

THE SECULAR CITIZEN

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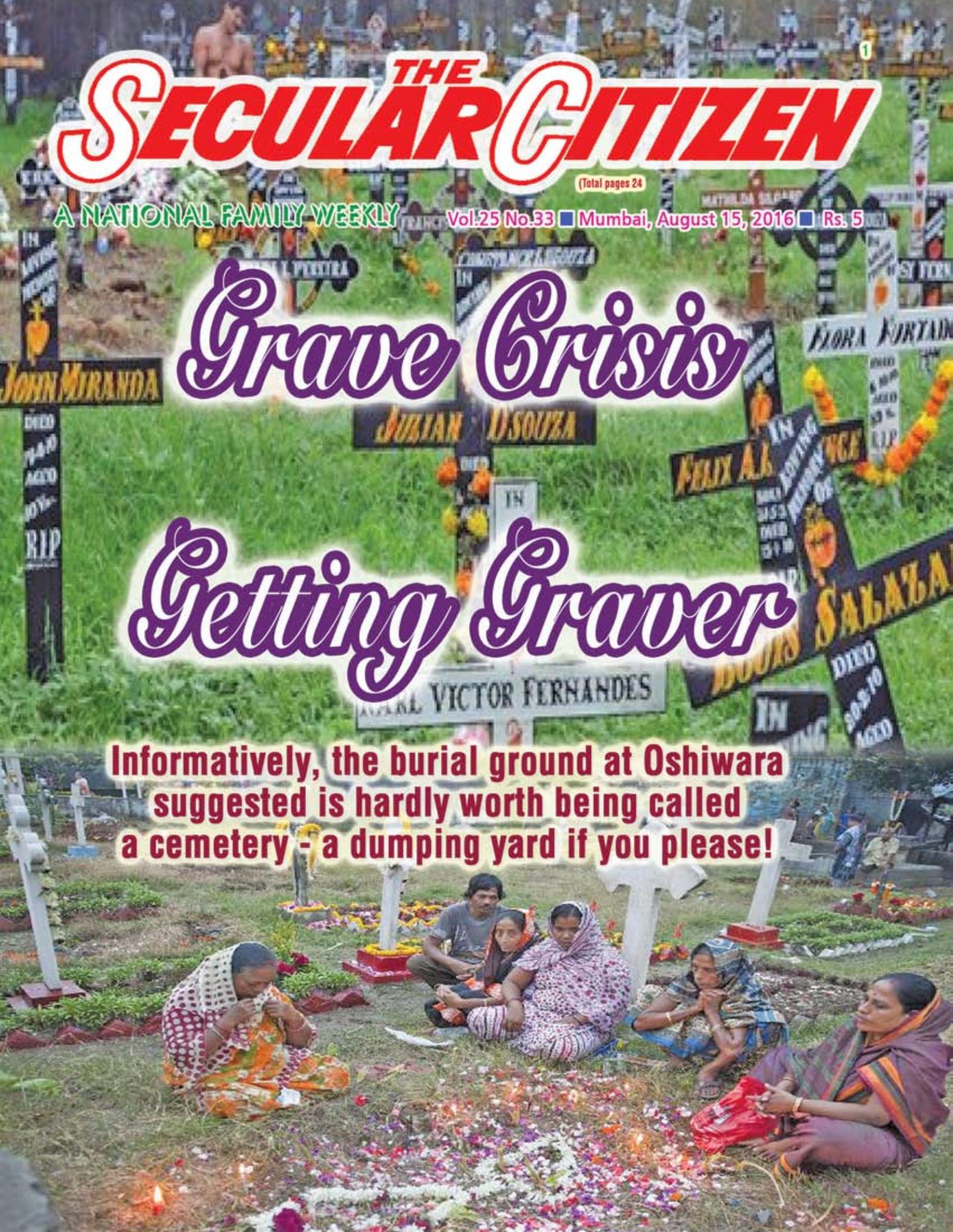
A NATIONAL FAMILY WEEKLY

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Grave Crisis

Getting Graver

Informatively, the burial ground at Oshiwara suggested is hardly worth being called a cemetery - a dumping yard if you please!



Grave Crisis Getting Graver

Much is being made as regards the burial space issue in the media in general, both print and electronic. It's on 'I-can', 'U-can', 'Every-1-can' et al, with sound bites and gigabytes vying with each other to be heard, seen and read! That's no way to try and ensure that the issue goes away – the truth is, it won't, unless and until approached with determination and tackled head-on, clearly demonstrating the will of those concerned to seize the bull by its horns. It'd thus help to get our facts straight -

1. Permanent vs Temporary -

It is plain to see that the situation has been exacerbated by the failure on the part of those concerned to facilitate the return of the so-called permanent graves in parish graveyards to general category. The very idea of 'permanent graves' or 'family graves' belongs to an age long gone by and no more holds true today when land for the living is hard to come by. Putting up lists on Parish Notice-boards indicating the names of the deceased buried in the parish cemetery and specifying due date for re-allotment of those graves to others is fine. But this list must needs be effectively balanced with another, specifying the names of either the deceased buried in permanent graves or of the owners of those permanent graves which are being treated as permanent dwellings! Is the general body of any given parish aware of how many of its graves remain closed and unused for decades with family away in foreign lands and the lack of check on the so-called ownership of those graves resulting in certain families possessing more than one family grave?

2. Embalmed bodies -

Several temporary parish graves remain occupied with embalmed bodies. This amounts to a temporary grave becoming permanent with no



possibility of any further burials in them taking place. The next of kin of the deceased concerned ought to be prevailed upon to either have the embalmed body moved to a non-parish graveyard or cremated outright. After all how does it make sense for the family concerned to be occupying yet another grave when there's yet another death in the family necessitating burial in a temporary grave? Frankly, why have a burial for an embalmed body at all when it is obvious that the corpse concerned is at no stage going to turn to dust?

3. Impartiality and transparency -

Those in charge of parish graveyards ought to be sincere in their allotment of temporary graves and should not be allowed to get away with giving burial space to deceased of influential families out of turn, with one nerd passing the buck to another saying, "No, you know what, he did not know...." Sorry Sir! It doesn't work like that!

4. Cremation -

Granted, cremation is allowed by the Catholic Church. But in order to ensure that Catholics per se are able to make up their minds on the issue and feel comfortable with it, this writer has, in articles on the subject (published in June 2014), sought public clarification as regards the "Cremation Rite", to no avail. One is aware of the prayers for 'Christian burial'; but one has yet to come across prayers for 'Christian Cremation'. Why the silence of the lambs on the issue please? "THE EXTRAORDINARY CHOICE OF CREMATION", No. 33 in the guidelines

for Catholic burial in the diocese of Raleigh [USA] asserts the following: "Given the sacred dignity of the body, the Church recommends that the custom of burying the bodies of the dead be observed to await the Resurrection. Cremation is now permitted, but it does not enjoy the same value as the burial of the body of the deceased." As for guidelines for burial in England and Wales, there's a clear reference to the use of a 'coffin' with a raised crucifix atop its lid apart from an indication of the incompleteness of funeral rites unless the burial of the 'ashes' in a biodegradable container takes place—with which we are back to square one: burial is necessary! This also sets to rest the issue of the non-specification of a coffin for burial.

5. Shroud -

Granted, too, that shroud burials must have been originally the norm. But with the Church herself having evolved with the evolvement of society in general, its departure from such a practice has its own significance, the return to such a practice but naturally being anathema to many.

6. Alternatives -

The Church, who herself had started the practice of 'permanent graves', would do well to look for viable alternatives. One alternative would be working with undertakers to develop a coffin from the cheapest of wood (jungle wood). The base of such a coffin could be of planks with wide gaps in-between. So too the lid. As for the sides just a wooden frame lined with strawboard or cardboard would do, with adequate carrying arrangement being attached to the base itself. In fact, such a coffin may or may not even be covered with cloth, the ubiquitous presence of the crucifix atop the lid being permitted though.

7. Soil -

Contrary to the 'good soil' claim (maybe it's being done long after the actual burial has taken place so as

(Contd.. on p. 4)



by Ladislaus L
D'Souza

'Thought for the week'

Life is a battle of balance, balance between attachment and detachment. Attach yourself enough to feel the "pain in others". Detach yourself enough, not to feel the "pain inflicted by others."

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Catholic Church official concerned over new tax bill

New Delhi: Church officials have expressed concern over India passing a new law to unify its tax system, saying they want it to be implemented without burdening the millions of poor in the county.

"Most reforms consider the rich and mostly are in their favor. The needs and concerns of the poor are not considered. That is the concern," said Bishop Theodore Mascarenhas, secretary-general of the Catholic Bishops' Conference of India.

The Upper House of Indian Parliament on Aug. 3 passed the Goods and Services Tax Bill after political parties and state governments agreed on its terms in wide discussions and debates in parliament and outside for over eight years.

The law, which aims to implement a comprehensive tax on goods and services, replaces separate taxes levied by the federal and state governments. The law facilitates a single common national market and needed a constitutional amendment to pass in parliament.

Bishop Mascarenhas told ucanews.com that church leaders are concerned as to "what taxes will continue and what will merge" after the bill is implemented.

Experts in the government claim the new bill will make commodities cheaper but "we don't believe that unless we see it on the ground level" the bishop said.

"We don't believe in any political party as far as public money is concerned," he said adding, "our main concern is that the poor may not suffer" because of this bill.

Archbishop Anil Couto of Delhi said in a statement he is "seriously concerned about its implementation and its consequences on the poor sections of the society."

Media discussions say the bill will help industry and exports besides helping the government widen its tax network and simplify the tax payment process and documentation.

Government data shows only 1 percent of India's 1.2 billion people pay income tax to the government, while everyone including the poorest, who buy essential commodities, are paying tax some times up to 20 percent.

Experts agree that while a unified tax is a common phenomenon in most developed countries, they are unsure how it will play out in the market of India, where 180 million people live in poverty, not having even one full meal a day.

(Contd.. on p. 4)

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Archbishop Couto said he wants the "government not to burden the poor with additional taxes and to work out strategies and policies to make essential commodities affordable to the poor."

Jesuit Father Denzil Fernandes, executive director of Indian Social Institute said "the impact of the bill will be more on the poor than the rich because commodities that are cheap for the rich, is not what poor buy."

He said that bill is said to make products like automobile and restaurant food cheaper, which are not the concern of the poor. Hence "the bill is more pro-rich than the poor," he said.

The bill has to pass a few more steps to become a law. It must be passed in the Lower House and then must be ratified by more than half of the 29 states in the country. When that is done, it has to be signed by the Indian president to become law.

However, these steps are seen as mere formalities as the critical issues such as tax rates have already been debated and agreed upon.

Source: UCAN

Catholic Hospitals' Poor Show

This refers to "Charitable hospitals in trouble over 'poor' show" (Mumbai Mirror Aug 4). The state govt has taken action against 18 charitable hospitals for not setting aside 20% free beds for poor patients. It is a matter of considerable shame that two Catholic hospitals figure in this ignominious list. I for one am not surprised. One of the hospitals has been gaining notoriety over the years for poor services and increasing costs, which negates the good work of the doctors.

Catholic residents of the area have for long been critical of the services of this hospital and their dissatisfaction has found resonance, by word of mouth, in the entire western suburbs.

On the other hand there is another Catholic hospital rendering yeoman services to the public and enjoys a very high reputation in the suburbs.

While the rich should be made

to pay for good services, charitable hospitals must keep aside 20% free beds for the poor. This should not be seen as charity but as mandatory, as such hospitals are built on land provided by the govt at concessional rates and they enjoy several other concessions for water, electricity, taxes etc. Any service to the poor over and above the minimum 20% free bed norms can be termed as charity.

Unfortunately some of our Catholic 'charitable' hospitals are far from charitable. The archdiocese must insist on complete compliance with the govt's charity norms and complete transparency in allocation of 20% beds for the poor. The archdiocese may also consider appointing an ombudsman to oversee all Catholic hospitals.

—Prof Robert Castellino
Orlem Mumbai

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(Contd.. from p. 2)

to facilitate the planting of flowering plants), what one personally witnesses at burials is the use of what can at best be termed 'landfill' - unless the authorities concerned would like mourners to consider broken chappals, discarded plastic tea tumblers, empty cigarette cartons and the like as 'good soil'! Come off it man! Get real!!

8. Outsiders vs Insiders –

Then there is the issue concerning people who've moved into a parish over the years from elsewhere being blatantly called 'outsiders' and being told to go fend for themselves, with the parish graveyard being reserved for the so-called 'insiders' or 'originals' or whatever. As though the loud ringing of the cash registers at Sunday Masses every week is due to the generosity of the 'insiders'! This is an unfortunate and dangerous trend, smacking as it does of ungodly dis-

crimination which could, in the long run, prove costly for the Church. It is the duty of those concerned to ensure equal treatment for ALL in our parishes by getting the so-called 'originals' ['aboriginals' perhaps?] to change their mindset.

9. Oshiwara –

Informatively, the burial ground at Oshiwara suggested is hardly worth being called a cemetery - a dumping yard if you please!

Considering the fact that the issue concerns not merely the parishes mentioned in various press reports but several others, its time the archdiocese, seized of the situation, gets every parish and parishioner to contribute their mite towards taming the shrew once and for all. This needs to be done by way of reminding all and sundry that the permanent dwelling of a true believer is not the 2'x6' piece of earth in one's possession but in the vastness of the frontiers of heaven!



No age limit for Confirmation

This is in response to the letter 'An appeal to the CBCI' by Prof. Robert Castellino (Secular Citizen, Aug 1). Like Prof. Robert Castellino, most of the senior citizens of today have received their First Holy Communion at the age of 7 years and the sacrament of Confirmation the same evening or a week later. The question then is, in what way are we different from the present day students who are eligible to receive Confirmation only after reaching the IX or XI standard and put through a number of cumbersome catechesis for over a year, and time -wasting rehearsals along with their parents? Although the Western church suggests receiving Confirmation after attaining the age of reason (7 years) , Confirmation can be received at any time. In fact the Catholic church considers Confirmation as the second of the three sacraments of Initiation and Holy Communion as the third , since Confirmation is regarded as the perfection of baptism , wherein the baptized are enriched with a special strength of the Holy spirit. It is for this reason that in the Eastern Catholic churches, the three sacraments of baptism, confirmation and holy communion are administered to infants at the same time, same order and same ceremony. In the west , priests are also authorized by their bishops to administer Confirmation. So, in Mumbai Archdiocese where there are 5 bishops and one Archbishop, why can't the church find time to confirm children at the age of reason at least, as in the past , instead of keeping them waiting till they are in class IX or XI.? What is the reasoning behind this, one wonders, even after knowing the importance of early Confirmation.

—A. F. Nazareth, Alto Porvorim.

Assumption of the BVM/ Independence Day

On August 15, we celebrate two significant and related events. They are the Assumption of Our Blessed Mother Mary and Independence Day. The reason as to why these two events are related is because they are both about freedom. Independence Day is celebrated as freedom from foreign rule and domination to self-rule and governance of our country and the feast of the Assumption of Our Blessed Mother Mary may be seen as freedom from this limited and incomplete life to a bliss of eternal and perpetual life. There is indeed a happy coincidence to celebrate our Independence Day on the feast day of the Assumption of Our Blessed Mother Mary. It is to our blessed mother that we dedicate our country as she is our patron saint.

— Jubel D'Cruz, Dombivili, Mumbai

Prayer Of The Faithful

The Mass of Paul VI seemed to have a well structured layout whereby everything concerning the life of a believer was taken care of. One such provision was for the 'Prayer of the Faithful' [P.O.F.] whereby at the end of a few mandatory petitions, the faithful were encouraged to make their own in silence.

However, over the time, there's been a steady increase in the number of prayers being periodically recited by the congregation (apart from the parish novena) at Mass after Holy Communion [HC], like 'Thanksgiving after Communion', 'For Pro-life', 'For Rains', 'For Priests' and 'For Consecrated Life' to name but a few. The prayers the congregation is being

made to recite on their knees after HC are getting increasingly more frequent [daily] and longer than the P.O.F. [only on Sunday].

O yesssss! There are times when the celebrant also invites the congregation to pray for certain people or needs during the recitation of the Our Father!

I've tried scanning certain Church related websites for checking on the permissibility of such a practice but have drawn a blank. Could it be that the Mass has already undergone a change with regard to such additional prayers which even those of us who have done the course in Liturgy conducted by the ALC are not aware of? Or perhaps which the ALC itself isn't aware of?

Would anyone in the know kindly oblige with a clarification for the benefit of those not in the know please?

—Ladislaus L D'Souza
Malad West

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Swatantrata Divas

In The Reign Of Hindutva



As India enters its 70th year of independence from British rule, it would be in the fitness of things to take stock of the situation in relation to the legacy of freedom-independence-liberty in self-governance our freedom fighters earned for us by the sweat of their brow and the blood of their veins. The truth is, the generation of rulers that inherited this legacy has made a mess of the state of the country's condition. O yes! There has been progress and development, no doubt, but at what cost? The Congress Party of Gandhiji, Nehru and Patel that should have been disbanded after Independence as desired by Gandhiji himself, went on to become a self-seeking self-serving party whose slogan "Garibi Hatao!" became the *raison d'être* of every greedy politician fighting elections. The disgraceful aspect of this Congress motto was that it led Parliament in having the emoluments of all elected representatives increased manifold, in effect having their own garibi hataoed, leaving the general body of the electorate to fend for themselves in terms of managing a square meal a day.

From garibi hatao to 'acchhe din' via Hindu rashtra!

It is plain to see that Hindutva, touted by its proponents as a panacea for every ill of the masses is an ideology that has failed. And miserably so, for its substance is clearly anti-people rather than pro-people, its effects influenced by the attitude of the Bharatiya Janata Party which is but an extension of the Sangh Parivar whose mainstay of course is the Rashtriya Swayamsevak Sangh. It'd have been hilarious were it not a matter for serious concern that while the Congress ruled the masses by touting its garibi hatao rhetoric the BJP follows suit by offering prospects of 'acchhe din' which have yet to see the light of day!

Even taken at face value 'Hindutva' comes through as an ideology whose promoters are all for establishing a

Hindu rashtra in secular, democratic India, evidence for which is not difficult to come by, written as it is on the very faces of those perpetrating violence in the name of God and religion and evident in their insane utterances. The inhuman treatment being meted out to dalits has become legendary, non-tolerance being its hallmark. Clearly, those propagating Hindutva apparently think that India is and has always been Hindu and that there is therefore place neither for non-Hindus in the country nor for the lower castes of Hindus. To add fuel to the fire, we have politicians whose rule has been thrown out lock, stock and barrel by the voters, demanding that India be declared a Hindu rashtra, in effect aiming at overthrowing the Constitution!

Holy Cow!

Factually, in BJP-ruled India in general and in BJP-ruled states in particular, a person other than a Hindu ceases to be a human being. The powers-that-be obviously seem to be under the impression that if coconut trees can be termed as 'grass', there is nothing difficult about both considering and treating non-Hindu human beings as worse than animals, cattle excluded. This assertion on their part obviously stems from the fact that they consider a cow as a goddess rather than an animal. Obviously, it is those with the intellect of bulls and cows that rule the roost today, what with 'gau raksha' (cow protector) groups creating mayhem across the country with impunity.

Whither constitutional equality?

It is strange that in 21st century India, intolerance towards those who follow a creed and a diet different from that of the majority community is constantly on the rise, turning the old maxim 'one man's meat is another man's poison' on its head so to say! Time was when vegetarians and non-vegetarians alike grew up in an atmosphere of cordial-

ity, dwelling side-by-side in mutual trust, neither interfering with the other on grounds of caste, creed, colour or diet. Au contraire, what was mutually acceptable was freely shared in terms of food as well as religious and social fervour, both mutually understood as expressions of humanness, language itself crossing all barriers.

All said and done, as far as good governance is concerned, there is obviously no difference between the present rulers and their predecessors, their common greed for power overriding the common man's needs. But yes, there was one difference – and a major one at that: the predecessors of the present government, both at the Centre and in certain states, refrained from interfering in the religious practices and eating habits of the general populace but, rather, made provisions for the fulfilment of the needs of all.

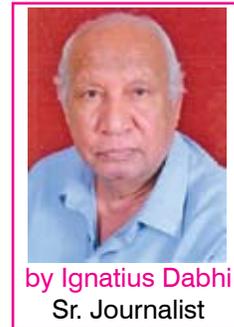
Whither Independence?

Whither Freedom?

Given the volatile situation brought about by acute discrimination, intolerance and injustice coupled with false though grandiose promises and pronouncements, what comes to mind is Sir Winston Churchill's assertion in the British Parliament on 6 March 1947, preceding Indian independence: "Power will go to the hands of ras-cals, rogues, free-boot-ers; all Indian lead-ers will be of low cal-i-bre and men of straw. They will have sweet tongues and silly hearts. They will fight amongst them-selves for power and India will be lost in polit-i-cal squabbles. A day would come when even air and water would be taxed in India." What is acutely in evidence today epitomizes every sentiment expressed so vividly by Churchill, even as the architect of the so-called acchhe din is having the

(Contd.. on p. 16)

“ Fundamental Rights of Dalits be protected”



by Ignatius Dabhi
Sr. Journalist

Great Narendra Modi tactfully avoided one single word on the burning issue of the dalits in his “Man ki baat...” As usual, he talked of things not pertaining the burning issue... This is our democracy where we are forced to hear on things not related to the downtrodden. Modi continues to play hide n seek with the common people of India!!

Merciless flogging of dalit youths in Gujarat, has created an unending sympathy wave in the U.S and the West. “La Monde” in Paris and the Washington Post in the U.S capital have printed the Gujarat news prominently. The U.S government has conveyed its “grave concern” and advised the Modi government “to take stringent actions against those who violate the fundamental rights of dalits and minorities in a democratic set up of India.”

The U.S foreign Department spokes person, Mr. John Kirby said, “Violence over consuming cow-meat in India seems to grow and the dalit class which has been bearing the brunt and their legal protest have been crushed, is indeed painful and in the name of religion culprits seek protection. All this is highly painful and the Modi regime is duty-bound to protect the weakest class - dalits-in India.

The U.S note continues: “Freedom of speech is a valued right of every citizen in democracy. This right is to be

protected and this is the prime duty of democratic government. We are ready to strengthen and support the



Indian government.”

Most of the dalit families are scared in the village of Una in BJP Gujarat. They are threatened “to face dire consequences.” Mean while, leaders of the major political parties of India have been flocking to meet the affected victims and their families. On July 25th, all the five youths were shifted from the Rajkot Civil Hospital to Asia’s largest Civil Hospital in Ahmedabad as their conditions were deteriorated further.

A dalit woman in Bihar was forced to drink human urine in public on July 29th. Her fault was she had refused to remove a dead dog from the public road. Hundreds and thousand of dalits of Gujarat have vowed not to carry or remove a dead animal from public. “We and our forefathers did this dirty work for centuries. For this

job we become ‘untouchables’... now, no more,” said Manu Senva, 32, a Una resident.

“ Our people stuck to Hindu religion, even when we have been segregated for centuries. We did the most dirty, stinking work. This kept us away from the Hindu main stream,” said Vikas Chamar, 40.

Gujarat witnessed unruly scenes in last 15 days. The BJP CM visited Una only after Mayawati rocked the Parliament. There was a wide spread anger and remorse against the BJP rule in Gujarat. Every town and every city saw dalit rallies and protests. The Home Minister Rajendra Nath, rushed from Delhi and tried to console the unconsoleables.

On 31st July, thousands of dalits from all over Gujarat are gathering on the outskirts of Ahmedabad. Their leader had claimed to gather 10,000 dalit youths from all parts of Gujarat. The state government has deployed thousands of police and Home Guard jawans to prevent any violence.

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A Terrorist comes into being?

by Don Aguiar



Many are often accused of giving terrorism a religious color; there are the so called secularists who believe terrorism is terrorism and does not have a religious bent. Fair enough but what we make of ISIS, which calls itself the Islamic State? What do we make of Wahhabis who happily fund and support terror? Or for that matter the birth of Al Qaeda or LeT? Why were they created in the first place? Ostensibly to protect Islam, a religion, from imminent catastrophe

An increasing number of Islamic leaders are now preaching Salafism, an orthodox Islamic ideology that defies democracy and nationalism. It prefers to stress that it is the moral responsibility of every true Muslim to engage in physical action to establish Islamic rule. It has been found that they were indoctrinated by radical ideologies and want to follow Islamic Puritanism.

Most parents don't want to lose their children to violence. Yet most parents are left with no choice because in today's world there are more people preaching hate than peace. No parent want their children to lose their eyesight, but then parents do know that their children are fighting for some warped idea of freedom rather than working towards a life of dignity and meaningful employment. And yet they are unable to correct this situation.....

Man is basically a hunter; he is not by nature vegetarian. First he became a hunter, and for thousands of years he was just a meat-eater, and cannibalism was prevalent everywhere. To eat human beings caught from the opposing tribe you were fighting with was perfectly ethical - All that is carried in the unconscious of humanity.

The terrorism is not in the bombs in your hands; the terrorism is in your

unconscious. Otherwise, this state of affairs is going to grow bitterer. And it seems all kinds of blind people have bombs in their hands and are throwing them at random.

It is seen seriously that hectic activities are on to wean away people who follow Christian faith, radicalize them and inspire them to join anti-national activities, assumes significance in view of reports of alleged forcible conversion to Islam at the behest of terror outfits.

So individual violence will increase – it is increasing. And all our governments and all our religions will go on perpetuating the old strategies without understanding the new situation.

The new situation is that every human being needs to go through therapies, needs to understand his unconscious intentions, and needs to go through meditations so that he can calm down, become cool – and look towards the world with a new perspective, of silence and peace.

Until we change the basic grounds of humanity, terrorism is going to become more and more a normal, everyday affair. It will happen in the airplanes, it will happen in the buses. **It will start happening in the cars. It will start happening to strangers. Somebody will suddenly come and shoot you – not that you have done anything to him, but just, the hunter is back**

In one of the existentialist's novels, there is a beautiful incident which can almost be said to be true. A man is presented before the court **because he has killed a stranger who was sitting on the beach.** He had never seen the stranger. He did not kill him

for money. He does not yet know how that man looked, because he killed him from the back, just with a big knife.

They had never met – there was no question of enmity. They were not even familiar; they had not even seen each other's faces.

The magistrate could not figure it out, and he asked the murderer, 'Why did you do it?'

He said, 'When I stabbed that man with a knife, and a fountain of blood came out of his back that was one of the most beautiful moments I have ever known. I know that the price will be my death, but I am ready to pay for it; it was worth it. **My whole life I have lived in boredom – no excitement, no adventure. Finally I had to decide to do something.** And this act has made me world famous; my picture is in every newspaper. And I am perfectly happy that I did it.'

There was no need for any evidence. **The man was not denying – on the contrary, he was glorifying it.** But the court has its own routine way – witnesses still have to be produced; just his word cannot be accepted. He may have been lying; he may not have killed the man. Nobody saw him – there was not a single eyewitness – so circumstantial evidences had to be presented by the police.

One of them was that possibly this man has killed according to his past life and his background. When he was young, his mother died. And when he heard that his mother had died, he said, 'Shit! That woman will not leave me even while dying! It is Sunday, and I have booked tickets for the the-

(Contd.. on p. 10)

(Contd.. from p. 9)

ater with my girlfriend. But I knew she would do something to destroy my whole day – and she has destroyed it.’

His mother has died and he is saying that she has destroyed his Sunday! He was going to the theater with his girlfriend, and now he has to go to the funeral. And the people who heard his reaction were shocked. They said, ‘This is not right, what are you saying?’

He said, ‘What? What is right and what is wrong? Couldn't she die on any other day? There are seven days in the week – from Monday to Saturday, she could have died any day. But you don't know my mother – I know her. She is a bi**h! She did it on purpose.’

The second evidence was that he attended the funeral, and in the evening he was found dancing with his girlfriend in a disco. And somebody asked, ‘What! What are you doing? Your mother has just died.’

He said, ‘so what? Do you mean now I can never dance again? My mother is never going to be alive, she will remain dead; so what does it matter whether

I dance after six hours, eight hours, eight months, eight years? What does it matter? – She is dead. And I have to dance and I have to live and I have to love, in spite of her death. If everybody stopped living with the death of their mother, or their father, then there would be no dance in the world, no song in the world.’

Some said that his logic is very right while others disagreed. He is saying, ‘Where do you draw the demarcation line? After how many hours can I dance? – twelve hours, fourteen hours, six weeks.. Where will you draw the line - On what grounds? What is the criterion? So it doesn't matter. One thing is certain: whenever I dance I will be dancing after the death of my mother, so I decided to dance today. Why wait for tomorrow?’

Such circumstantial evidences are presented to the court – that this man is strange; he can do such an act. But if you look closely at this poor man, you will not feel angry at him; you will feel very compassionate. Now, it is not his fault that his mother has died; and anyway, he has to dance some day, so it makes no difference. You cannot blame this man for saying ugly things: ‘She deliberately died on Sunday to spoil my joy,’ **because his whole experience of life must have been that she was again and again spoiling any possibility of joy.** This was the last conclusion: ‘Even in death she will not leave me.’

And you cannot condemn the man for killing a stranger... because he is not a thief; he did not take anything from him. He is not an enemy; he did not even see who the man he was killing was. He was simply bored with life and he wanted to do something that made him feel significant, important. He is happy that all the newspapers have his photo. And he wanted to be a celebrity... just ordinary human desires. And he was ready to pay with his life to become, at least for one day, known to the whole world, recognized by everybody by killing innocent people. . .

It is the religions who are the real criminals, because they have destroyed all possibilities of rejoicing. They have destroyed the possibility of enjoying small things of life; they have condemned everything that nature provides you to make you happy, to make you feel excited, feel pleasant.

And the same is the situation about other things: the religions are condemning your living in comfort and even not being religious. Now, a man who is living in comfort and luxury and not being religious cannot become a terrorist. Religions have condemned riches, praised poverty; now, a man who is rich and not religious cannot be a terrorist. Only the "blessed ones" who are poor, very religious can be terrorists – because they have nothing to lose, and they are boiling up against the whole of society because others have things they don't have.

Religions have been trying to console them. But then came communism and later fundamentalism / extremism/ radicalism – a materialist/orthodox religion – which provoked people and said to them, ‘Your old religions are all opium to the people, and it is not because of your evil actions in this life or in past lives that you are suffering poverty/misfortunes. It is because of the evil exploitation of the bourgeois, the super-rich that you are suffering.

The last sentence in Karl Marx's Communist Manifesto is: ‘Proletariats of the whole world unite; you have nothing to lose and you have the whole world to gain.’ AND the ISIS Manifesto further goes on ‘to engage in physical action to establish Islamic rule’

You are already poor, hungry and naked or you are rich but bored no excitement no adventure – so what can you lose? Your death will not make you more miserable than your life is making you. So why not take a chance and destroy those people who have taken everything away from you or do not share the same thinking/ideology of yours and – **thus a terrorist comes into being.**

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The Dwindling Pillar Of Our Democracy

by Y. Malhotra

Media is one of the pillars of democracy, shouldering the responsibility of raising correct questions, and at times, not overlooking important things that are easily ignored or subdued by our very own lawmakers. More than just showcasing what is going around the globe, they have the power to make or break the public view. They are our eyes to the gateways of politics, to social issues and to society in general.

Even when Democracy was absent in India during the colonial rule, media played an important role in keeping people informed and in mobilizing the masses towards a common cause of independence. A glance at the pivotal role which media played in the attainment of Independence will give a grip of the value systems which the media stood for. Some of the value systems included secularism, nationalism, and encompassing of our diversity. They have formulated certain stereotypes, broken some, but the intention had always been for the betterment of society, nothing more and nothing else.

However, right now what we view in front of our television sets is nothing but views formulated for garnering maximum TRPs. When we have major news channels either in print or virtual world, relying upon some break-up story or a cleavage one, the motive is no longer to educate the audience, it is merely to attract their attention.

After all, TRPs can always supersede logic, goodwill, and ground establishment of an organization, can't it? What are principles and a moral virtuous conscience?

TRP driven news media has caused

more harm than good to the thought process, perceptions and progressive thought that media generally should inspire. There is barely any quality in the debates, there is barely any in-



formation in the news covered and there is barely any important social issues addressed in the news.

Journalists have got into an open mud-slinging exercise of ridiculing others just to prove their upper hand; of making news out of a story that reeks of nothing but misogynistic attitude; of strengthening sexism than breaking its shackles away; and furthermore, of fabricating news- all in the name of garnering audience.

All this just adds more embarrassment to the existing woeful quality exhibited by the news media. It's a war on television these days, war to fight with people belonging to same field, and mock their viewpoints and to further degrade the already tinting image of what is infamously known as- sensationalist news.

Media should bring back the most important issues to the forefront, inform people about the challenges India and its people are facing i.e., malnutrition, education, infrastructure, health and much more. Media could not only inform but also throw light on the means

to solve the issues.

Politics is and should be a small yet important part of our public imagination and debate space. What each politician said and tweeted ranks very low in comparison with many issues that plague our development. The public discussion and debates have become too political rather than issue based. People are debating and defending politics and politicians instead of policies.

Media has the power, they have the intellectuality of people at disposal, yet, the sorry state. Let us bring politicians and various religious leaders together, and debate, that's the trend, and that's the news hour story. Let us obsessively focus around actors and their relationship because that should always be of more importance. The nation indeed wants to know what happened between Ranbir Kapoor and Katrina Kaif.

In this bitter and hurtful pursuit of ratings, they have yielded themselves hostage to the political cacophony that defines our times, and also defiles it. There is way too much of opinion masquerading as news. The very notion of the press as the fourth pillar of our democracy has subsided subsequently.

All they do is treat inconsequential gossip as a serious concern, even when knowing that they have a responsibility to the public discourse, to affect practice and policy. Let us hope we are out of this sorry state of news and can finally relive the times when media was able to formulate logical views, than views fueling themselves on gossip and malicious, regressive thoughts.

“Jewel Of India” Awarded To Fr Varghese Paul, SJ



International Institute of Education and Management (IIEM) has honoured Jesuit priest Fr Varghese Paul with its prestigious Award: JEWEL OF INDIA. The Award was presented to

him “for Outstanding Achievements” as the Certificate says, by Former Governor of Tamil Nadu Dr Bhisma Narain Singh on July 25, 2016. The Seminar and Award presentation

function was held in a fully packed auditorium of the Indian Society of International Law, Krishna Menon Bhawan, New Delhi. Many other Awards and Gold Medals were also given away to a number of eminent men and women from different parts of India and abroad for their achievements in different fields like development, research, fine art, education, etc.

In the Seminar on Education and Development Dr Bhisma Narain, IIEM Chairman Dr Mahan Vir Tulli (I.F.S. Retd, an author & familiar tele-face Shri Joginder Singh and others congratulated the Award winners and described the audience as “a mini-gathering of India”.

Fr Varghese Paul’s extensive travels in India and abroad (34 countries) for studies and attending international seminars and presenting papers in World Congresses; his contributions to Gujarati and English periodicals as well as his books (43 in Gujarati, 4 in English, 3 in Malayalam and 1 in Hindi) and his three popular web sites; regular face book contributions are counted among his outstanding achievements.

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Memorable moments with Cardinal Gracias



It was a historic moment for Attur - Karkala and indeed for the entire coastal region and the state of Karnataka, as the highly revered St Law-

rence Shrine was declared a Minor Basilica on August 1, 2016. Archbishop of Mumbai, CCBI and FIBC President Cardinal Oswald Gra-

cias led the Holy Eucharistic Mass and presided over the programme that followed the mass.

Albert W. D’ Souza, the Chairman of ALDEL Education Trust, Chairman and M.D. of Printania Offset Pvt. Ltd., and Chairman of Model Co-operative Bank, Mumbai and his family (wife – Elvina and son – Aldrige Dominic) accompanied the Cardinal.

On their return to Mumbai, H. R. Alva (Former Secretary of the Pastoral Council of the undivided Diocese of Mangalore) and his wife Concepta Fernandes met the Cardinal and craved his blessings at the Mangalore International Airport at Bajpe. This rare opportunity was facilitated by Albert W. D’ Souza.

Nuncio to India transferred to Poland

New Delhi: Archbishop Salvatore Pennacchio, the Apostolic Nuncio to India and Nepal, has been transferred to Poland.

This was announced in Rome on August 6, the feast of Transfiguration of Jesus, said a letter from Bishop Theodore Mascarenhas, secretary general of the Catholic Bishops' Conference of India.

Archbishop Pennacchio, who turns 64 on September 7, will leave for Poland in October, after completing his term in India, the letter adds.

There has been no announcement yet about his successor in India.

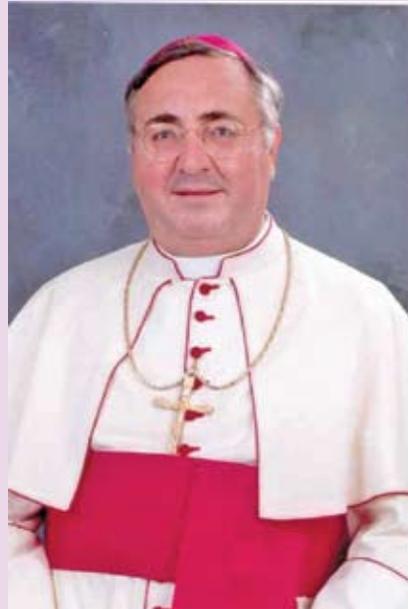
Archbishop Pennacchio became the Vatican ambassador to India in 2010.

Earlier, the ever smiling and amiable prelate was the nuncio of Thailand, Singapore and Cambodia and apostolic delegated to Myanmar, Laos, Malaysia and Brunei, based at Bangkok from 2003.

During that period, he oversaw the successful conduct of the first Asian Mission Congress at Chiang Mai, Thailand. About 1,000 people, mostly from Asia, attended the Oct. 18-22, 2006 gathering that reflected on the theme, "The Story of Jesus in Asia: A Celebration of Faith and Life."

His first appointment as a nuncio was to Rwanda in 1998. He was ordained an archbishop on January 6, 1999.

He was born in Marano, Naples, in Italy, and had just turned 24 when he was ordained a priest on September 18, 1976, for Aversa diocese,



southern Italy. He joined the Pontifical Ecclesiastical Academy and entered the diplomatic service of the Holy See on April 15, 1979.

He has served in the Apostolic Nunciatures in Panama, Ethiopia, Australia, Turkey, Egypt, Yugoslavia and Ireland.

He holds a doctorate in Philosophy and entered into the Diplomatic Service of the Holy See. He speaks English, French and Spanish.

During his speeches and homilies in India, Archbishop Pennacchio has urged people to take up the challenge from Pope Francis to live the Gospels with their whole heart.

"He challenges us, for example, to come out of our indifference to the needs and sufferings of others. Here is a person for whom clearly God comes first," the Italian prelate said during a sermon in Mumbai in 2013.

—Matters India

Couple Changes the Way Marriages are Made

A couple from Amravati who recently tied the knot, decided to forgo all elaborate wedding rituals, lunches and dinners. They had a registered marriage in the presence of just a few guests. They donated the money they had saved to 10 farmer families who



had lost their sole earning member as a result of farmer suicide. Abhay Deware, IRS officer, and Preeti Kumbhare, Assistant Manager with IDBI Bank, Mumbai Branch, decided to donate Rs 20,000 to each of these ten families.

The wedding was attended by farm activist Chandrakant Wankhede, who addressed the guests on the issue of farmer suicides. Additionally, the couple provided books on competitive examinations worth Rs 52,000 to five libraries in Amravati, including their native village Umbarda Bazaar in Karanja Lad.

They kept their menu for the marriage very simple. They had inspirational land informative speeches made to be given by notable personalities and activists.

Abhay's meeting with President Pranab Mukherjee had a great influence on him. Preeti also believes that social change can be brought about by leading through example. On researching, Abhay realised that over Rs. 1 lakh crore is spent only on marriages in India every year.

Thanksgiving
Thanks to Divine Mercy,
Sacred Heart of Jesus,
O.L. Of Perpetual Succor
and Infant Jesus for the
kind favours granted

—Mrs N. M. Fernandes,



Amazing beauty tricks with coconut oil

You don't need to actually consume coconut oil to reap the beauty benefits. Here are some topical skincare, body-care and haircare uses for it in your very own home. All you need is virgin coconut oil (preferably organic) and you are all set to glow!

Deep conditioner: Massage in the oil and wrap your head in a warm towel for a couple of hours. Then shampoo and feel your hair turn silky smooth. How? Coconut oil rebalances hair proteins and its small molecular structure penetrates the hair shaft to moisturise and protect against environmental damage.

Dandruff: Because of its effective antibacterial and antifungal properties, coconut oil is excellent for scalp problems like dryness and dandruff. Simply massage it into your scalp for 5 minutes. Let it sit for as long as you can and then shampoo thoroughly.

Got gum in your hair? Slather with coconut oil, let it soak for a couple of hours and the sticky stuff will slide right out.

Premature greying: Take a bunch of curry leaves and grind them with a little water to make a paste. Add this paste to two cups of coconut oil and heat the mixture till all the moisture evaporates. After it cools, store in a bottle. Massage hair with it 2-3 times a fortnight, leaving it overnight for added potency.

Body wash: Take 2 cups liquid castile soap (or any unscented body wash), 1 cup rose water, 4 tablespoons coconut oil and 20-30 drops lavender essential oil. Pour all the ingredients into a bottle and shake until everything is mixed well. Shake before every application and use as a body soap.

Honey-lemon sugar scrub: Mix to-

gether half a cup each of brown sugar and salt in a bowl. Add 1 tablespoon each of lemon juice, honey and coconut oil; mix well. Use 1-2 times a week for amazingly smooth skin!



Deep moisturiser: Parched, flaky skin? Stir together equal parts coconut oil and olive oil. Add a few drops of rose or frankincense essential oil and you will have a concoction that no store-bought lotion could ever rival!

Shaving cream: Use coconut oil instead of shaving cream – it will help smooth hair follicles for a closer, smoother shave.

After-shave lotion: Coconut oil will help heal your skin after shaving and is especially great for razor burn!

Muscle soother: Take 4 teaspoons Shea butter, 3 tablespoons coconut oil, 2 tablespoons jojoba oil, 6 drops peppermint essential oil, 6 drops eucalyptus essential oil, 4 drops of lavender essential oil and 1 teaspoon beeswax. Melt the Shea butter, coconut oil and jojoba oil, then add the essential oils and pour into an airtight container.

Foot treatment: Dry, cracked feet? Rub some coconut oil and go over the flaky areas with a pumice stone. For an intense treatment, slather on the oil, put an old pair of socks and

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leave overnight.

Hand cream: In a double boiler, melt together 10 tablespoons coconut oil, 3 tablespoons cold pressed sweet almond oil and 4 tablespoons grated beeswax. Remove pot from the burner and stir in 5 drops of lemon essential oil. After cooling, massage it into your hands to hydrate and banish dark spots. I put some into an empty lip balm or mini-mints tin and pop it into the purse for easy access.

The Basilica of Saint Paul

by Peter Castellino

This basilica was built in the 7th century on the ruins of the temple constructed in 1 century AC dedicated to Des-curs Castor and Pollux and is situated in the heart of Naples' centre in the fort of the ancient Neapolis and the church's history is indicated by the grand porch above its monumental staircase with two corinthian columns braced against the church's facade -the only reminder of the pagan Temple of the Disscure along the north side of the ancient Foro de Neapolis -today's Piazza San Gaetano and the early Christian Church dedicated to Sao Paolo preserved the ancient temple and its 8 Corinthian columns that was destroyed in the 1688 earthquake

The Disscure, aka , the twins Castor and Pollux were two of the founding gods of the Greek city of Neapolis and the statues in the two niches embedded into the basilica's facade recall the temple's Christianisation in the late 8th /early 9 th century AD

The actual basilica resulted from transformations occurring in the 500s rises above a large stairway with two ramps and each facade has two niches with statues of Saints Paetro/Saint Peter and Paolo/Paul and two columns of the former Temple of the Dioscurs with two traces of the architraves.

The entrance below the staircase and the statue of San Gaetano/Saint Cajetan in the piazza tell of the church's medieval history and he is of Naples' patron saints and one of the founding members of the religious order of the Clerks Regular of the Divine Providence of the Theatines and a religious reformer of the 16th century.

The church was handed to the Theatines in 1538 after a long period of degradation and ten years after the saint died in Naples his remains were



interred in the crypt below the church a beautiful tomb and access to the crypt is through a door to the right of the double staircase leading to the church.

In the original plan a wall at the end of the stairs in opies reticulation remains and the church was completely restyled during the Baroque era and suffered grave damage during World War II and the frescoed ceiling in the central nave with stories of the lives of Saint Peter and Saint Paul by baroque artist Massimo Stanzione-1585 -1656 was among the casualties but much of the basilica's rich artistic heritage escaped unscathed in 1644 during the 800s from Cammarano amongst which was Francesco Solimena's 1675-1747 frescoes called the sacristy of Silomena in the sacristy be-

cause it was frescoed by Francesco Solimena between 1889 and 1690 is located in the bottom of the central nave of the basilica behind the high altar which is accessible through a small door in the right wall which is one of the most expressive works of another Naples and there is also Ferdinando Fuga's 1699-1782 altar.

Between the 16th century and the beginnings of the 17th century the church was restored and enlarged several times- the lateral naves with chapels were added to the central apse and the transept was built and the plan is Latin - cross divided by three naves.

Thus we see the importance of The Basilica of San Paolo/Saint Paul , Maggiore ,Naples,Italy where St Cajetan is buried.

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A Story of God vs Science

(Author unknown)

**Presented by Edwin JF DSouza,
Mangaluru**

The university professor challenged his students with this question. Did God create everything that exists? A student bravely replied, "Yes, he did!"

"God created everything? The professor asked.

"Yes sir", the student replied.

The professor answered, "If God created everything, then God created evil since evil exists, and according to the principal that our works define who we are then God is evil". The student became quiet before such an answer. The professor was quite pleased with himself and boasted to the students that he had proven once more that the Christian faith was a myth.

Another student raised his hand and said, "Can I ask you a question professor?"

"Of course", replied the professor.

The student stood up and asked, "Professor, does cold exist?"

"What kind of question is this? Of course it exists. Have you never been cold?" The students snickered at the young man's question.

The young man replied, "In fact sir, cold does not exist. According to the laws of physics, what we consider cold is in reality the absence of heat. Every body or object is susceptible to study when it has or transmits energy, and heat is what makes a body or matter have or transmit energy. Absolute zero (-460 degrees F) is the total absence of heat; all matter becomes inert and incapable of reaction at that temperature. Cold does not exist. We have created this word to describe how we feel if we have no heat."

The student continued, "Professor,

does darkness exist?"

The professor responded, "Of course it does."

The student replied, "Once again you are wrong sir, darkness does not exist either. Darkness is in reality the absence of light. Light we can study, but not darkness. In fact we can use Newton's prism to break white light into many colors and study the various wavelengths of each color. You cannot measure darkness. A simple ray of light can break into a world of darkness and illuminate it. How can you know how dark a certain space is? You measure the amount of light present. Isn't this correct? Darkness is a term used by man to describe what happens when there is no light present."

Finally the young man asked the professor, "Sir, does evil exist?"

Now uncertain, the professor responded, "Of course as I have already said. We see it every day. It is in the daily example of man's inhumanity to man. It is in the multitude of crime and violence everywhere in the world. These manifestations are nothing else but evil."

To this the student replied, "Evil does not exist sir, or at least it does not exist unto itself. Evil is simply the absence of God. It is just like darkness and cold, a word that man has created to describe the absence of God. God did not create evil. Evil is not like faith, or love that exist just as does light and heat. Evil is the result of what happens when man does not have God's love present in his heart. It's like the cold that comes when there is no heat or the darkness that comes when there is no light."

The professor sat down.

That young man was said to be Albert Einstein in 1921
(but this fact is disputed)

(Contd.. from p. 7)

time of his life, visiting, feting and being feted by world leaders, the right of every citizen of the country to benefit all he says and does gone for a toss.

The Church to the fore

What should be the Church's response to the prevailing situation? The first thing we need to do is close ranks as believers with other Christians. The Christian community in India though fragmented along multiple denominational lines, may constitute a miniscule percentage, yet its influence on the country's growth and development on various fronts has doubtless been phenomenal. As members of different denominations, the Christian community as a whole has a lot that separates us no doubt. But if we were to set aside our differences, we'd find much that unites us as well and there's much indeed waiting to be done from that perspective. A lot of issues like religious freedom, education, denial of benefits to dalits, social work and the like need to be sorted out and resolved among Christians in general [including drawing up a self-help scheme to empower our dalit brethren], thereby creating a common platform from which to confront the government and get it to mend its ways. Would the government pay heed? No one can predict. Yet, if one believes in the saying, 'nothing ventured, nothing gained', the time to act is now.

The proposed confrontation however must needs be both preceded and accompanied by prayer both individual and collective, with the CCBI and the CBCI on the one hand getting Catholics on their knees before the Eucharistic Lord and his Blessed Mother and, on the other, storming heaven along with our separated brethren in a spirit of Christian unity. Let the week of prayer for Christian unity annually observed in January now make its effect and significance felt strongly, to the good of the country and its people, and to the glory of the Trinity!



Teachers urged to add life and creativity into profession

Mumbai: A child will only emulate what his teacher shows him through example. So, the classroom must become a creative zone for entertainers, who will hold their audience spellbound, says Joey Mendonza, song writer, composer and director of stage dramas.

He was talking to pre-primary and primary school the teachers as they gathered for the release of two nursery rhymes cds titles Co Co La Vissa and Five Little Monkeys by the Pauline Communications, Bandra.

Indian-origin girl crowned UK's Child Genius

London: A 10-year-old Indian-origin girl has been crowned Britain's brightest child after she won a popular television quiz competition in the UK.

Rhea shot ahead in the final of 'Child Genius 2016' on Channel 4 on Tuesday with six correct answers and then drew with her opponent Saffy with nine points each as they entered the final question round.

Rhea, who moved to the UK with her family from the US six years ago and now lives in west London, correctly spelled the word "eleemosynary", meaning relating to charity, to claim the title at the end of four weeks of demanding rounds.

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Vatican prepares 'St. Teresa' of Kolkata stamp

Vatican City: The Vatican will anticipate the canonization of Blessed Teresa of Kolkata with a special postage stamp, which will be released Sept. 2, two days before Pope Francis officially declares her a saint.

The Vatican Philatelic and Numismatic Office announced the stamp's release Aug. 5 and distributed initial images of it.

The 95-cent stamp features a wrinkled but radiant Mother Teresa smiling in her blue-trimmed, white sari. Overlaid on the design by Patrizio Daniele is another image of her holding the hand of a small child.

Rio Olympics open amid controversy and poverty

At the opening ceremony, Acting President Michel Temer was jeered for his role in President Dilma Roussef's impeachment. Outside, protesters demanded "jobs, healthcare, education". The first-ever Refugee team is present. Doping scandals involving Russia, China and other countries hover over the games.

Corruption and calamity in Rio's Games of exclusion

The Rio 2016 Olympics has already earned a well-deserved label — the jogos da exclusão, the games of exclusion. It is a label — carved in banners and street graffiti — that shames a ruling class that got its priorities wrong.

In the name of the Games, 77,000 residents of Rio's favelas have been evicted and hundreds of these settlements where the poor live have been bulldozed. Those favelas that avoided the blades of the bulldozers have been hidden behind concrete walls approximately 10km long and 3m high, built at a cost of US \$17.6 million.

In front of a global audience the poor are hidden behind walls; walls that epitomise what theologian Leonardo Boff has called the 'lack of shame' living deep in the Brazilian soul.

When Rio was awarded the Games in 2009 Brazil, the world's fifth-largest country, was in economic recovery. It was a time when the country was heading to become, as the World Bank erroneously forecasted, the world's fifth economy.

India gets first tribal Servant of God

Ranchi: The first tribal from India was on August 7 entered the first stage in the lengthy canonization process in the Catholic Church.

Cardinal Telesphore P. Toppo, the Archbishop of Ranchi, named Mother Mary Bernadette Prasad Kispotta a Servant of God.

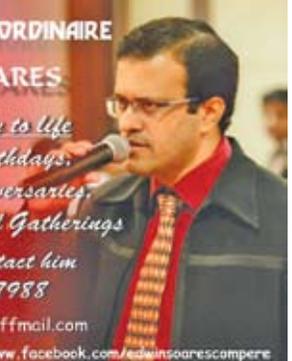
This was done after the Vatican in July issued the 'nothing stands in the way' certificate for a thorough probe into the life of the founder of the Daughters of St Anne, an indigenous congregation based at Ranchi, capital of Jharkhand state.

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Why love and affection are important?



With the love of money, affection has dried up. Married couples get less time together. They live a formal life living together in name only, but without any actual compassion. They do not provide proper time to their children either. In turn, children also develop a cold attitude with their parents and do not care that they head the family. Joint families have given way to nuclear families. Everybody is isolated now, managing their own affairs. As in the Western culture, parents are sent to an old age home.

An ordinary worker once told me that no lady will become like 'Meera' for her Krishna nowadays. Now love is not blind, it is conditional, just like an agreement. He may have been emotional on that day but I started thinking a little deeper.

Love and affection is now guided by suitability, professionalism and opportunity. Career oriented youths have no time for true love. They do not have time for emotion. They face the realities of life and move forward. Love is no doubt pious but many do not get time to witness it, Family relationships are a plous form of love full of cohe-

sive affection, which we lack today. It is now only money that matters. Girls are said to be sensitive towards parents; but this too seems to be changing. A father refused to give a car in dowry because his daughter was in love with that boy. The girl played a trick and compelled her future husband to put pressure on her father to give him a car otherwise he will not marry the girl. She blackmailed her own parents to give dowry beyond their means. There are cases in India where sons have stage-managed their own kidnapping to snatch money from their parents.

We think money and position are our biggest strengths. However love and affection is our inner strength and gives us the will to lead a harmonious true life. It is not a burden; nobody can love under compulsion, neither is it a profession or business. Nature has given signals of true love. Mother bird feeding her offspring by sacrificing her own food or mammals feeding offspring by making blood into milk is the true form of dedicated and sacrificing love. Man is also a mammal. Always be in love with your family, near and dear ones and your countrymen.

Your Blood group also speaks about you

- A(+) : Good leadership.
- A(-) : Hardworking.
- B(+) : Can Sacrifice for others and very ambitious, tolerance.
- B(-) : Non flexible, Selfish & Sadistic.
- O(+) : Born to help.
- O(-) : Narrow minded.
- AB(+) : Very difficult to understand.
- AB(-) : Sharp & Intelligent.

Blood Group Compatibility

What's Your Type and how common is it?

O+	1 in 3	37.4%
(Most common)		
A+	1 in 3	35.7%
B+	1 in 12	8.5%
AB+	1 in 29	3.4%
O-	1 in 15	6.6%
A-	1 in 16	6.3%
B-	1 in 67	1.5%
AB-	1 in 167	.6% (Rarest)

Compatible Blood Types

- O- can receive O-
- O+ can receive O+, O-
- A- can receive A-, O-
- A+ can receive A+, A-, O+, O-
- B- can receive B-, O-
- B+ can receive B+, B-, O+, O-
- AB- can receive AB-, B-, A-, O-
- AB+ can receive AB+, AB-, B+, B-, A+, A-, O+, O-

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Inspiration!

What's holding you from being happy?

You must have heard that advice about 'choosing' happiness. It sounds a little unclear, right? But there's definitely truth to it! Not only do our choices influence happiness, but our habits do too. Yes, there are habits that will keep you feeling down all the time. Oftentimes we unknowingly hold on to little, obsessive habits that cause us a great deal of stress and unhappiness. Take a look at the troubling habits of people who are always unhappy. Do you possess these?

Are your habits and routines sucking up your happiness? Even when we feel that something is wrong, we fail to seek the changes we need to make and instead cling to what's not working, simply because it's what we're accustomed to. It's time to make a change. It's time to give up the habits that no longer serve your well-being and embrace the positive changes you need to be happy. Today is the perfect day to give up...

You don't get out enough

Unhappy people tend to make a habit of retreating. Being alone all the time can get lonely, no matter how much you think you are enjoying it. Loneliness is never a happy feeling. Whether you're an introvert or an extrovert, socialising with people you like being around is a huge mood booster. So is trying new things in a group setting. Sure, some days you just have to keep to yourself, maybe not leave your apartment. But the more that becomes a pattern for you, the more unhappy you will feel.

Worrying about everything?

Worry is the biggest happiness slayer. Worry steals all of your attention and gives the illusion that you are working through a problem when you are not. As Van Wilder said, "Worrying is like a rocking chair. It gives you something to do, but it doesn't get you anywhere." People worry for all sorts of reasons: to escape reality, fear of the unknown, resistance to change, lack of confidence. Stopping worry, like every-



thing else takes practice; the more you do it, the better you will become at discerning when you are no longer controlling your thoughts and they are controlling you.

Blaming others

Stop blaming others for what you have or don't have, or for what you feel or don't feel. When you blame others for what you're going through, you deny responsibility and perpetuate the problem. Stop giving your power away and start taking responsibility for your life. Blaming is just another sorry excuse, and making excuses is the first step towards both misery and failure. You, and only you, are responsible for your life choices and decisions.

Comparing yourself to others:

No matter how you slice it, happy people aren't jealous. Envy can take over your whole life outlook if you let it. Unhappy people are very focused on what others have that they don't. Because we're constantly connected on Instagram, Facebook, Snapchat and every other area of social media, it's easy to get sucked in and take note of all the cool things people are doing. It's easy to feel a pang of jealousy. Just because people are showing off on social media doesn't mean they're actually happy either.

Not catching-up with good friends: In the midst of our busyness, we are prone to feeling like making time for our friends

is a luxury, not a necessity. It becomes something that is easily postponed. But friendships and genuine human connection matter. Research now clearly supports the power of strong social connections in

keeping us healthy and happy. The caveat here is that we need 'genuine' human connection. Don't feel guilty making time for your good friends. It is an investment in your well-being bank account.

Living completely in day-to-day routine:

There is a danger in getting stuck in the day-to-day living of our lives and forgetting to ever dream or plan ahead. We feel most alive when we step outside of our comfort zones and do new things. To make sure you don't get stuck in a rut, you have to give yourself some time to dream and set goals. Don't forget to reflect on the life you are living to ensure you are heading in the direction you want to. Frequently make time for the stuff that makes your heart sing and you'll feel happier in the longer-term.

Complaining all the time:

Give up your constant need to complain about those many things - people, situations, events that make you unhappy, sad and depressed. Nobody can make you unhappy, no situation can make you sad or miserable unless you allow it to. It's not the situation that triggers those feelings in you, but how you choose to look at it. Never underestimate the power of positive thinking.

- **Where thoughts go, energy flows. When you worry, you invest time and energy in something you don't want to have happen. Learn to let go and trust.**
- **There's one version of you on the planet. Be it, own it and quit worrying about it. No one really cares or watches you that closely.**
- **Living simply allows the space for life to flow. We complicate our lives by spending too much money and filling our home with things. Less is truly more.**
- **Anger burns a hole in the hand of the person still holding on to it. Move it out once and for all.**



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)**

6575. MUMBAI : Goan Roman Catholic Bachelor, aged 43 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 9145030628 **(Regd. No. 6575)**

GERMANY : German Roman Catholic Divorcee, aged 63 years, Ht. 183 cms, Well built, Fair Complexion, Edn. Mechanic Engineer, having own business. Contact email : evascherrmann@yahoo.de OR 4974861015 **(Regd. No. 6552)**

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 36 years, Ht. 160 cms, Wt. 59 kgs, Wheatish Complexion, Edn. MBA Finance, working as a Asst. Manager in Bank. Contact email : h.austin.saldanha@ gmail.com OR 9833280399 **(Regd. No. 6540)**

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 34 years, Ht. 5' 8", Wt. 65 kgs, Fair Complexion, Edn. B.Sc., MBA., working for Bank in **DUBAI**. Seeks a Mangalorean educated, homely girl. Ready to settled in Dubai. Contact email : roshandsouza5in@gmail.com OR 971556271902 / 9920371470 **(Regd. No. 6539)**

MUMBAI : Goan Roman Catholic Bachelor, aged 30 years, Ht. 5' 7", Wt. 58 kgs, Fair Complexion, Edn. Post Graduate in Marketing, working as a Manager. Contact email : francis.godad@gmail.com OR 9820829839 **(Rege. No. 6429)**

MUMBAI : Goan Roman Catholic Bachelor, aged 30 years, Ht. 5' 9", Wt. 62 kgs, Fair Complexion, Edn. M.Sc. B.Ed., Teacher by profession. Only Child. Seeks preferably Goan teacher with B.Ed., qualification. Contact email : agnesmenezes107@ gmail.com OR 9821315887 **(Regd. No. 6419)**

MUMBAI : RC Mangalorean, 30 years, 5' 8", MBA working in a financial firm, Mumbai Resident seeks alliance from RC girls, with pleasant personality, decent education and from a respected family. Contact with recent snaps and profile on alliancesjason@gmail.com OR 9619370997 **(Regd. No. 6412)**

MUMBAI : Mangalorean Roman Catholic Divorcee, Australian Citizen, 47 yrs, Ht 5'11, Wheatish, BCom, Govt. job, seeks suitable march. Reply with photo to chrisnorbert@ outlook.com / sharlet1968@gmail.com **(Regd. No. 6411)**

KOLAPUR : Roman Catholic, Goan, 31 years, Ht. 5' 8", Wt. 75 kgs, Fair Complexion, Studing M.D., General Medicine. Seeks a suitable match. Contact email : boom_anup_41@ yahoo.com OR 9422628636 / 9273337666 **(Regd. No. 6407)**

MUMBAI : Goan Roman Catholic Bachelor, aged 33 years, Ht. 5' 5", Wheatish Complexion, Edn. HSC / Diploma in Optometry, working as a Sales Professional. Contact email : picardosimon@gmail.com OR 9819403252 **(Regd. No. 6404)**

MUMBAI : RC Goan Bachelor, fair, 40, Ht. 5' 6", Wt. 74 kgs, B.Sc., Post Graduation in Chemistry from St. Xavier's Mumbai, having own accommodation, working for a reputed company in Mumbai as a section Head, seeks alliance from RC Goan graduate spinsters upto 36 years with good family background and christian values. Pls. reply with details and latest photo to monty_017@rediffmail.com OR 9930904563 / 9619925304 **(Regd. No. 6401)**

MUMBAI : Goan Roman Catholic Bachelor, aged 38 years, Ht. 5' 7", Wt. 78 kgs, Wheatish Complexion, Edn. BBA, working as an Asst. Manager. Contact email : johnpereira.pereiragmail.com OR 9820304069 **(Regd. No. 6399)**

MUMBAI : Goan Roman Catholic Bach-

elor, aged 39 years, Ht. 5' 8", Wt. 75 kgs, Fair Complexion, Edn. B.Com., working as a Senior Clerical in well known Hospital. Contact email : ajw2512@gmail.com OR 9920611659 **(Regd. No. 6398)**

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 30 years, Ht. 5' 9", Fair Complexion, Handsome, Edn. B.Com., working as CEO in Family Business. Seeks a good looking, smart, stylish girl. Contact email : mail2marg@gmail.com OR 9821556409 **(Regd. No. 6396)**

MUMBAI: Goan Roman Catholic Bachelor, aged 37 years, Ht. 5' 6", good looking XII Pass, presently working as Share Broker having own bungalow accommodation at Bandra Mumbai also getting good regular monthly rent seeks a goodlooking RC Spinster. Call 9167372840 Contact email : pintolararus2012@gmail.com **(Regd. No. 6393)**

6363. GOA : Goan Roman Catholic Bachelor, aged 31 years, Ht. 5' 8", Wt. 60 kgs, Very Fair Complexion, Edn. 3 years Diploma in Catering, working as a Chef at a Supervisory level. Contact email : chefsavio83@ gmail.com OR 8652744565 **(Regd. No. 6363)**

MUMBAI : Goan Roman Catholic Bachelor, aged 25 years, Ht. 6', Wt. 80 kgs, Wheatish Complexion, Edn. B.E. in Electronics and Telecom from Mumbai University, working as a Software developer in a well known MNC in Mumbai. Only Child. Seeks a suitable match. Contact email : clive2111@ymail.com OR 9967555521 **(Regd. No. 6359)**

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MUMBAI : Mangalorean Roman Catholic Spinster, age 25 years, Ht. 5' 5", Fair Complexion, Beautiful, Edn. B.Com., MBA, PGDM, working for Multinational Company. Contact email : roshanmehra@hotmail.com OR 9920730516 **(Regd. No. 6574)**

NEWYORK : Mangalorean Roman Catholic Spinster, aged 25 years, Ht. 157 cms, Wt. 60 kgs, Fair Complexion, Edn. M.S. in Computer Science (USA), working as a Software Engineer. Seeks a similar qualification, having HIB Visa and working in USA below 30 years. Contact email : joymachado312@gmail.com OR 9869064165 **(Regd. No. 6568)**

INDORE : Roman Catholic Spinster, aged 41 years, Ht. 5' 4", Wt. 53 kgs, Fair Complexion, Edn. M.Com., well settled. Seeks a suitable match. Contact email : seema_francis@rediffmail.com OR 09827011122 **(Regd. No. 6114)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 24 years, Ht. 5' 5", Wt. 49 kgs, Fair Complexion, Edn. M.Com., working. Contact email : dsouzaavi29@gmail.com OR 9920113059 **(Regd. No. 6442)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 28 years, Ht. 5'5", Wt. 68 kgs, Wheatish Complexion, Edn. M.Com., working as a Sr. Associate. Contact email : olgapin123@gmail.com OR Tel.: 9867449604 **(Regd. No. 6441)**

MUMBAI : Roman Catholic Spinster, aged 32 years, Ht. 5'4", Wt. 64 kgs, Wheatish Complexion, Edn. B.Com., working as a Risk Analyst. Contact email : jesmetal@hathway.com OR 9821925913 **(Regd. No. 6440)**

MUMBAI : Mangalorean/Goan Roman Catholic Spinster, aged 29 years, Ht. 5'6", Wt. 56 kgs, Wheatish Complexion, Edn. B.E. Comp. MBA., working for MNC. Contact email : sybil8.lobog@gmail.com OR 9920309470 **(Regd. No. 6439)**

6439)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 4", Wt. 70 kgs, Wheatish Complexion, Edn. B.Sc., Nurse, working as a B.Sc. Staff Nurse in **SAUDI**. Contact email : sybilavares18@gmail.com OR 9657035849 **(Regd. No. 6437)**

PUNE : Roman Catholic Spinster, aged 27 years, Ht. 5', Wt. 50 kgs, Wheatish Complexion, Edn. T.T.C., B.A., perusing B.Ed., Teacher in Convent School. Contact email : prachir369@gmail.com OR 9823120272 **(Regd. No. 6433)**

PUNE : Protestant Christian Spinster, aged 29 years, Ht. 5' 1", Wt. 52 kgs, Fair Complexion, Edn. B.E. (Computer), working in **SYDNEY** (Australia), as a Software Engineer. She has a P.R. Contact email : wilson.pandit@gmail.com OR 9890815206. **(Regd. No. 6431)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 27 years, Ht. 5' 4", Wt. 56 kgs, Wheatish Complexion, Edn. B.Com, C.A. (Inter), working as an Accounts Executive. Contact email : philomina_88@yahoo.com OR 9867175073 **(Regd. No. 6430)**

MUMBAI : Goan Roman Catholic Spinster, aged 27 years, Ht. 5' 5", Wt. 65 kgs, Fair Complexion, Edn. M.A. (Lit) Teacher by profession. Contact email : shalantam@gmail.com OR 91-67285160 **(Regd. No. 6428)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 30 years, Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. B.E., working as a Sr. Analyst in MNC. Contact email : joe51in@yahoo.co.in or 9322282297 **(Regd. No. 6427)**

MUMBAI : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 3", Wt. 50 kgs, Fair Complexion, Edn. Bachelors in Physiotherapy, working as a Physiotherapist. Contact email : tracy.veigas89@gmail.com OR 7045278809 **(Regd. No. 6426)**

MUMBAI : Roman Catholic Spinster, aged 29 years, Ht. 5' 8", Wt. 61 kgs, Wheatish Complexion, Edn. M.Sc. working for Govt. Firm. Contact email : gracia765@gmail.com OR 9987890858 **(Regd. No. 6423)**

6166 D/S MUMBAI : mangalorean Roman Catholic spinster 1973 born, 5' 5" tall, fair complexion with qualifications, B.Com. (Mumbai), M.B.A. Finance (Canada), M.B.A., (H.R.) and Diplomas in I.T. (NIIT), Comp. (APTEC), and Cert.Ind Acct. (I.C.A.), working in good position. Graduate / Post Graduate unmarried R.C. Bachelors upto 45 years, employed in good position and well settled in Mumbai or abroad. Contact email : bellwether77@yahoo.com or Mobile No. 9892700617. **(Regd. No. 6166)**

MUMBAI : Roman Catholic Spinster, aged 26 years, Ht. 5' 5", Wt. 64 kgs, Fair Complexion, Edn. B.Sc. Computer, working as a Graphic Designer. Contact email : kgfrancis@rediffmail.com OR 9820326609 **(Regd. No. 6421)**

MUMBAI : Goan Roman Catholic Spinster, aged 24 years, Ht. 5' 6", Well built, Wheatish Complexion, Edn. Graduate, working as an Accounts Executive. Seeks a Goan RC Bachelor below 30 years. Contact Email : tau-reangirl1991@gmail.com **(Regd. No. 6420)**

MUMBAI : Goan Roman Catholic Spinster, aged 27 years, Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. C.A., working as a C.A. Seeks a Goan Roman Catholic Bachelor. Contact email : rosefina.20@gmail.com OR 9022026602 **(Regd. No. 6417)**

MUMBAI : Roman Catholic Spinster, aged 26 years, Ht. 5'1", Wt. 48 kgs, Wheatish Complexion, Edn. B.Com., (Banking & Insurance) working as a Consultant. Contact email : rosemarybharda@yahoo.com OR 9224780162 **(Regd. No. 6414)**

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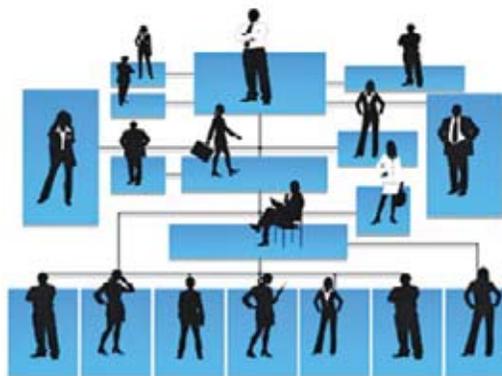
In today's era of ruthless competition and continuous innovation, people don't want stodgy, confining job titles. Rather than calling employees by a traditional moniker, many leading companies opt to use more playful titles for their employees. This energises team members. Because we're in a creative economy, your people are your differentiation-if you want them to think outside the box, why should they have an 'in the box' title? Some companies use "vice president" "director" and "manager" as titles for their employees, commonly, high-level employee titles contain the word "officer," with mention of the business unit they oversee. These officers, also referred to as C-level executives, are responsible for making decisions that ensure their companies reach their financial and non-financial goals.

Chief Executive Officer

Small business owners serve as the chief executive officers of their businesses, while CEOs at larger companies tend to come from a pool of candidates with wider experience. The CEO oversees the general direction of the business and is ultimately responsible for hiring and managing employees, determining which products and services to offer and monitoring and affecting the profits their company makes. They're also responsible for any losses the company suffers.

Chief Operating Officer

The COO is in charge of managing the overall day-to-day operations of a business. They provide the CEOs with executive support and help with top-level decision-making, which can include hiring, approving budgets and coming up with work-flow processes



and procedures.

Chief Financial Officer

They handles a company's financial matters. The CFO keeps track of revenues and expenses, prepares and review tax documents, creates and manages budgets and prepares financial statements such as cash-flow and income statements and balance sheets. A CFO may also reconcile the company bank statements to ensure accounts payable and accounts receivable are accurate.

Chief Marketing Officer

Also referred to as the CMO, is in charge of developing marketing strategies and tactics for a given organization. A CMO uses research to pinpoint the company's target market, manage marketing budgets and determine pricing, promotion, development, packaging and positioning of products and services.

Chief Technology Officer

CTO's are responsible for the overall technological needs and decisions of an organization. They help companies with information management, social media, software selection and coming up with ways to determine how technology can improve company operations. CTOs do everything from ensuring that each employee has the technological tools he needs to perform his job, such as software, computers, scanners and online file management systems to developing new computer programs and systems for the company.

Challenges of Life

Heavy rains remind us of challenges in life. Never ask for a lighter rain, just pray to God for a better umbrella. - That is the attitude!

Life is not about finding the right person, but creating the right relationship. It's not how we care in the beginning, but how much we care till the very end.

Some people always throw stones in your path. It depends on what you make with them; a Wall or a Bridge? - Remember you are the architect of your life.

Search for a good heart, but don't search for a beautiful face, coz beautiful things are not always good, but good things are always beautiful.

It's not important to hold all the good cards in life, but it's important how well you play with the cards you hold.

Often when we lose all hope & think this is the end, remember God and pray, it's just a bend, not the end.'

Have faith and have a successful life. One of the basic differences between God and humans is, God gives, gives and forgives. But the human gets, gets, gets and forgets. Be thankful in life...

If u think it is your alarm clock that woke you up this morning, try putting it beside a dead body and you will realise that it is the Grace of God that woke you up.



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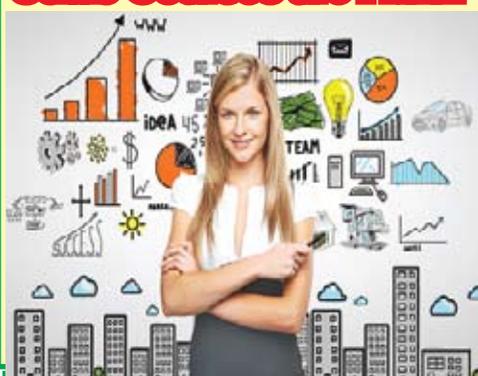


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