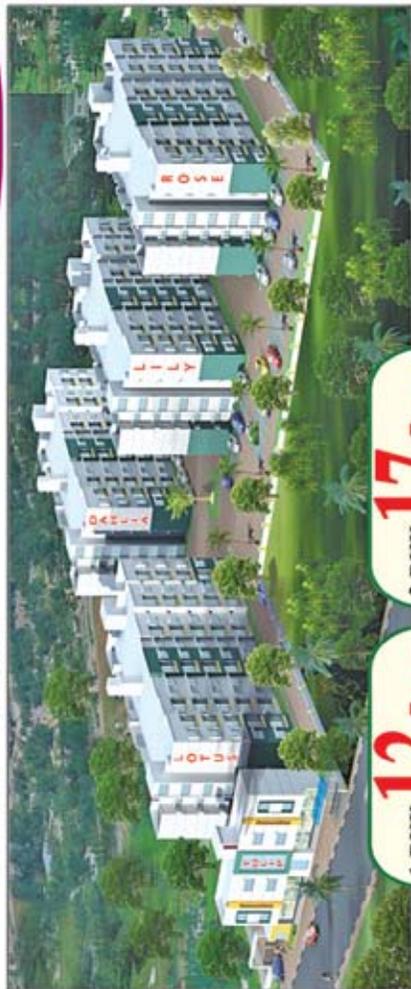
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