

THE SECULAR CITIZEN

1

(Total pages 24)

A NATIONAL FAMILY WEEKLY

Vol.25 No.32 ■ Mumbai, August 8, 2016 ■ Rs. 5

Hungering for Freedom

freed^o



St Lawrence Shrine at Karkala-Attur declared Minor Basilica



The Historic St. Lawrence Shrine at Karkala-Attur, declared as a Minor Basilica on 1st August 2016 at a ceremony attended a large number of devotees and Catholic religious dignitaries.

It is Karnataka States 2nd and India's 22nd Minor Basilica.

Mumbai archbishop, CCBI and FIBC president Cardinal Oswald Gracias led the Eucharistic Mass. Thiruvananthapuram Syro-Malankara Catholic Church Major Archbishop and Catholic Bishop Conference (CBCI) president Cardinal Baselios Climis announced the declaration

About 25 archbishops and bishops from various parts of India, including Bengaluru Archbishop Dr Bernard Moras, Mangaluru Bishop Dr Aloysius Paul D'Souza took part in the Mass. Fr George D'Souza, rector of the new Minor Basilica, was



among the many priests present.

St Lawrence Shrine at Attur, Karkala has been elevated to the status of a minor basilica by Pope Francis through the sacred congregation for the divine worship and discipline of sacraments, Vatican, Rome, it is gathered. Within three months, The Shrine is being proclaimed and dedicated a Minor Basilica.

The Homily was preached by Archbishop Bernard Moras of Bangalore. There are 1,742 Minor Basilicas in the

world. It means beautiful and royal house.

Rights activist to end 16-year fast against draconian law



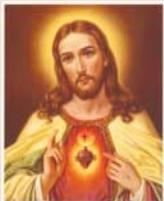
Rights activist Irom Sharmila has announced her decision to end her 16-year long fast to protest against a draconian anti-insurgency law in northeast India's Manipur state, a decision welcomed by the local Catholic bishop.

Irom Sharmila on July 27 said she will end her fast against the Armed Forces Special Powers Act (AFSPA) on Aug. 9 and would contest state polls due in early 2017. The law grants authority to the military to use lethal force in dealing with criminal suspects, to arrest without warrant and to detain indefinitely and without charge.

"I see a very positive sign in this," said Archbishop Dominic Lumon of Imphal, based in the Manipur state capital, noting that after long years of fasting to repeal a law that has been seen as the root cause of army excesses in the region, "Sharmila is giving another angle to this fight by way of joining politics."

Sharmila began her fast in November 2000 after witnessing the killing of 10 people by the army at a bus stop near her home in Manipur.

Thanksgiving



Thanks to Sacred Heart of Jesus & St. Jude for the favours granted



May the Sacred Heart of Jesus be adored, loved, glorified & praised throughout the world now and forever. Sacred Heart of Jesus, have mercy on us. Sacred Heart of Jesus, Thy kingdom come. St. Jude worker of miracles pray for us. St. Jude helper of the hopeless pray for us. Amen, Say this prayer nine times a day for nine days.

— Ms. Felcy R. Noronha, Andheri

Thanksgiving



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

—A Devotee

'Thought for the week'

Don't loose a true person in search of a perfect person, because perfection is a fantasy but truth is a reality.

Contents

- pg. 3 - And this is Christian Persecution in India
- pg. 5 - Voice of the People
- pg. 7 - Hungering for Freedom?
- pg. 8 - Why we need to change ...
- pg. 9 - News in Brief
- pg. 10 - Francis and the Saracens
- pg. 11 - Views on News
- pg. 13 - Teresa orfan searches ...
- pg. 14 - How lemon water ...
- pg 15 - 25th anniversary Biblical Tribute
- pg. 16 - Walking down Life's ...
- pg. 17 - Keep Mental Health ...
- pg. 18 - How Much Does ...
- pg 19 - Inspiration!
- pg 20 - Matrimonials

Subscriptions Rate:

One year (anywhere in India) Rs. 250

Three years (anywhere in India) Rs. 700

Five years (anywhere in India) Rs. 1000

One year (outside India) Rs. 2500

E-paper Edition

sent anywhere in the world (by email)

One year Rs. 600 or US \$ 15

Two years Rs. 1000 or US \$ 25

Cover : Hungering for Freedom?

(Article on p. 7)

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Over all size 21.5 cms x 27cms ● Print area 18 cms x 25.5 cms

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18 x 6cms Rs. 1500 ● 6 x 12cms Rs. 1000

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Matrimonial Classifieds:

● Rs. 500 per insertion (for 35 words) (includes box no.)

● Rs. 1500 for 12 insertions. (1 year The Secular Citizen FREE)

And this is Christian Persecution in India

by Don Aguiar

"The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore all progress depends on the unreasonable man."
— George Bernard Shaw

How very true..... likewise the present political party with their communal ideology that has formed the government in power is indeed trying to adopt the country according to their communal ideology **Therefore all progress of the country will depend on their communal ideology.....** In pushing for a Hindu India.....?

First they (the present government in power) steadily increased radical Hinduism, which was already present under the previous government, and started persecution and discrimination against the Christians

While intolerance has presently risen to a great extent, and Christians are constantly attacked, the central government has refused to speak out against the atrocities – thus further encouraging the radical Hindus to step up their actions. The level of impunity has gone up markedly during the pendency of the present government for those who push for a completely Hindu India. The Secularists, free thinking and minorities and likeminded people feel uncomfortable by the violence. But haven't these things been happening in India? And this is Christian Persecution in India.

Then they denied Christians from constructing places of worship - Christian churches and prayer halls - and prevented them from using common burial grounds.

Churches around India were bombed and church graves were desecrated and ransacked - churches were burnt or destroyed, and damaged. The secularists, free thinking and minorities and likeminded people feel uncomfortable when such violence is directed against such a good peace loving community. But haven't these things been happening in India? And this is Christian Persecution in India.

Then they started attacks on churches during Sunday prayers and beat up pastors, priest and religious and vandalized the church.

The pastors, priest and religious have legal freedom to preach and to proselytize. The Secularists, free thinking and minorities and likeminded people feel sympathy for their lot. They are barely represented population wise and are now being despised and hu-
(Contd.. on p. 4)

(Contd.. from p. 3)

miliated because of the religion they follow and profess. The Secularists, free thinking and minorities and likeminded people feel uncomfortable when people who are peace loving and have contributed immensely to building India are attacked for the religion they profess. But, haven't these things been happening in India? And this is Christian Persecution in India.

Then they denied Rations to Christian believers, chased them out of their homes and lands and started fake encounters making fake cases and arbitrary arrests against them.

It seemed the communal forces are adamant and hell-bent on not allowing the freedom to practice and profess the religion of one's choice as guaranteed by our Constitution and makes Christians out to be and treats them as anti-nationals.

Their passport and Aadhar Card and driving license and electricity bill and ration card are insufficient proof of their Indianness. It is a slogan that all of them must repeat, loudly and in public, to demonstrate that they are Indian - Their food, language, clothes, faces, bodies, all the inheritance of millennia that the world identifies as Indian is also incidental. It is sad that justice and the constitution which should be the hallmark of democracy which gives one the freedom to practice and profess one's own religion are not being followed and is being suppressed. But haven't such things been happening in India? And this is Christian Persecution in India.

Then they started violence against conversion to Christianity and started a campaign aimed at claiming back Hindus who became Christians - 'Ghar Vapasi'.

The nationalists in India together with the communal forces do not judge Christians for their achievements and contribution in building India but for their worship of their God. Christian worship and spreading their Word of God are likened to conversion. But then, which Indian government is free from this attitude. Such things are happening in India and this is Christian Persecution in India.

The communal forces attached to the ruling party (the government) are creating an atmosphere of fear among Christians by attacking them and their places they reside in. They accuse Christians of wanting to convert [people]. This becomes an expression of "spontaneous anger" of "varnavasis" against conversion activities. Some of the mobs threaten to murder and rape the Witnesses.

On the contrary - Hindu group claims to have reconverted 2,000 tribal Christians to Hinduism

Why do these communal forces not want to allow one to practice and profess the religion of their choice? We have such a good Constitution - But that is a set of rules / laws. A nation is also its people and their behavior. Look at the text above this. Why would a Christian want to be persecuted and discriminated in India? The secularists, free thinking and minorities and likeminded people are disturbed by the knowledge that their taxes are paying for the salaries of politicians who promote their ideology of a Hindu India and create communal violence and use this type of agenda which inconvenience, maim and murder men, women and children of the peace loving Christian community. But haven't such things happened in India? And this is Christian Persecution in India.

Then all the above has resulted into continuous Religious motivated violence against Christians

With a fundamental Hindu agenda by this present government who has not taken any action on the communal forces till date has sparked pockets of severe persecution and discrimination for Christians in India, leaving many children without parents or family and many families without their house and lands. The violence has begun to spread with Hin-

du radicals enjoying near complete impunity for their actions. There has been an increase in attacks because these nationalists feel emboldened with Prime Minister Narendra Modi in power and not bothering to take action against the 'communal forces' that create an atmosphere of fear among the Christians. Such things are happening in India. And this is Christian Persecution in India.

The nationalists together with the communal forces will continue to come at the Christians and they will also be after the other minorities which lays out the agenda of hate. The nationalists and communal forces had been associated with anti-national activities and the spreading of hate since pre-Independence times. They had cooperated with the colonizers, were active in anti-Muslim violence during Partition, and later in Gandhiji's assassination.

Of our present ruling government - The legislature and the executive have lost credibility, and the Judiciary is the last bastion of hope for the nation. A disaster is unfolding on the nation. We Christians need to wake up, even if just we are a minority, and we must fight any injustice so that justice is upheld.

The one niggling thought that troubles me now is: do they happen because our present government and their ideology are intolerant to other religions and their agenda is to make India an exclusive Hindu nation? M

DOCAT for WYD:2016

Cardinal Luis Antonio Tagle of Manila, July 26, 2016, presented in Krakow, the newly released "DOCAT", a 'youthful' manifestation of the "Church's Social Doctrine", which echoes 'YOUCAT', the youth-oriented Catechism for WYD in 2011 in Madrid. (extracts of homily):

"The Social Doctrine of the Church' is the Good News regarding our redemption and salvation; and enters our hearts, thanks to the Holy Spirit, and with the love of God reflects through our gestures. This Doctrine is closely connected to our present reality; because as 'social being', our actions have social consequences."

"Pope Francis has had a strong impact on the Social Doctrine of the Church. In *EvangeliiGaudium*, Joy of the Gospel, however, he warns of the 'economy of death', while contrasting it to the 'Gospel of life'! In Rio de Janeiro, 2013, he asked the youth to 'make noise', in the sense of moving the world and awakening it from indifference", revealed the Cardinal.

"The Social Doctrine of the Church, is a profound living Magisterium. It represents the Living Person Christ! From Him we must draw strength and the life to commit ourselves in society, and constitute it into a more humane, more fraternal society, full of love, justice and peace."

"In this respect DOCAT can be an optimum instrument, a guide to form the history and language of young people. Therefore, it is not a simple App or a small book, but it is a project relating to 'life in all its fullness', a campaign with Christ 'to set the world on fire' (cf. John 10:10; Luke 12:49)."

—Dr. Trevor Colaso, (Now at Memphis, Tennessee, USA).



Christian burial VS Cremation

This is with reference to the article “ Avoid coffins, go for shroud burials , say churches in Mumbai. (Times of India, July 31). The problem of disposing off the dead is becoming more acute due to the burgeoning population in Mumbai and the shortage of burial grounds for Christians. Even temporary graves are facing problems of early decomposition of the body due to the use of teak wood coffins. A few churches have therefore suggested the use of shrouds instead of coffins , which would be more economical as well as environmentally friendly. A still better option would be to go in for electric cremation, which is hygienic, less expensive and would save on space. An electric crematorium is not difficult to set up, does not occupy much space , is not expensive, more hygienic and cuts down funeral expenses to a minimum. Ashes could be taken home and even sent abroad. A few could be set up in some of the cemeteries of the Archdiocese itself. One in the suburbs, one in extended suburbs and one or two between Mahim and Colaba. This will solve all the problems. The faithful should also be encouraged to go in for cremation since there is no objection from the church, unless it is chosen for reasons contrary to the church’s teachings. Even though Jesus Christ rose from the tomb after being buried, and we also believe in the resurrection of the dead on judgement day, even St Paul wasn’t able to tell us in what form we will be resurrected.

—A. F. Nazareth,
Alto Porvorim

Happy Friendship Day!!

Friendship Day celebrations occur on different dates in different countries. The idea of honoring friendship has been appreciated by people in many countries of the world. With the advancement in the field of science and technology, connecting to friends on social media on the wonderful occasion of Friendship Day has become easier. It is the perfect occasion to

show your friends that you care for them and to recollect sweet memories of the time spent together.

Friendship is a faithful and loyal relationship between two or more persons living anywhere in the world. Everyone needs a good and loyal friend to share bad or good life events, enjoy happy moments and share unbearable events of life. A good and balanced human interaction is very necessary for the survival of everyone. Good friends share each other’s emotions or sentiments which bring feeling of well-being and mental satisfaction. A friend is a person whom one can know deeply, like and trust forever.

In India, Friendship Day is celebrated on August 7.

—Jubel D’Cruz,
Dombivili

New Syro-Malabar diocese established in England Kakkanad

A Syro-Malabar diocese has been established in Preston, England to serve the thousands of Kerala Catholics who migrated to the area from southern India.

The bishop of the new diocese will be Father Joseph Srampickal of Palai Diocese, said the headquarters of the Syro-Malabar Oriental Church in Kochi, July 28.

Pope Francis also appointed Father Stephen Chirappanath from Irinjalakuda Diocese as the Apostolic Visitor with Episcopal character, for the Syro-Malabar people in Europe.

The date of the Episcopal ordination of 49-year-old Father Srampickal will be decided later, said Antony Kollannur, Major Archiepiscopal Chancellor of the church that traces its faith to St. Thomas the Apostle.

Church sources say some 640,000 of its members live outside India in Africa, America, Europe and in Asian nations such as those in the Persian Gulf. The church already established a diocese in Chicago in 2001 for mi-

grants in the United States and another in Melbourne in 2014 for those in Australia.

Some 21,000 migrant Kerala Catholics live in England, Northern Ireland and Scotland, a vast major-



On the right hand of His Eminence George Cardinal Alencherry is Fr. Joseph (Benny Mathew) Srampickal and on the left Msgr. Stephen Chirappanath

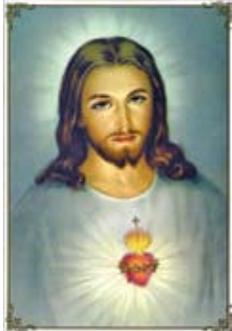
ity of them moved there to work as hospital nurses and later settled with families.

The new Apostolic Visitor will help extended pastoral care to an estimated 60,000 migrant Kerala Catholics in European nations.

Source: UCAN

Thanksgiving

Thanks to Divine Mercy, Sacred Heart of Jesus, Our Lady of Perpetual Succor, Infant Jesus, St. Jude, St. Anthony, St. Martha and Our Lady of Fatima for the favours granted.



From: **A DEVOTEE. THANE**

Killing Of French Priest

KANPUR (27th July): The Kanpur Catholic Association (KCA) expresses its shock and dismay at the dastardly killing of an 86 year old Catholic priest, Fr Jacques Hamel, in the town of Saint-Etienne-du-Rouvray in France yesterday; for which the Islamic State (IS) has allegedly claimed responsibility. There is no logic or justification to such cowardly and wanton killings of innocent people, including women and children, all over the world. Together with all those who believe in peace, justice and non-violence, the KCA out rightly condemns this horrific act.

Not so long ago 4 sisters of Mother Teresa's Missionaries of Charity were mercilessly slaughtered in a home for the destitute that they were running in Yemen, and a Catholic priest, Rev Tom, who was abducted at the time, remains untraced after several months. Earlier in Afghanistan Rev Alexis Prem Kumar, working among refugees, was also abducted. Fortunately he was released through the good offices of Smt Su-shma Swaraj, Minister for External Affairs.

The Catholic Church is in the forefront of serving humanity, without any distinction of caste or creed. Even in France, Catholic schools are the first choice of Muslim girls, as there is no ban on them wearing the hijab (veil). Here in Kanpur also our schools are the first choice of the Muslim community. Several Catholic schools have about 35% of Muslim students. Even some boys from the Muslim orphanage (Yateemkhana) are studying free of cost in one of our Catholic institutions, and the Shahar Qazi (Head Cleric) wanted his grandson to study in one of our schools.

The KCA also condemns acts of violence against religious or ethnic groups in other parts of the world like Iraq, Syria, Afghanistan, Somalia and Nigeria; and hopes and prays that better sense will prevail on the perpetrators of such acts.

The KCA also expresses its dismay at the inaction of the UN, that is expected to send its Peace Keeping Forces to conflict areas. The UN cannot be a mere tool in the hands of a few superpowers. The UN General Assembly should convene an emergency session and chalk out a plan of action to effectively counter terrorism masquerading as religion.



—**chhotebhai**
PRESIDENT

Kanpur Catholic Association

Hungering for Freedom ?

Hungering for Freedom ?
Sure we do

– someone, somewhere, someplace is hungering for Freedom. Everybody loves freedom and longs for freedom. A look around



in 1947, the British finally granted independence. **We had achieved political freedom from the British – an independent nation was born on 15th August 1947.**



by Melville X. D'Souza

us will tell us what people are looking for - a visit to the hospital will show us how patients are looking forward to going back home, freedom from the four walls of the hospital ward. Look at the housebound, bed-ridden – they are looking for freedom from the suffering they are going through. Look at the poor who have nothing to eat or wear – they are looking for freedom from poverty. Look at the students in school – they are looking for freedom from their class-rooms. Look at the working class – they are looking for freedom from their work so that they enjoy a few days of holiday with their families. Look at those who are held in bondage, whether at places of work or other places - they are looking to break free from the clutches of their employers/authorities. **In short, people are looking for freedom from so many restrictions, freedom from boundaries, freedom from anything that stops them from doing what they feel like doing. What sort of freedom are you looking for ?**

For around One hundred & ninety years the British had a firm grip over our country. History tells us that our leaders of that time struggled in obtaining freedom for the country. **Our countrymen were hungering for freedom from the British.** They wanted the freedom to have their own government in the country. They wanted the freedom to choose their own constitution. They wanted freedom of speech. **In short, they wanted the country to be a 'FREE' nation, without any interference from outside forces..** And so, they struggled – a long hard struggle, and their Hunger for freedom was finally satiated when

While we hunger for freedom, we need to understand the true value of Freedom that we enjoy today. Today, if we are enjoying freedom, we need to ask ourselves, did we struggle for that freedom ? How did we get that freedom ? How long will that freedom last ? Ronald Reagan, the former president of America puts it aptly, **“Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same.”**

So, here we are, everybody loves Freedom - **how we want to see ourselves as “Free Birds”! Free Birds, did I say ?** Then, how about taking a look at **the birds we lock up in the cages in our homes ?** – parrots, bulbuls, love birds, etc. Ah, how we like to see them flying across from one corner of the cage to another, up and down. Are they not struggling for freedom ? To get out of that cage, crying, so to say, **“I want to break free”! We want freedom to walk, move around whenever, wherever we like, but on the other hand, we clip the wings of those birds so that they cannot fly out far ! They are also hungering for freedom – freedom to fly high up in the sky ! Are we not restricting their freedom ?**

What about about the women in our country – they are crying for freedom to have equal rights with the men folk. They are crying for freedom to dress the way they want, go to pubs and other places of entertainment. Women in the backward states of our country are still forced to live under the “veil”. Some time back while I was

on my way to office by the local train, two fellow commuters were discussing about the various social evils that afflict our society. One of them went on to explain to the other about how for instance, when the husband dies, the wife is expected, rather, forced to jump onto the funeral pyre - 'Sati', as it is called in the Hindu custom. She has no identity after her husband is no more. He goes on to say that this may not be happening in urban society, but this practice is prevalent even today in some parts of our country. **That widow is looking for freedom to live even without her husband's presence – not for freedom from life itself !**

What about that unborn child in the womb, especially the female child – crying for freedom, to come out of the womb and see the outer world. But we see today in our country, that 'unborn' child is being killed through abortion, and not just stopping at that, even the new-born girl child is being killed or disposed off like garbage. **They are crying for freedom from such inhuman practices.**

So, here we are – we see someone, somewhere, some place, hungering - hungering for freedom, hungering for wealth, hungering for property, hungering, hungering, hungering ! **But, there is also someone, somewhere, some place hungering for Love, Kindness, Hope, Care !** Can we hear their cries ? Mother Teresa sums it up well : **“Hungry for love, He looks at you. Thirsty for kindness, He begs of you. Naked for loyalty, He hopes in you. Homeless for shelter in your heart, He asks of you. Will you be that one to Him?”**

Why We Need To Change How Elections Are Held For A Vibrant Democracy

by Eric D'Sa



each year one different election, ie politicians in each of the above Governments would face their voters once in three years separately.

What is also essential is that once a politician is elected under a party symbol, he or she should not be allowed to change the affiliation to the party. Doing so is a fraud on the people who have voted mainly for the party and less for the person. Even the independents, once elected must remain independent and not join any party. A Government should fall only when a 'No Confidence Vote' is lost. Even in such cases the Government should remain in place, until a new Government is formed with the required majority. An elected representative who votes against his own party at the 'No Confidence Vote' should loose his seat, and a fresh election should be held for the seat within 3 months. Other times he or she could vote against his party position. So laws will be made in a more non partisan way. Such a system will bring the required stability to the functioning of the Government and less horse trading.

No person should be allowed to be a Prime Minister or Chief Minister for more than 3 x 3 year terms. If a Prime Minister or a Chief Minister has to be changed during the term in office, it has to be done by inner party elections. This will give the Governments some stability once in place. At the same time they will not become autocratic or dictatorial as they have to face an election once in 3 years, go back to their masters, the people and get a fresh mandate to rule.

The above changes are not too difficult to bring about to make democracy more vibrant and governance more stable.

First of all most articles on this subject start on the wrong surmise, that in a democracy elections do not allow political parties to focus on Governance. This is a total wrong conclusion. Only elections and facing the electorate keeps political party's on their toes, focused on what their constituents want from them. Performances of a manager or executive is evaluated by their bosses end of each year. Politicians keep constantly stating that they are the servants of their people. Hence, they should not be too worried to face their masters, say at least once in 3 years.

Regarding the cost of holding the elections are concerned, most pundits seem to be not aware of the progress science has made in this field. Already we are able to transfer large amounts of money safely from one bank account to another from a simple smart phone, using new technology. Like the LED bulbs, if the GOI purchases these simple smart phones in bulk, they will be able to provide every adult Indian a smart phone. You will be surprised the effect this will have on literacy of this Nation. With the smart phones in their hands it does not take long for a illiterate to become a literate just sitting at home, a home -e - school.

Once you have you'r Voter with his individual mobile number, then he or she will have to provide the mobile number and the Aadhar number to the Voter registration department, to club

them with their Voter number. Once this is done, it is simple to set up the electronic voter machines to register the vote from their homes sent by the voter. No doubt this requires certain maturity, independence and integrity on part of the voter. In the beginning voting can be carried out in simple booths under CCTV surveillance and finger scan which will provide required safe guards and limited money or other incentives coming into play. After the vote is cast using the smart phone and the 3 unique numbers against you'r name, it could be erased on you'r phone. Thus technology over a period of time will reduce costs and voting time. As the largest Democracy in the world, we need to pursue this line. In time people may be trusted to vote from their homes.

The demand to hold all three elections, the Center, the State and the Local together is also flawed. Each one has separate importance to the voter. As a matter of fact most citizens should be more concerned about the local elections, as most of the conditions of how they live, depend on how well the local governments are administered. The federal system requires that sufficient money collected as taxes, flow from the Center to State to the Local governments. Our large cities are in urgent need of some autonomy and financial independence. Hence you could have





Bihar state bans sacramental wine

State authorities in Bihar state have cancelled the church's license to make sacramental wine saying it violates a law passed in April banning alcohol.

Despite the law prohibiting the production and use of alcohol, the government had allowed Catholic churches to continue to use wine for Mass.

"All kinds of alcohol are banned in the state and the use of sacramental wine by the church is against this law," State Excise Commissioner, Aditya Kumar Das told the press in Patna recently.

Cardinal Tagle presents 'gift' to World Youth Day pilgrims

Krakow: Cardinal Luis Antonio Tagle of Manila presented a "special gift" to World Youth Day pilgrims this week.

The Filipino prelate introduced DO-CAT, a mobile app that will enable young people to have an easy access to documents on the church's social teachings.

DOCAT, a popular adaptation of the social doctrine of the Catholic Church that draws on Scripture, features a foreword by Pope Francis.

The app allows readers to start groups and participate in discussions.

Cardinal Tagle said the DOCAT App is Pope Francis' gift to young people.

Christians congratulate Ramon Magsaysay Award winner

Christians in India have expressed happiness over an Indian Christian

winning the Ramon Magsaysay award for his work to eliminate manual scavenging.

Fully Eye Pledged Church

About 500 persons pledged to donate their eyes today from the St Mary's Church in Bommanahalli, Bangalore. They pledged their eyes with the Project Vision, an initiative of the Claretian Fathers, working for creating a national movement on eye donation. All of them signed up the pledge form and were given certificates of eye donation.

Fr Antony Payyappally, Parish Priest of St Mary's Church handed over the eye pledges from the people to Fr George Kannanthanam, Founder and Director of Project Vision.

Pope tells youth not to accept hatred between peoples, believe in a new humanity

More than a million young people attended the closing Mass of World Youth Day in Krakow. Next meeting in

2019 is set for Panama. WYD "begins today and continues tomorrow, in your homes, since that is where Jesus wants to meet you from now on. The Lord doesn't want to remain in this beautiful city, or in cherished memories alone. He wants to enter your homes, to dwell in your daily lives: in your studies, your first years of work, your friendships and affections, your hopes and dreams."

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Francis And The Saracens

AN OPEN LETTER

Respected Holy Father Pope Francis,

Three years ago, when I heard the news of your election, and your choice of St Francis of Assisi, I bowed my head before the Lord in joy and thanksgiving. Subsequent events have reinforced the belief that you are God's chosen one, for the renewal and reformation of the Church, just as the Lord chose St Francis of Assisi seven centuries ago. The similarities cannot be dismissed as mere coincidence.

At that time there was much corruption in an opulent and corpulent Catholic Church. In the Italy of his time there were only two classes – the Majori (landed aristocracy) and the Minori (landless peasantry). Francis belonged to a third emerging class, the son of a rich cloth merchant. At that time the Crusades to liberate the Holy Land from the Saracens (Muslim warriors) was at its zenith. The young Francis was also enamoured by the knights in shining armour, and wanted to join them. That was before the Lord touched his heart and gave him the mandate, "Go and repair my Church".

Today's circumstances are no different from what they then were. The mighty, monolithic Catholic Church prided itself on its magnificent churches, pious devotions and an uninterrupted supply of personnel – both priests and religious. World War II shattered erstwhile Christendom; and had not good Pope John XXIII convened the Second Vatican Council, the Catholic Church today would have been as dead as a dodo. Again, in society we see a new aspirational class emerging all over the world, in developed countries, emerging nations and the erstwhile eastern Bloc.

But the greatest cause of concern today is the contemporary Saracens; those who in the name of religion

seek to annihilate the "other" – the infidel (Kafir), idolater or unbeliever. This movement was earlier a reaction to imperial western powers, that through their military interventions, rode roughshod over Iraq and Afghanistan.

Unfortunately, violence breeds even more violence, and this radical movement soon turned to "religion", or pseudo religion, as their main source of sustenance. What is truly disturbing is that these radicals are now using the phrase "death to the crusaders". It is no longer a geo-political battle, nor Samuel Huntington's "Clash of Civilizations". It has now assumed serious religious overtones. This explains the selective slaughter of Christians, earlier in Nigeria and Somalia, and now even more so in Syria, Iraq and Yemen. The murder or abduction of Catholic priests and religious is not co-incidental. There is a method in the "madness". The cold-blooded killing of 86-year-old Fr Jacques Hamel, while celebrating the Holy Eucharist in a church in France, is but the latest pointer to what lies ahead.

Here again we can find inspiration in the life of St Francis of Assisi. After his conversion, not only did he surrender his former aspiration to become a crusading knight, he went to the other extreme; of engaging in dialogue with the Saracens. Perhaps it was for this reason that the late Pope John Paul II held a world conference of religious leaders at Assisi itself, some years ago.

As our spiritual father, it is not only the Catholic Church that looks up to you for leadership. At a time when there is much hypocrisy in both religious and political leadership, and even the UN has become but a toy in the hands of the superpowers, you stand out as a man of conviction, concern and compassion. The world therefore looks to you for decisive leadership, to bring about peace and reconciliation.



by chhotebhai *

PRAYER:

It is therefore my humble prayer to you to convene Assisi II. Please call leaders of all world religions for a week-long dialogue, prayer and reflection. It will send out a strong message to the entire world, especially to those that advocate and perpetrate violence; that the God of all is not pleased by bloodshed, hatred or enmity.

In the past you have washed the feet of prisoners and drug addicts; and welcomed Muslim refugees. These are edifying acts, but they are no longer enough. As a humble believer in Jesus Christ, the prince of peace, I appeal to you to set all else aside, and make the re-establishment of peace and religious co-existence the top priority of your papacy.

Yours devotedly,

chhotebhai

29th July 2016

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(UNUM OMNES)

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Note to readers: This appeal has been sent to Pope Francis through the Papal Nuncio in India, and copied to the Catholic Bishop's Conference of India. Those who are in broad agreement with what has been written herein above are requested to write emails in support of this campaign to the following email ids: nuntius@apostolicnunciatureindia.com and cbcisec@gmail.com They could also forward this request to atleast 10 other persons known to them for doing the needful. Thanks

Not NICE at all

The recent massacre of over 80 innocent people watching fireworks in Nice, France, sends a chilling reminder to the entire human race about the impending disasters that are likely to engulf the world if preventive measures are not taken immediately. Only a fraction of world's population is involved in these heinous crimes. This motley group kills people with impunity in the name of religion which, as we all know, abhors violence against the innocents. Where are we really heading. This is one question that must be addressed by all nations irrespective of their religious beliefs and convictions.

It is time the world leaders – big and small, the very powerful and less powerful, must sit together and analyze this single most frightening issue that has shaken the world. Unfortunately, some regimes have been sympathetic to these people and are believed to be funding their operations. The world is not that helpless that it cannot identify and shame those countries. Individual countries may be having their own compulsions but the comity of nations as a whole can surely act. Is the United Nations really powerful enough to tackle this menace? Has it done enough to put the fear of God in the hearts of those rulers who continue to extend financial and material support to these radicals?

The incident in Nice, France is not an isolated one. Three dastardly acts in a span of 18 months is an alarming situation for a country which is one of the most developed and powerful ones in that region. The intelligence network, their own as well as of the EU, should have been effective to prevent the last two. After the first one, following an attack to protest against a magazine for offensive cartoons, France should have put a better security network in place. Unfortunately, it appears that the country failed miserably in its primary duty. The incident in Nice was a public function with scores of security personnel around obviously and it had to be an unknown hero who had to take the terrorist on. It is said if it was not for his bravery, the disaster could have been worse.

Europe in general has become the biggest target of these radicals be-

VIEWS on NEWS

cause they believe that the countries in that region are offering all out help to fight them – something that is hindering their agenda. These countries are not only trying to save their own but other countries as well. It therefore becomes the duty of all other nations which find the acts of these radical elements repulsive and sickening, must come forward to help such countries. Those which have not been targeted as yet cannot be complacent and view the matter as something that does not concern them. One day they can be targeted too. They have a duty towards humanity of this big and wide global village.

Big nations do publicly condemn the activities of the likes of ISIS and are also combating their proliferation. Certain countries, however, do not wholeheartedly join in the crusade to eliminate such evil forces. They approach the problem with a tag 'Conditions apply' which in simple terms implies that so long as their larger interests in the region are protected, they will not combat it with seriousness. The first priority is to protect their favoured regime and fighting the menace is incidental. This will not help the cause to make this world safe for the human race. The coming years can bring more disasters which will take the world decades to recover – that won't be nicer. German shoot-out only strengthens this apprehension.

Helmet v/s Hell-Mate?

The Maharashtra Government has come out with the idea of 'No helmet No Petrol' campaign to arrest the increasing 'don't care attitude' of the bikers. Unfortunately these bikers have become too bold and feel that no authority can act against them. We see this in the races that are regularly held in BKC, Western Express Highway and other areas in Bandra.

The concept is laudable for it is meant to discipline the bikers and make them use helmets. The idea, of posting a policeman each at each and every petrol pump in the city of Mumbai is surprising. These pumps generally operate 24x7. Can the Police Commissioner afford to spare roughly 750



by Marshall Sequeira

policemen on such duty for about 250 pumps? This is ridiculous considering that the government always says that they are short of manpower for law order and to protect the female population in the State in particular.

Some years back the government had come out with the 'No PUC no Petrol' campaign but somehow it fizzled out. The PUC is available even without actual check. You pay and get a certificate. You go to any petrol pump or vans entrusted with the task of checking the pollution levels in vehicles and they brazenly ask you whether you want the vehicle to be actually checked or you just want a certificate.

There are other ways of enforcing the law. Let each and every petrol pump install CCTV cameras which will capture the images of bikers who come to the petrol pump to get petrol for their bikes. It should be incumbent on the petrol pump owners to make available to the police the recordings. The police should carry out sample checks of a few petrol pumps per day. The Beats can be assigned this job. If any petrol pump is found to be violating the government directive, it should be fined. Repeated violations should entail in the pump remaining closed for a week or so.

The government undoubtedly has the interest of the biker at heart. That is fine but if he does not want to wear the helmet and prefers to be a "Hell-Mate" in case of an accident, it is his choice. The insurance companies should include a clause in the policies saying the claims will not be payable if the head injury is attributed to failure to wear a helmet. This deterrent will be more effective than policing. The government should also first think and then act. They could have easily taken all the stake holders on board. That would have saved the embarrassment of having to defer the implementation of the new rule.

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Teresa orphan searches for her Indian roots

Chandigarh: A Swiss woman is in India looking for her biological parents.

As part of her search, Priya came to the northern Indian city of Chandigarh armed only with a photograph showing her as a 1-year-old and address of a petrol pump.

Priya says she was found abandoned at a filling station in Chandigarh's Sector 4 in 1995, the same year a Swiss couple adopted her from the Sisters of Charity orphanage in New Delhi.

Now, 22, Priya wants to know from her biological parents why they had abandoned her.

"I am curious to know about my past. The curiosity to know about my parents and my siblings, brought me to India. I want to know why I was left in such a condition outside the filing station," Priya, who arrived earlier this week with a friend from Switzerland, told Chandigarh Newsline.

The photograph shows burn marks all over the infant's body. An interior designer by profession, Priya showed the scars on her arms which she still has.

Claiming that she came to India to know her roots, Priya, whose first lan-

guage is French, but manages to speak broken English, said, "All my life, I have faced questions from people about the burn injuries and whether I am an Indian. I never had an answer to those questions so I decided to come here to find the answers."

In her quest, she along with a friend visited the petrol pump Saturday morning. "We met some people at the station, but they said they don't have any information," said Thais, the friend who accompanied Priya.

Nihar Mahinder Singh, who owns the petrol pump told Chandigarh Newsline that he does not recollect a baby being abandoned on his premises. "The incident happened 21 years ago. Our employees and the manager who were working then too have left the job," he said. In a bid to help her, he referred Priya to the Sector 4 police station to find out if they had any information.

But visiting the police station didn't help as the cops claimed that they do not have records dating 20 years back. She was then referred to the Mother Teresa Home in Sector-23, and a lady constable was asked to accompany the duo.



"They visited the police station in the morning. We provided all kind of help to them," said Station House Officer(SHO) Sector 3 police station Inspector Neeraj Sarna to Chandigarh Newsline.

However, their visit to the orphanage too proved futile. "We visited the orphanage where the sisters told us that they don't have the records," said Priya.

Still positive about finding her roots, both are now planning to visit New Delhi. There are two Mother Teresa orphanages in Delhi, one at Jangpura and another at Civil Lines. "I am hopeful that I will take something back with me. If not this time, I will return again," Priya added.

—mattersindia

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How Lemon Water Affects Your Body?

When you wake up in the morning, what's the first thing you reach for? If your answer is coffee, then you may want to reconsider. If you instead reach for a warm (or cold) water with lemon, you'll reap so many more health benefits, and you'll get the day off to a great start. Here's why:

Benefits of Lemon Water

Gives your immune system a boost:

Vitamin C is like our immune system's jumper cables, and lemon juice is full of it. The level of vitamin C in your system is one of the first things to plummet when you're stressed, which is why experts recommended popping extra vitamin C during especially stressful days.

Excellent source of potassium:

As already mentioned, lemons are high in potassium, which is good for heart health, as well as brain and nerve function.

Aids digestion:

Lemon juice not only encourages healthy digestion by loosening toxins in your digestive tract, it helps to relieve symptoms of indigestion such as heartburn, burping, and bloating.

Cleanses your system:

It helps flush out the toxins in your body by enhancing enzyme function, stimulating your liver.

Freshens your breath:

It also helps relieve toothaches and gingivitis (say wha?). Because the citric acid can erode tooth enamel, either hold off on brushing your teeth after drinking lemon water or brush your teeth before drinking it.

Keeps your skin blemish-free:

The antioxidants in lemon juice help to not only decrease blemishes, but wrinkles too! It can also be applied to

scars and age spots to reduce their appearance, and because it's detoxifying your blood, it will maintain your skin's radiance.

Helps you lose weight:

Lemons contain pectin fiber, which assists in fighting hunger cravings.



Reduces inflammation:

If you drink lemon water on a regular basis, it will decrease the acidity in your body, which is where disease states occur. It removes uric acid in your joints, which is one of the main causes of inflammation.

Gives you an energy boost:

Lemon juice provides your body with energy when it enters your digestive tract, and it also helps reduce anxiety and depression. (Even the scent of lemons has a calming effect on your nervous system!)

Helps fight viral infections:

Warm lemon water is the most effective way to diminish viral infections and their subsequent sore throats. Plus, with the lemon juice also boosting your immune system, you'll simultaneously fight off the infection completely.

Pro tip: *Due to lemon's highly acidic nature, always have it with a glass full of water. Ideally, you should drink it 15-20 minutes before breakfast.*

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25th Anniversary Biblical Tribute!

by Dr. Trevor Colaso



The Secular Citizen Group is an organization dedicated to the betterment of Indian Christians, providing them eleven integrated and inspiring programs:

1. All-round welfare and development.
2. Social, economic, business and family interaction.
3. Encouraging and supporting entrepreneurial activities, to make the community economically strong.
4. Giving world-wide exposure to Christian talent.
5. Enriching their rich culture and traditions.
6. Providing national and international opportunities for their growth.
7. Soliciting their support and cooperation globally, and especially from their own specialized fields.
8. Publishes 'The Secular Citizen' magazine, a favorite Family Weekly!
9. Also publishes 'Divo', an esteemed Konkani Weekly!
10. Best-loved, Royal Christian Family, for right 'Matrimonial Choices'!
11. Publication Department, also publishes books in Konkani and English.

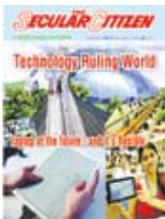
THE SECULAR CITIZEN magazine is celebrating its on-going 25th Anniversary of publication this year, 2016, which incidentally coincides during the 'Jubilee Year of Mercy'! And so it is a 'double blessing'! Thus, I thought it would be beneficial to know this popular periodical's ACRONYM through the eyes of Holy Scripture, the Word of God! – Which will also inspire and enhance our knowledge of the Most Holy Trinity, and help propagate our mission to bring love, peace and unity!



T - "Time" : Conduct yourselves wisely towards outsiders, making the most of your "time" (Col 4:5).

H - "Heart" : The good person out of the good treasure of the "heart" produces good ... for it is out of the abundance of the "heart" that the mouth speaks (Lk 6:45).

E - "Endowment" : Every good "endowment" and every perfect gift, is from the 'Father of lights', with Whom there is no variation or shadow due to change (James 1:17).



S - "Seed" : The kingdom of heaven may be compared to someone who sowed good "seed" in his field (Mt 13:24).

E - "Encouragement" : If there is any "encouragement" in Christ, any consolation from love, any sharing in the Spirit, any compassion and sympathy, make my (Paul's) joy complete (Phil 2:1).

C - "Care" : But thanks be to God Who put in the heart of Titus the same earnest "care" for you that I myself (Paul) has for you (2 Cor8:16).

U - "Unity" : With all humility and gentleness, with patience, bearing with one another in love, make every effort to maintain the "unity" of the Spirit in the bond of peace, until all of us come to the "unity" of the faith and the knowledge of the Son of God" (Eph 4:2-3;13).

L - "Letter" : You are a "letter" of Christ, prepared by us, written not with ink, but with the Spirit of the living God; not on tablets of stone,

but on tablets of human hearts (2 Cor 3:2).

A - "Account" : Give me an "account" of your management, because you cannot be my manager any more. // If he has wronged you in any way, or owes you anything, charge that to my (Paul's) "account" (Lk 16:2 // Philemon 18).

R - "Redemption" : God is the source of your life in Christ Jesus, Who became for us wisdom from God, and the righteousness, and the sanctification, and the "redemption" // For in Christ we have "redemption" through His blood, the forgiveness of our trespasses according to the riches of His grace (1 Cor 1:30 // Eph 1:7).



C - "Character" : "Character" produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us (Rom 5:4-5).

I - "Inheritance" : Since you know that from the Lord you will receive the "inheritance" as your reward, you serve the Lord Jesus Christ // An "inheritance" that is imperishable, and undefiled, and unfading, kept in heaven for you (Col 3:24 // 1 Pet 1:4).

T - "Treasures" : Then opening their "treasures", they offered Him gifts of gold, frankincense and myrrh // But store up for yourselves "treasures" in heaven, where neither moth nor rust consumes, and where thieves do not break in and steal (Mt 2:11 // 6:20).

I - "Integrity" : Show yourself in all respects a model of good works, and in your teaching show "integrity" and sound speech that cannot be censured (Titus 2:7).

(Contd.. on p. 16)

Walking down Life's Highway



BY VERA ALVARES

Walking down life's highway, I slowed at a crossing
Life was zooming by. The three choices left me bewildered-
Turn to left, right or straight ahead?
Where would these choices lead me and eventually take me?

A professional- healing or teaching humanity
Or seek out the soul-mate and build my own a family
Dedicate my life to serve God and neighbour- which one?
Which path do I choose- they looked so smooth and inviting....
My decision made, I crossed the road, head held high,
Dreams in my head, a song on my lips to greet a new life
I walked on to the one waiting for me so eagerly at the crossing
And we walked together, hand in hand to a Mission in our destiny
Loving, sharing and caring- on life's highway we walked!

There were ups and downs- pot-holes to fill and chasms to bridge
Dark nights, sunny days, calm before the storm, rays of sunshine
Yet we walked on God's three little gifts keeping pace by our side-
Three lovely humans entrusted to us and blessings galore
We walked on Life's highway rose up to meet us,
Around every corner, each turning and crossing.
Barren stretches and green vistas, rainbows and silvery clouds
For this was life's highway!

Time rolled by, seasons flew into History, colours of life changed
Mission accomplished to the glory of the maker!
Now, eyes dimmed, steps falter. Each sunrise brings new hope
Supporting arms encircle to drive fears away.
Children's laughter lights up the days, smiles linger in memory
Sending new waves of life washing through the old veins!

There is time to linger on life's highway, watching kids play
Marvelling at the digital display, revelling in shared whispers
To stand and stare at God's creation, savour earth's offerings
No haste to catch the bus, no worry for the ailing child
Walk leisurely on life's highway, counting blessings
Past and present, chanting Psalms of gratitude to the Father
For the Lord walked ahead of us leaving foot-prints to follow
To walk on Life's highway!

(Contd.. from p.15)

Z – “Zeal” : So although I wrote to you, it was not on account of the one who was wronged, but in order that your “zeal” for us might be made known to you before God (2 Cor 7:12).

E – “End” : Having loved His own who were in the world, He (Jesus) loved them to the very “end” // For Christ is the “end” of the law, so that there may be righteousness for everyone who believes (Jn13:1 // Rom 10:4).

N – “Name” : Jesus has become the cornerstone. There is salvation in no one else, for there is no other “name” under heaven given among mortals by which we must be saved (Acts 4:11-12).

Conclusion: Celebrating 25 years, 1991-2016, Vol. 25. No. 1, January 04, 2016, was indeed a journalistic milestone! The Secular Citizen magazine, and its Group and Organization, are truly focused on Indian Christians, especially on the West Coast, from Mumbai to Mangalore, and who are working in the Gulf, and settled throughout the world, in Europe and North America. It is a bond in the Body of Christ; spreading love, peace and unity, among the community, and globally that fragrance to all people in India and abroad.

“For as in one body we have many members, and the members do not all have the same function, so also, we, though many, we are one body in CHRIST, and individually members one of another” (Romans 12:4-5).

—Dr. Trevor Colaso, (Now at Memphis, Tennessee, USA).

Keep Mental Health In A Distraught World

Excuse me, what's going on in the world? Why are so many people dying? Nice(France), Munich(Germany), Orlando (America), Turkey, Kabul, Pakistan, Syria, Bangladesh, do we have to go on ranting? Keeping life and mental health has become a challenge today.

In a distraught and turbulent world we must turn to the Word of God written in the words of man. Jesus said, "Those conflicts and disputes among you, where do they come from? Do they not come from your craving that are at war within you" (James 4:1). Your troubled mind is absorbing world conflict issues – you are often overwhelmed; be still, take in a slow breath and re-focus.

Whatever the world has been doing about war and peace is not working. The synchronized mayhem across the globe is a fibroid of hate enmeshed in a demon's cradle of "take-over-the-world" syndrome. The strategy is working, as so-called "powerful nations" are wrapped in a twisted figment of "should-we-truly-want-to-stop-the-misery?"

There is no panacea yet: you can cope with nervous energy, palpitations, stress and depression. The world in turbulence has let fear creep in. The anticipation of what might happen next to you or in your neighborhood, can lead to chronic pain and anxiety.

A simple solution was discovered by Theos, in research, a London based Christian think tank. The results to put it mildly was "ground breaking". Their 30 years investigation was based on a notable correlation between religion (belief and practice) alongside physical and mental well-being. This pow-

erful blueprint should be harnessed to succeed in getting well, mentally and physically.

Prayer is a crystalline spiritual tower. It serves the dignified end of reaching God to place your petition at His merciful feet. Prayer, faith and trust in the Lord is religiously motivated to bring peace of mind, fulfillment and harmony to the seeker. Soon, a person learns to cope and receives mental health, followed by peace.

The world is embroiled in hate, murder and a string of conflicts worsening by the hour. For our mental health we must turn to Jesus. St. Mark in his gospel reminds us of what Christ the Messiah said: "Have faith in God". (Mk.11:20).

In our growing years in simple faith we have prepared ourselves for the mundane life of pandering and condescending to others in order to further our status, never seriously aware of the divine capacity of belief. Take a moment of silence to think of the Creator. Refresh your mind without carrying the baggage of life's problems. With less daunting effort stay calm, breathe slowly.

Now,
Center your awareness on the body. Feel the stress leave, breathe deeply and relax. Put all your mental health worries to rest, be clinical: Once again think about prayer, making a sincere effort to draw the potential benefits of power from the sayings of Jesus, "For truly I tell you, if you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there', and it will move; and nothing will be impossible for you." (Matt.17:20).

Evidence-based research on mental health fills the air waves across the Christian world: become more fulfilled it states, and even more collected. Reap the harvest of your faith; it is the mind's bridge to boost the hidden mainstream visions of world peace.



BY MELVYN BROWN

Make it a mission to heal your body and mind with trust in the Lord and a garland of devotions. Think of the 'snowball' effect. The distraught world will shrink into sanctuaries of blistering hell, waging jihad on their own kind forever.

Finally, give yourself sixty seconds. One minute is a long time to do yourself a world of good. Don't underestimate what you could achieve. Your faith and belief in the saying that, nothing is impossible, can come true. Will it in the name of Jesus and never feel intimidated by what others say. In sixty seconds you can gain mental clarity with peace of mind. It is paramount to praise and thank God.

"And a harvest of righteousness is sown in peace for those who make peace" (James. 3:18).

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How Much Does A Prayer Weigh?

(Author Unknown-Presented by Edwin JF DSouza, Mangaluru)

Louise, a poorly dressed lady with a look of defeat on her face, walked into a grocery store. She approached the owner of the store in a most humble manner and asked if he would let her charge a few groceries. She softly explained that her husband was very ill and unable to work, they had seven children and they needed food.

John, the grocer, scoffed at her and requested that she leave his store.

Visualizing the family needs, she said: "Please, sir! I will bring you the money just as soon as I can."

John told her he could not give her credit, as she did not have a charge

account at his store.

Standing beside the counter was a customer who overheard the conversation between the two. The customer walked forward and told the grocer that he would stand good for whatever she needed for her family.

The grocer said in a very reluctant voice, "Do you have a grocery list?"

Louise replied, "Yes sir"

"O.K." he said, "put your grocery list on the scales and whatever your grocery list weighs, I will give you that amount in groceries."

Louise, hesitated a moment with a bowed head, then she reached into her purse and took out a piece of paper and scribbled something on it. She then laid the piece of paper on the scale carefully with her head still bowed.

The eyes of the grocer and the customer showed amazement when the scales went down and stayed down.

The grocer, staring at the scales, turned slowly to the customer and said begrudgingly, "I can't believe it."

The customer smiled and the grocer started putting the groceries on the other side of the scales. The scale did not balance so he continued to put more and more groceries on them until the scales would hold no more. The grocer stood there in utter disgust.

Finally, he grabbed the piece of paper from the scales and looked at it with greater amazement. It was not a grocery list, it was a prayer which said:

"Dear Lord, you know my needs and I am leaving this in your hands."

The grocer gave her the groceries that he had gathered and stood in stunned silence. Louise thanked him and left the store. The customer handed a fifty-dollar bill to the grocer and said, "It was worth every penny of it."

It was some time later that the grocer discovered the scales were broken; therefore, only God knows how much a prayer weighs.

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Inspiration!

Heal yourself with forgiveness

When you've made the decision to live your best life, it's time to consider letting go of the things that don't serve you well, so that you can make room for good things to come into your life. And the first thing you can consider is 'forgiveness'. The power of forgiveness is the key to happiness

Nearly everyone has been hurt by the actions or words of another. Perhaps your mother criticised your parenting skills, your colleague sabotaged a project or your partner had an affair. These wounds can leave you with lasting feelings of anger, bitterness or even vengeance - but if you don't practice forgiveness, you might be the one who pays most dearly. By embracing forgiveness, you can also embrace peace, hope, gratitude and joy. Forgiving someone who has mistreated or wronged you is hard, isn't it? If so, then you're probably going to be very reluctant to forgive. Try changing your definition of forgiveness to the following

- Forgiveness is about freeing up and putting to better use the energy that is being consumed by holding on to grudges, harbouring resentments and nursing old wounds.
- Forgiveness is about moving on.
- Forgiveness is about choosing serenity and happiness over righteous anger.
- Forgiveness is about refusing to replay past hurts in your mind over and over again, like a broken record.
- Forgiveness is about realising that anger and resentment don't serve you well.
- Forgiveness is about giving yourself a clean slate.

What are the benefits of forgiving



someone?

Letting go of grudges and bitterness can make way for compassion, kindness and peace. Forgiveness can lead to:

- Healthier relationships
- Greater spiritual and psychological well-being
- Less anxiety, stress and hostility-Lower blood pressure
- Fewer symptoms of depression
- Lower risk of alcohol and substance abuse

How can you reach a state of forgiveness?

Forgiveness is a commitment to a process of change. To begin, you might

- Consider the value of forgiveness and its importance in your life at a given time.
- Reflect on the facts of the situation, how you've reacted and how this combination has affected your life, health and well-being.
- When you're ready, actively choose to forgive the person who's offended you.
- Move away from your role as victim and release the control and power the offending person and situation have had in your life.
- As you let go of grudges, you'll no longer define your life by how you've been hurt. You might even find compassion and understanding.

Nine-step forgiveness exercise

1. Make a list of all the people you

feel have wronged you in some way; write down what each one did and why it's not okay.

2. Acknowledge that those things

did happen and that they did hurt you.

3. Make a commitment to yourself to do what you need to do in order to feel better.
4. Recognise that your distress is coming not from what happened but from the thoughts that you have about what happened. Your thoughts are within your control.
5. When you feel yourself getting upset over what happened, practice stress resuction techniques to calm your body's fight of flight response.
6. Another thing you can try when you start getting upset about a past experience is to ask yourself, "When am I thankful for?" Ask this repeatedly until you feel better.
7. Put your energy into looking for ways to achieve your goals, instead of wasting your energy by continuously reliving the negative experiences in your mind.
8. Know that the best revenge is a life well lived. Forgiveness is about taking back your power.
9. Amend your grievance story to include how you moved on.

What is forgiveness?

- Forgiveness is a decision to let go of resentment and thoughts of revenge. The act that hurt or offended you might always remain a part of your life but forgiveness can lessen its grip on you and help you focus on other, positive parts of your life. Forgiveness can even lead to feelings of understanding, empathy and compassion for the one who hurt you.
- Forgiveness doesn't mean that you deny the other person's responsibility for hurting you and it doesn't minimise or justify the wrong. You can forgive the person without excusing the act. Forgiveness brings a kind of peace that helps you go on with life.



MUMBAI : Mangalorean Roman Catholic Bachelor, aged 38 years, Ht. 5' 11", Wt. 70 kgs, Fair Complexion, Edn. MBBS, DNB, Orthopaedic Surgeon Doctor by profession. Seeks a suitable match preferably Doctor. Contact email: roshan.nazareth@gmail.com OR 9323541575 / 9892820018 **(Regd. No. 6567)**

SAUDI : Goan / Mangalorean Roman Catholic Bachelor, aged 30 years, Ht. 5' 5", Wt. 68 kgs, Fair Complexion, Edn. B.E. Mechanical, working as a project engineer seeks a well qualified girl from a good family background. Contact email : ian.roshan.dsouza@gmail.com OR 02632/249676 OR 08511867648 **(Regd. No. 6573)**

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 29 years, Ht. 5' 9", Wt. 75 kgs, Wheatish Complexion, Edn. BE (EXTC), working as a Network Engineer. Contact email : ivorbritto@gmail.com OR 9820055655 **(Regd. No. 6572)**

USA : Goan Roman Catholic Divorcee (Marriage Annuled), aged 47 years, Ht. 6' 1", Wheatish Complexion, Edn. M.Eng., Engineer by profession. Seeks a girl preferably working in USA. Contact email : divinegrams@gmail.com OR 626-289-3996. **(Regd. No. 6571)**

MUMBAI : East Indian Roman Catholic Bachelor, aged 28 years, Ht. 171 cms, Wt. 80 kgs, Wheatish Complexion, Edn. HSC., Diploma in Aviation, working for a Foreign Cruise line in USA as a Security Officer. Visiting India shortly. Contact immediately. Contact email : stayblessed1287@gmail.com OR 9820942790. **(Regd. No. 6546)**

POONA : Mangalorean Roman Catholic Bachelor, aged 31 years, Ht. 5' 8", Wt. 80 kgs, Wheatish Complexion, Edn. BE + MBA, working as a Software Consultant in Mumbai. Contact email : 2031alliance@gmail.com OR 9820893665 **(Regd. No. 6537)**

MANGALORE : Mangalorean Roman Catholic Bachelor, aged 36 years, Ht. 5' 8", Wt. 69 kgs, Handsome, Fair Complexion, Edn. B.A., Having own business and accommodation. Con-

tact email : proposal564@gmail.com OR 9535051204 **(Regd. No. 6534)**

MUMBAI : Goan RC Bachelor, aged 33 years, Ht. 5' 8", Wt. 69 kgs, Fair Complexion, Edn. B.Com., Wheatish Complexion, Working with Disney Cruise line, Well settled. Contact email : joseph_almeida15@yahoo.in OR 9892581515 / 9833831515 **(Regd. No. 6533)**

POONA : TAMILIAN RC Bachelor, aged 40 years, Ht. 6', Fair Complexion, Handsome, Edn. M.Com., Having well established business. Contact email : tony137@rediffmail.com OR 9552148871 **(Regd. No. 6531)**

MUMBAI : Goan RC Bachelor, aged 29 years, Ht. 5' 7", Wt. 68 kgs, Wheatish Complexion, Edn. B.E. Electronics, working as a IT Engineer. Contact email : sandranoronha75@gmail.com OR 9967671085 **(Regd. No. 6523)**

MUMBAI : Goan RC Bachelor, aged 39 years, Ht. 6', Fair, Handsome, Edn. B.Sc., MBA (HR) full time, working as Manager in MNC. Well settled. Seeks alliance with Goan RC Spinster. Contact email : alliedec2@gmail.com. **(Regd. No. 6521)**

MUMBAI : East Indian RC Bachelor, aged 26 years, Ht. 5'7", Wt. 64 kgs, Wheatish Complexion, Edn. P.G.D.B.M., working as a H.R. Contact email : leo.rglobus@gmail.com OR 9324900279 **(Regd. No. 6515)**

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)**

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

Mangalorean girl. Contact email : colind.3010@gmail.com OR 9920063946 / 9820373826 **(Regd. No. 6508)**

MUMBAI : Mangalorean RC Divorcee, aged 33 years, Ht. 5' 8", Wt. 162 lbs, Brownish Complexion, Edn. M.Sc., Computer Science, working as a Software Engineer in USA., Contact email : mumbaiopen@gmail.com OR 7738581130 **(Regd. No. 6493)**

MUMBAI : Goan RC Bachelor, aged 45 years, Ht. 5' 7", Wt. 60 kgs, Wheatish Complexion, Edn. B.Sc., (Physics), Green Card Holder. Contact email : florencedsouza07@gmail.com OR 9969259318 / 9969259341 **(Regd. No. 6450)**

MUMBAI : Mangalorean RC Bachelor, aged 42 years, Ht. 5' 4", Wt. 65 kgs, Fair Complexion, Edn. B.Com., working as a Admin. Controller in DUBAI. Contact email : dsouzarobin25@gmail.com OR Tel : 22- 24983066 / 0097150-2460903 **(Regd. No. 6358)**

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 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)**

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MUMBAI : Goan / Mangalorean Roman Catholic Spinster, aged 27 years, Ht. 5'1", Wt. 64 kgs, Wheatish Complexion, Edn. B.Com., working bank. Seeks a well qualified boy. Contact email : idsouza14@gmail.com OR 0232/249676 OR 08511867648 (Regd. No. 6345)

MUMBAI : Mangalorean RC parents invite alliance for their daughter 28 years, 5' 4", B.Tech (Computer Engineer) Working for MNC. Seeks well qualified and well settled bachelor with good family values. Kindly reply with profile and recent photograph to email : dmaryln@ymail.com OR 09916087940 (Regd. No. 6223)

MUMBAI : Mangalorean Roman Catholic Spinster, age 25 years, Ht. 5' 3", Wheatish Complexion, Edn. BBI, P.G.D.M. (H.R.), working as an Asst. Manager H.R. Contact email : venita.sal@gmail.com OR 8108113888 (Regd. No. 6570)

AUSTRALIA : Mangalorean Roman Catholic Spinster, aged 27 years, Ht. 159 cms, Wt. 57 kgs, Fair, good looking, Edn. Masters in Biotechnology from University of Queensland, Australia, working as Scientist (Research) in Australia, Seeks qualified and godfearing boy settled in Australia, US and Canada. Contact email : patsynazareth123@gmail.com OR 9225652875. (Regd. No. 6542)

MUMBAI : God fearing Mangalorean RC Spinster, 36, 5' 6", from good family working for a MNC seeks groom. Reply with recent photo to innlo@hotmail.com (Regd. No. 6538)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 25 years, Ht. 168cms, Wt. 64 kgs, Beautiful, Fair Complexion, Edn. Master in Dental, studing PG in Doctorate, Dactor by profession. Contact email : kcmcs@gmail.com OR 9821087883 (Regd. No. 6536)

RAJASTHAN : Goan Roman Catholic Spinster, aged 27 years, Ht. 5' 7", Wheatish Complexion, Edn. B.Com., working for Railways as a Confidential Assistant to Sr. DCM. Contact email : casrdcm@gmail.com OR 09829980087 (Regd. No. 6525)

MUMBAI : Roman Catholic Spinster, aged 30 years, Ht. 5' 8", Fair, Beautiful, Edn.

B.Com., / Dip. in Airline, working for Qar-tar Airways. Contact email : fersonia04@gmail.com OR 9820109907 (Regd. No. 6524)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 32 years, Ht. 5' 6", Fair, Edn. Ph.d., (Australia), Masters in Pharmacy and PhD in Chemistry and biology. Contact email : ds.charlotte@gmail.com OR 9920872720 (Regd. No. 6522)

MUMBAI : Roman Catholic Spinster, aged 28 years, Ht. 5' 1", Fair, good looking, Edn. SSC from ICSE board, B.A., P.R. working as a Sr. Accounts Manager - Public Relations with a private firm. Seeks a suitable match. Contact email : dorothyfurtado@hotmail.com OR 9869361783. (Regd. No. 6520)

MUMBAI : Mangalorean R.C. Spinster, aged 27 years, Ht. 5' 3", Wt. 53 kgs, Wheatish Complexion, Edn. B.Com., B.Ed., Teacher by profession. Contact email : jensha.mathias@gmail.com OR 9930024223 (Regd. No. 6518)

MUSCAT : Goan R.C. Spinster, aged 27 years, Ht. 5' 1", Wt. 52 kgs, Fair Complexion, Edn. MBA in Advertising, BBA in Marketing, working as a Communication Executive. Contact email : lysandra_dsilva@hotmail.com OR 0096899297642 (Regd. No. 6517)

MANGALORE : Mangalorean R.C. Spinster, aged 26 years, Ht. 5' 3", Wt. 52 kgs, Fair Complexion, Edn. B.E. in Comp. Sc., working as a Software Engineer in **Bangalore**. Contact email : dsouza.sharli@gmail.com OR 9164334145 (Regd. No. 6516)

PANVEL : Goan R.C. Spinster, aged 28 years, Ht. 5' 2", Wt. 52 kgs, Fair Complexion, Edn. M.Sc. Life Science & PGD, working as a Research Officer in well known Pharmaceutical company. Contact email : jcl376@rediffmail.com OR 9870147918 (Regd. No. 6514)

MUMBAI : Roman Catholic Goan Spinster, aged 25 years, Ht. 5' 3", Wt. 47 kgs, Wheatish Complexion, Edn. B.Com., (B.A.F) Working as Accounts Executive. Contact Mob.: 9594815879 / 9920023963 OR email id : dcostalarissa@yahoo.co.in (Regd. No. 6506)

MUMBAI : Goan Roman Catholic Spinster, MBA, Fair, Dec'83, 5' 1"/46 kgs, employed with a reputed Pvt. firm. Seek alliance from India / Abroad. Please send details and photograph to email : fedora48@hotmail.com OR call 24303096 / 9833125356 (Regd. No. 6474)

BANGALORE : Goan Roman Catholic spinster, aged 28 years, Only child, Ht. 5' 4", Wt. 55 kgs, Wheatish Complexion, Edn. Masters in Library & Information Science, working as an Asst., Librarian, seeks a boy preferably working in Bangalore. Contact email : gracefreitas@rediffmail.com OR 9731866341 (Regd. No. 6460)

MUMBAI : Mangalorean RC 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 : serraoolinda@gmail.com / natasha_serrao19@yahoo.com OR 9619522154 / 9969114346 (Regd. No. 6451)

MUMBAI : Mangalorean RC 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 RC Spinster, aged 23 years, Ht. 5' 4", Wt. 55 kgs, Fair Complexion, Edn. B.M.S., working in Visa Department. Seeks a suitable match. Contact Email : josephinevf@gmail.com OR Mob : 9930466725 (Regd. No. 6447)

MUMBAI : Born and broughtup in Mumbai Tamilian RC Spinster, aged 34 years, Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., Working as a Sales Executive in a reputed diamond jewelry firm. Caste No Bar. Contact email : achari@yahoo.co.in OR 9833838392 (Regd. No. 6445)

MUMBAI : R.C. Spinster, 25, 5' 2", post graduate, fair, preety, working seeks alliance from R.C. bachelors, below 30, well qualified financially stable, own accommodation with good values and family background Goans, East Indians, Mangaloreans may send their details to : dsilva.maggie252@gmail.com OR 9960376878 (Regd. No. 6425)

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Another focus area is financial literacy wherein the company continues to play an active role through initiatives like seminars, conferences and workshops on financial literacy. Also financial literacy is spread through publications of articles on investments in leading investment publications. Till date over 1000 articles have been published as a part of the financial literacy initiative. As far as investment seminars are concerned the company has organized and participated in over 1000 investment seminars. In the year October 2013 Capital Finance International nominated the company for the best investor education programme in India -2013 which included voting from IMF and World Bank.

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2012	The Power of Innovation
2013	A business idea that can change my life
2014.	The Power of Positive Thinking
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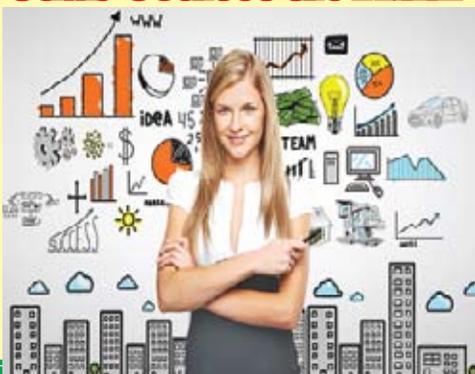
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