

# THE SECULAR CITIZEN

(Total pages 24)

A NATIONAL FAMILY WEEKLY

Vol.25 No.34 ■ Mumbai, August 22, 2016 ■ Rs. 5

**The Pulse of the People**

## *The International Year of Pulses*

*"Daal mein zaroor kuch kaala hai!"*



# NATIVITY DEVOTIONS TO OUR LADY OF HEALTH OF VELANKANNI

AT OUR LADY'S SHRINE IRLA, VILE PARLE (WEST),  
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**ANNUAL NOVENA PROGRAMME: 2016**

**Novena Days: Tue. 30<sup>th</sup> August to Wed. 7<sup>th</sup> September 2016**

**THEME: JUBILEE YEAR OF MERCY**

**Monday 29<sup>th</sup> August, Flag Hoisting at 7.30 p.m.**

**HOLY MASS & NOVENA TIMINGS**

6.00 A.M.	MARATHI	3.00 P.M.	MARATHI
7.15 A.M.	ENGLISH	4.15 P.M.	KONKANI
8.30 A.M.	TAMIL	5.30 P.M.	KONKANI
9.45 A.M.	MARATHI	6.45 P.M.	ENGLISH
1.45 P.M.	MARATHI	8.00 P.M.	ENGLISH

**BLESSING OF THE SICK & INVALIDS** : Saturday 3<sup>rd</sup> September 2016 at 11.00 A.M.  
Conducted By **Fr. Ashlin Chand**

**Please Note:** The usual Novena at 1.45 p.m. will start at 2 p.m. on 3<sup>rd</sup> September 2016.

**SOLEMN PROCESSION: Taking Our Lady in Procession in it's 49<sup>th</sup> Year on  
Sunday 4<sup>th</sup> September 2016 at 5 p.m.**

**HOLY MASS & NOVENA TIMINGS ON PROCESSION DAY**

5.00 A.M.	MARATHI	8.30 A.M.	TAMIL	11.30 A.M.	GUJARATI
6.00 A.M.	MARATHI	9.30 A.M.	ENGLISH	1.40 P.M.	MARATHI
7.15 A.M.	ENGLISH	10.30 A.M.	KONKANI	3.30 P.M.	MARATHI

**Holy Mass and Novena in English will follow immediately after the Procession.**  
On Sunday 4<sup>th</sup> September 2016, The Veneration Hall will be kept open for Devotees  
from 5.00 a.m. to 12.00 noon and after the Procession in the evening.

**BANDS IN ATTENDANCE:** Our Lady of Velankanni Band, Pond & St. Blaise Band, Vile Parle West.

**PREACHERS: ENGLISH & MARATHI: THE REDEMPTORIST FATHERS:**

Fr. Neville Fernandes, Fr. Peter Michael, Fr. Andrew Dantas & Fr. Melroy Correia

**KONKANI:** Fr. Anthony D'Souza, **TAMIL:** Different Tamil Fathers, **GUJARATI:** Fr. Dilip Danke

**FEAST DAY: THURSDAY 8<sup>TH</sup> SEPTEMBER 2016**

**HOLY MASS TIMINGS**

5.00 A.M.	MARATHI	10.00 A.M.	MARATHI
6.00 A.M.	MARATHI	2.45 P.M.	MARATHI
7.15 A.M.	ENGLISH	4.00 P.M.	KONKANI
8.30 A.M.	TAMIL	5.30 P.M.	ENGLISH

**7.15 P.M. – SOLEMN HIGH MASS IN ENGLISH**

**MAIN CELEBRANT: BISHOP DOMNIC SAVIO FERNANDES, AUXILLARY BISHOP OF BOMBAY**

**PARISH FEAST DAY: SUNDAY 11<sup>TH</sup> SEPTEMBER 2016**

**MASS TIMINGS:** 6.00 A.M. (MARATHI), 7.15 A.M. (ENGLISH),

9.00 A.M. – SOLEMN HIGH MASS IN ENGLISH

**Main Celebrant:** Fr. Joe Pereira – Parish Priest, St. Joseph's Church, Juhu  
(There will be no evening Mass)

**THE CHURCH AND VENERATION HALL WILL BE KEPT OPEN  
FROM 5.00 A.M. TO 11.30 A.M. AND 12.45 P.M. TO 9.30 P.M. ON NOVENA DAYS**  
Website: [velankannichurchirla.org](http://velankannichurchirla.org)

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**'Thought for the week'**

*Beauty doesn't need ornaments. Softness can't bear the weight of ornaments.*

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The international year of Pulses:

(Article on p. 6)

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**Happy Independence Day, Politicians, Industrialists, Bank Robbers and Others**

*by Don Aguiar*

**S**ixty nine years ago, we freed ourselves from the British, and as we progressed as an independent nation, we continued to shake off other chains that bound our body and mind. This Independence Day we look at the freedom of the shackle we'll be happy to get rid off.

Robbery is the crime of taking or attempting to take anything of value by force or threat of force or by putting the victim in fear. At common law robbery is defined as taking the property of another, with the intent to permanently deprive the person of that property, by means of force or fear

You will be surprised to know that when a man succeeds in his criminal acts, he becomes respectable. Only if he fails, then he becomes a criminal. The successful robbers become Kings and the unsuccessful Kings becomes robbers. It is only a question of who succeeds. If you are powerful you are great and can get huge loans without proper guarantee/guarantor and not bother to repay like many of our industrialists, politicians and others. This puts the common man into great inconvenience and to an extent destroys their future. These are the criminals, robbers who live like Kings.

The so called politicians, industrialists, etc are all robbers. They try to destroy other robbers. They may be against - being honest for business gain, hoarding, smuggling, they may be against fraud and deception, they may be against this and that. But deep down they are the greatest criminals, the greatest robbers. But they do things legally – or at least they manage to show that they are doing things legally. And they succeed – at least when they are in power. When the power goes, then all those beautiful stories about them disappear.

Once a politician or industrialists, etc are disposed, they become an ugly phenomenon. Once the power is gone and is no more there to protect them then everything becomes exposed. If you know how a person has become rich then you will not be able to respect him. But if a person is really rich he can manage to keep people silent. And then people have a very small memory - they forget

I was reading in some history book that some twenty persons were expelled from England, they were sea robbers. And what happened after thirty years? Of all those twenty persons, a few of them went to Australia and a few of them went to America. A few of them had become governors in America, a few of them had become bankers, great bankers, a few of them had become great landlords in Australia – all twenty had become very respectable people. And they had founded great houses – all the great American houses belong to them. And then people have a very small memory - they forget

**Many say** "a bank robber or for that matter a politician, industrialists and others are obviously still attached to the good of money, excessively attached, to the point where they are willing to risk their and other people's lives for it."

(Contd.. on p. 4)

(Contd.. from p. 3)

Is this different from the majority of investment bankers? They're on the same side; just one group outnumbers the other

*During a robbery in Gurgaon, India, the bank robber shouted to everyone in the bank: "Don't move. The money belongs to the State. Your life belongs to you"*

*"Everyone in the bank lay down quietly. This is called **"Mind Changing Concept"** Changing the conventional way of thinking.*

*When a lady lay on the table provocatively, the robber shouted at her: "Please be civilized! This is a robbery and not a rape!*

*"This is called **"Being Professional"** Focus only on what you are trained to do!*

*When the bank robbers returned home, the younger robber (MBA-trained) told the older robber (who has only completed Year 6 in primary school): "Big brother, let's count how much we got.*

*"The older robber rebutted and said: "You are very stupid. There is so much money it will take us a long time to count. Tonight, the TV news will tell us how much we robbed from the bank!*

*"This is called **"Experience."** Nowadays, experience is more important than paper qualifications!*

*After the robbers had left, the bank manager told the bank supervisor to call the police quickly. But the supervisor said to him: "Wait! Let us take out \$10 million from the bank for ourselves and add it to the \$70 million that we have previously embezzled from the bank". This is called **"Swim with the tide."** Converting an unfavorable situation to your advantage!*

*The supervisor says: "It will be good if there is a robbery every month."*

*This is called **"Killing Boredom."** Personal Happiness is more important than your job.*

*The next day, the TV news reported that \$100 million was taken from the bank. The robbers counted and counted and counted, but they could only count \$20 million. The robbers were very angry and complained: "We risked our lives and only took \$20 million. The bank manager took \$80 million with a snap of his fingers. It looks like it is better to be educated than to be a thief!"*

*This is called **"Knowledge is worth as much as gold!"***

*The bank manager was smiling and happy because his losses in the share market are now covered by this robbery.*

*This is called **"Seizing the opportunity."** Daring to take risks!*

*So who are the real robbers?*

What is it we like about bank robbers, politicians, industrialists and others? Partly it's their outsider-ness. They don't obey the rules

the rest of us obey. They don't hold down boring jobs, they don't have to sit at desks all day, sucking up to their bosses. We admire their entrepreneurialism, their freelance, unhooked lives. Robbers are pure capitalists, smashing through social rules and conventions in their pitilessly efficient pursuit of new markets.

And we also admire their efficiency, their competence, their cool. We root for the bank-robbers, politicians, industrialists and others who are really good at what they do, really cool under pressure, really skilled at cracking codes, vaulting through security systems, using their charm to blag their way through systems, or their guns to shoot their way out.

We admire the Stoic emotional control of a bank robber, politician, industrialists and others and their cool, their detachment, their self-containment, their reasoning ability, their ability to 'never get so attached to something you cannot walk away from it. They're like secular monks.

That means we also recognize the 'bad bank robber, politician, industrialists and others' – the robber, politician, industrialists and others who cannot control their emotions, who loses their cool, who uses unnecessary force

But a bank robber, politician, industrialists and others are obviously still attached to the good of money, excessively attached, to the point where they are willing to risk their ends for their means as well as other people's lives for it.

Now what do these attitudes say about us?

**They show that we live in a technocratic society which no longer believes in 'ends', only 'means'.** We may not agree with the end which bank-robbers, politicians, industrialists and others set for them on and getting rich, but we still admire their means. We admire the skills they use to seek this end, including their skills of emotional self-management. We admire their technocratic efficacy.

In such a society, we can actually compare a cop, with a robber. We can say they are similar characters, two sides of the same coin, because they possess the same skills. It doesn't matter what end they serve, it is the skills they employ in the pursuit of that end.

**This is relevant to our wider interests, because there is a debate over whether we can teach the skills of emotional self-control if we don't also teach the 'end' of virtue.**

HAPPY INDEPENDENCE DAY READERS...

## Faith and Actions

We Catholics are generally very devout by nature. Our churches are packed even for daily mass. We meet and greet others in the church compound and once inside we pray devoutly with full faith . We smile and greet those nearby with a sign of peace .We leave the church strong in our faith. But back on the streets, the veneer of religiosity wears off rapidly. Back home we become our old selves. We ignore our neighbours and even scowl at others . We refuse to solve problems with our neighbours in our (non) Cooperative Housing Societies. In church our faith is very strong but outside the church our works and actions do not reflect our faith . What good is our faith? Faith without works(actions) is dead. (James 2:17). We refuse to settle simple issues with our neighbours only because we do not want to solve them. If we really wanted to, the solution would not be difficult to find .

A farmer died leaving in his Will, 17 camels to three sons. To the first he willed one-half of all his camels.To the second son he gave 1/3rd of the camels and to the youngest he gave 1/9th of the camels.

As it was not possible to divide the 17 camels by , 2, 3 or 9 the sons started quarrelling. But as they were brothers and wanted to settle the issue amicably they approached a wise man for a solution. The wise man listened patiently and after giving it a thought, brought one camel of his own and added it to 17. That increased the tally to 18 camels. Now, he started reading the deceased father's will. He divided 18 by 2 and gave the first son 9 camels and likewise he gave the second son 6 camels and the third son 2 camels. That made 17 camels with the 18th camel still left. As it was his camel, the wise man kept it for himself .

MORAL: In trying to solve our problems we must first have 'faith' that we want to and can solve the problem. Then we must put the faith into 'works' or action by looking for the 18th camel .

—Prof Robert Castellino  
Orlem



## Disposal of the Dead

Space constraints is forcing Churches in Mumbai to opt for 'green solutions' for disposing of the dead: "Churches shun coffins, go for shroud burials" (Times Of India – Top News, Clara Lewis, 31st July, 2016, via Internet).

In the last six months, St. Blaise Church, Amboli, has had at least 15 'shroud burials'. Fr. Franklin Mathias, parish priest said, that due to lack of space, environmental benefits and cheap economics, many parishioners have opted for a plain shroud burial over a coffin burial, which today costs about Rs. 10,000! Besides, it saves wood, thus conserving forests which are vital for human ecology.

Since 2015, Orlem Church, Malad, had to shut down its graveyard, as the soil had turned alkaline; and decomposition of bodies in coffins got delayed and became a problem. Even embalming of bodies delayed the disintegration process. Laity have been asked to grow plants, instead of putting horizontal marbles slabs on graves. A single vertical slab would suffice.

Fr. Nigel Barrett, spokesman for the Archdiocese, revealed that the use of coffins is the offset of the rich in Europe, and does not have its roots in Christianity. Jesus was indeed buried in shroud! Remember, the famous living relic, the Shroud of Turin!

Nowadays, Cannon Law only requires that the body be treated with dignity and respect. Even 'cremation' is allowed, if the deceased had believed in the Resurrection! It is high time the Church has its own crematoria. And if I may triumphantly add: "Christ will transform the body of our humiliation, and conform it to the body of His glory" (Phil 3:21).

—Dr. Trevor Colaso,

(Now at Memphis, Tennessee, USA).

## Why forgiveness as a pre requisition?

"Have faith in God," Jesus answered. 23 "Truly[d] I tell you, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in their heart but believes that what they say will happen, it will be done for them. 24 Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. 25 And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins."

I refer to the article on Forgiveness in the Secular last issue.

All things said and done and the belief in the Bible as a second skin on your being the sentence in italics befuddles me.

What has forgiveness got to do with the impression of faith and belief in the God of all Gods. From the immensely gracious flow of words from Christ

the mood suddenly changes to forgiveness as a prerequisite to the manifestation mode. In order to get by faith and belief why should one impress the situation by using the forgiveness implication. And why is it necessary. Somebody please write a reply that is literate and not just to satisfy your inner die hard resonance to all things holy. Is there a chance for a discussion on this subject. The focus on 'forgiveness' spelt out by Jesus is surely a placement to reckon with as Jesus means something which is honorable and a requirement that the Bible content writers have not been able to come forth with an actual and real meaning as an answer. I now await a very logical and yet divine meaning to the reference on forgiveness. Is there

a hidden meaning to the word forgiveness.....? Can one not manifest with Belief, without doubt, and prior thanks as if the job is done. By faith. Even before it materializes. Why forgiveness as a pre requisition.

—Roy Rogers

## Congratulations !

The Coelho's must be complimented and applauded for their commitment to **The Secular Citizen** and other sister publications for the past 25 years – not a mean achievement by any reckoning. It gives me a sense of pride and fulfillment to be associated in a small way continuously since 2005 with full length articles which normally found space on the cover pages and then with "Views on News" from mid-August 2007. Wishing the Coelho's continued success in the service of the Christian Community.

—MARSHALL SEQUEIRA

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# The Pulse of the People

## The International Year of Pulses

**“Daal mein zaroor kuch kaala hai!”**

Flinging her frail arms in the air, Sarla, the bai who worked in four of the neighbourhood houses raised her voice to accuse the Bania of cheating her. She yelled that she firmly believed what the ‘gorment’ was saying, that ‘dal-roti’ now has become cheaper. So why was he charging her a big blue note for a small packet of arhar daal?

This insignificant incident forcibly drives home two points. That ‘daal-roti’ is the basic diet that sustains the poor people of this country. And the price of the poor man’s staple has doubled recently with no visible measures to check its spiralling growth. While India has reached self-sufficiency in many food items, which includes milk, rice and wheat, it has not been able to do the same with pulses. Like Sarla, millions of mothers toiling away to feed their families, depend on the humble pulses to fulfil the nutritional needs of their growing children. For Indian vegetarians pulses such as pigeon pea, chick pea, black-eyed pea, black gram, green gram, cooked in one form or the other have been substitutes for animal protein and necessary for a balanced meal. Under the circumstances, the UNO declaring 2016 ‘the year of pulses’ brings glad tidings and hopefully pulses may no longer cause the pulse of the people to race!

The UN General Assembly has declared 2016 the International Year of Pulses (IYP) to raise awareness of the many benefits of pulses, boost their production and trade and encourage new and smarter uses throughout the food chain. The Food and Agriculture Organization of the United Nations (FAO) has been nominated to facilitate the implementation of the Year in collaboration with Governments, relevant organizations, NGOs and all



other relevant stakeholders. The Year will create a unique opportunity to encourage connections throughout the food chain that would result in wider consumption of pulse-based proteins, further global production of pulses, better utilization of crop rotations and address the challenges in the trade of pulses. Working to raise awareness about the benefits of pulses and encourage increased production and consumption of the crops needs to be done concurrently with efforts to eliminate any food loss and waste from pulses production. Because of the magnitude and complexity of the problem, FAO recognizes the need to undertake action in partnership with other regional and international organizations, and with food chain actors ranging from herders, farmers and fishers to global companies.



BY VERA ALVARES

### The launch of YOP

On 10 November, 2015, under the slogan ‘nutritious seeds for a sustainable future,’ the United Nations, led by its Food and Agriculture Organization, launched the year 2016 as ‘the International Year of Pulses’ in Rome, Italy. With over 200 participants and many more viewers worldwide, the event merited high level attendance from government ministries, civil society and the private sector. The speakers and special guests highlighted the many benefits of pulses, and also brought to light some of the obstacles facing the global production, supply and trade of the crops. Five key facts about pulses were mentioned as the basis for further consideration, at the

official launch.

- Pulses are an indispensable crop for vulnerable communities in developing countries.
- Lentils, beans and chickpeas have been an essential part of human diets for centuries.
- Pulses consumption is declining.
- Science and technology innovations can help close the yield gap in pulses production.
- Pulses production is highly water efficient, especially when compared to other protein sources.

Even for a developing country like India, an International Year designation provides an unprecedented opportunity to raise awareness and to celebrate the role of beans, chickpeas, lentils and other pulses in feeding the nation. Even more importantly, it will be a galvanizing moment to draw together key actors to further the contributions pulses make to health, nutrition, and sustainability. India has launched its own celebration of the IYP by announcing a three day seminar, ‘the pulses conclave’ at Jaipur, Rajasthan from 17- 20 February, 2016. Over 800 delegates from India and 24 countries are expected to attend, raising hopes of the formation of an effective plan to increase yield and bring pulses within the reach of common man. This seminar has the potential to heighten public awareness of the nutritional benefits of pulses as part of the sustainable food production aimed towards food security and nutrition.

### Need to maintain pulse rate

Pulses are annual leguminous crops yielding between one and 12 grains or seeds of variable size, shape and colour within a pod, used for both food and feed. The term “pulses” is limited to crops harvested solely for dry grain, thereby excluding crops

(Contd.. on p. 7)

(Contd.. from p. 6)

harvested green for food, which are classified as vegetable crops, as well as those crops used mainly for oil extraction. The word pulse originates directly from the Latin *puls* meaning "thick gruel, porridge, mush." Pulses are part of the food culture and standard diet in most parts of the world and a key ingredient in many signature national and regional dishes, from falafel to daal to chilli and baked beans.

Pulses such as dried beans and peas, are not merely cheap and delicious, they are also a highly nutritious source of protein, amino acids and vital micronutrients that can greatly benefit people's health and livelihoods, particularly in developing countries. They are also an affordable alternative to more expensive animal-based protein, hence pulses are ideal for improving diets in poorer countries where protein sources from animal products are often five times more expensive than pulses. They should be included in a healthy diet to address obesity, as well as to prevent and help manage chronic diseases such as diabetes, coronary conditions and cancer. Animals too benefit from this important source of plant-based protein.

Pulses are packed with nutrients and are a fantastic source of protein. Because of their high nutritional content, pulses are a staple in emergency food baskets. Pulses are made up of about 20-25 percent of protein by weight, which is double the protein content of wheat and triple that of rice. Pulses have a low fat content and contain zero cholesterol. The glycaemic index (an indicator of the effect on blood sugar) is also low, and they are a significant source of dietary fiber. Since they do not contain gluten, they are an ideal food for celiac patients. Additionally, their high iron and zinc content is especially beneficial for women and children at risk of anaemia. Pulses are rich in minerals and B-vitamins all of which play a vital role in maintaining good health. Contrary to common belief, some research in-

dicates that eating pulses regularly can help control and combat obesity as well!

Pulses also offer a great potential to lift farmers out of rural poverty, as they can yield two to three times higher prices than cereals, and their processing provides additional economic opportunities, especially for women. Pulses can be stored for months on end without losing their high nutritional value providing increased food availability between harvests. The nitrogen-fixing properties of pulses can improve soil fertility, which improves and extends the productivity of farmland. Using pulses in intercropping systems and as cover crops can reduce soil erosion and contribute to pest and disease control. Depending on species and environmental conditions, grain and forage legumes are able to biologically fix up to a considerable amount of Nitrogen in the soil. As stated earlier, in these times of water scarcity all over the world, it is noteworthy that pulse production is highly water efficient, especially when compared to other protein sources. Production of peas or lentils requires 50 litres of water per kilogram. Conversely, one kilogram of chicken requires 4,325 litres of water, one kilogram of mutton requires 5,520 litres, and one kilogram of beef requires 13,000 litres of water during production. Their small water footprint makes pulse production a smart choice in drier areas and regions prone to drought.

### **The slowing pulse**

Indian pulse crops on a per-acre basis have been on the decline as farming practices and technology have not changed fast enough to keep pace with the larger swings in wet and dry periods that have accompanied climate change, he said. At the same time, demand for vegetarian protein is soaring along with rising incomes and a population has doubled in the past 40 years and is expected to top China's by 2028. It is generally believed that a combination of government's apathy, outdated farming methods, preference for cash crops and insufficient research has brought down Indian production of pulses, which fails

to keep pace with growing demand. Despite India being the largest producer [18.5 million tons] and processor of pulses in the world also imports around 3.5 million tons annually on an average to meet its ever increasing consumption needs of around 22.0 million tons.

Pulses are economically important crops for farmers, in both developing and developed countries. 70% of pulse production globally (except for dry peas) comes from developing countries. For instance, India produces about a quarter of the world's pulses, which in 2011 amounted to 17 million tonnes. In 2014-15, production of pulses declined 12% over the previous year. This was caused by various factors including unseasonal rains, pests, and unprofitable prices offered to farmers by the government, despite import duties being waived. This decline appears to have been seized as an opportunity to make a quick killing by traders as there are reports of pulses stocks lying in warehouses at ports as traders wait it out and allow shortages to pump up prices even more. And, exporters in touch with producers from Canada, Myanmar and Australia have hiked up the rates because India is the biggest player in the pulses import market. Instead of imports, the government should focus on augmenting domestic production. If the government fails to announce Minimum Support price (MSP) even after the farmers in many States start sowing of pulses, farmers in other States, for the fear of losing out on well-paying crops, plant other crops and avoid pulses. Hence the production falls. When there isn't any alternative to "making in India" in the case of pulses, enticing farmers to plant pulses seems to be the only way of cutting down exports and increasing production.

At present pulses are imported to bridge the gap between domestic production and consumption. Indian pulse crops on a per-acre basis have been in decline as farming practices and technology have not changed fast

(Contd.. on p. 8)

# Mother Teresa: Saint of the Slums

It may be recalled that when Mother Teresa was alive and when she was passing through the streets of Calcutta (now Kolkata), she saw a Hindu priest lying in a bad shape and was left to die there, ignored by one and all. Like a Good Samaritan, Mother Teresa lifted him up and took him to her ashram (which was a small hut then) and cared for him by cleaning up his infected wounds and giving him whatever was available to eat.

The charity work done by the Christian missionaries all over India cannot be denied by anyone. No other organization can do the work that is being done by the missionaries of Mother Teresa and other Christian organisations.

When Mother Teresa first landed in Calcutta and started her good work,



by Jubel D'Cruz

many Kolkatans wanted her to be driven away or sent back to her hometown. A police complaint was even lodged and when the police officials went to her ashram to find out what work she was doing, they were stunned to see her cleaning the wounds of a man lying on the bed. The police officials went back and told the complainants that they would send her back to her country only if you all are all willing to do the work that she is doing. On hearing this, the complainants quietly left the police station and the rest is history.

Today, because of the missionaries of charity, many newly born children who are left on the streets to die or thrown in the gutters and dustbins by their parents are seeing the light of the world. Mother Teresa was so loved by the people of Calcutta that there was no need for her for a pre-appointment with the then chief minister of Calcutta. She would open the door of his cabin and enter. That much of respect she enjoyed in Calcutta.

Mother Teresa landed in Calcutta with just Rs 5 in her pocket and one plastic bucket and when she left for her heavenly abode on September 5, 1997, she left behind one bucket and two sarees, which are still preserved today by the Missionaries of Charity. We are glad that she is being declared a saint by Pope Francis on September 4, 2016.

With the canonisation of Mother Teresa as a saint on September 4 this year, India will have six saints of its own. They are --- St Gonsalo Garcia, St Alphonsa, St Kuriakose Elias Chavara, St Euphrasia Eluvathingal, St Joseph Vaz and St Mother Teresa. St Gonsalo Garcia of Vasai was the first Indian saint. He belonged to the East Indian Catholic community of Mumbai and we East Indians of Mumbai and Vasai are proud of him.

(Contd.. from p. 7)

enough to keep pace with the larger swings in wet and dry periods that have accompanied climate change. At the same time, demand for vegetarian protein is soaring along with rising incomes and a population has doubled in the past 40 years and is expected to top China's by 2028. Though India's climate is suited to grow most of the lentils we consume, the lack of clarity on agriculture planning and delayed government action have contributed to a drastic fall in pulse production. A two-pronged approach -- to enhance productivity by using government subsidised technology and a cent per cent assurance from the government that it will procure all the pulses through some agencies like the National Agricultural Cooperative Marketing Federation of India or Food Corporation of India, may help. Experts have called for a new impetus to pulses production with new seeds, better pest control, better support prices and a much better organized market. If not, despite the celebration of the International Year of Pulses, a bleak future the future of a protein famine staring us in the face!

—Vera Alvares

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# A Love Letter To The Loving Families

**T**he joy of Love experienced by families is also the joy of the church'. This is the opening line of the encyclical of Pope on Family.

This year is specially declared by Pope as the Holy year of Mercy. But as I experience the lives of the families in this special year of mercy I feel the aspect of mercy or compassion have vanished from the minds of the individuals or is this values have got any credentials in this technology ruled world.

The families have become exceedingly selfish and the last virtue to be found is sharing love and affection with the members of the family. The children and the elderly are the least cared for. In most of the families the man and the wife go for work and most them getting back only when the rooster is in the cage. The parents do not have sufficient time for the children or to look after the elderly parents or to exchange a kind word or concern.

There was a heartbreaking news that went viral in the news columns was that five children together left their aged and sickly mother in the dirty pavements of the city and went away. The grief stricken mother had four boys and a daughter. She and her husband together educated those children with their scanty income and got them settled. They had their own share of joys and sorrows. The one mother was enough to take care those five children but the paradox is that they cannot look after their aged



by Sr. Bindu Abraham MSI



mother, as she is a liability to them.

The plea of the mother was really heartrending. She says no need to give her any extra ordinary things but just to give something to survive. She was taken care by the police and the heart broken mother refused to eat. Two days later she breathed her last. Interestingly, none of her children came to claim her body.

This is the world we live in today. Catholic families are supposed to be the epitome of goodness and prayerfulness. Only in a healthy and prayerful family the society can mold its best citizens. **Paradoxically, we are in the rat race of hoarding abundance of wealth to our children as if they cannot work hard. We as a parent fulfill every silly desire of our wards and forgetting to teach them the values of life. And we neglect to spend with them our time and struggle.**

Therefore, after few years the very children for whom we wasted all our youth will despise us in our old age. Let us restyle and remodel our fami-

lies to a haven of happiness where both joys and sorrows of life shared.

Let us learn to look at the family of Nazareth as our role model where prayer and attention is given to every individual whether young or old. To conclude I like to quote our Pope Francis. "The Bible is full of families, births, love stories and family crises. This is true from its very first page, with the appearance of Adam and Eve's family with all its burden of violence but also its enduring strength (cf. Gen 4) to its very last page, where we behold the wedding feast of the Bride and the Lamb (Rev 21:2, 9). Jesus' description of the two houses, one built on rock and the other on sand (cf. Mt 7:24-27), symbolizes any number of family situations shaped by the exercise of their members' freedom, for, as the poet says, "every home is a lampstand".

Let our families be a beacon of God's blessings poured into the hearts of everyone, an expression of God's mercy in our dealings and lives.

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# The permissible lie – that can change your life

by Rtn. Calwyn D'Abreo

Call it inventiveness.

Perjure yourself with what you are wanting to say.

Let it be your story.

Practice the Art of Allowing for this permissible invention of a vocal or a mind stance to evolve from your self and you hold responsibility for it with elan and bravery that is meant for a soldier defending himself.

There has to be a thought that is generated when you think.

Whatever the story is you can tell it like it really is even when your thoughts are not comfortable or you can evolve with a story on the same content but to benefit you and change the manifestation of that which it brings.

Which means reaching for the thought that feels best.

It is not required that you espouse with the real thought... not the thought that is telling it like it is. Telling it like it is only holds you where it is. The thought may be the real truth but if it damns your progress and other movements in flow of positivity that enhances the life you are wanting then you have an impediment towards progressive manifestation.

Of course, tell it like it is and the story itself if you like it. But refrain from this mode if you are not happy with the story. So, do not tell it like it is. Tell the world and yourself like that which you want it to be. Only you are aware of the change in the story. You are the author and you get to keep the copy-right.

Indulge in a thought that feels great to you. Every thought manifests

a visual. Paint a beneficial picture.

Tell it again and again and again and once more. See it in your mind's

## Ambitious Tree

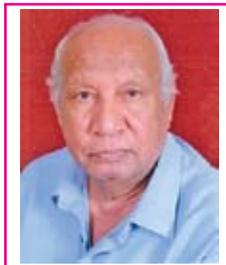
There, on a far-off hill-side shot up a rare plant. "I want to be popular", it daily prayed to God!

Months and years passed. That tiny plant grew up to be a huge, strong tree. But its prayer continued...

A wood-cutter, while passing from here, eyed the tree. He cut down the tree....

Two strong wooden pieces were picked up by soldiers. A rough, tough, heavy cross was hurriedly fashioned by them. They crucified Jesus on that cross...

That tree became the most popular. God hears every prayer.



by Ignatius Dabhi  
Sr. Journalist

eye as the new placement of your otherwise not so comfortable thought. Let the application not be a mere wishful changeover as all modes of wishes are primarily passive and are weaker in nature. Let the new proposition be

a desire which is the starting point of all human achievement. And add to it for faster manifestation, reasonable limitations...

Let the process of telling the permissible lie becomes second nature to your conscious mind. The subconscious will follow and retain the orders. Tell it long enough to allow for it to become the truth. Let the thought you do not like languish in oblivion and become annoyingly insensitive or slow to understand and gradually disappear. Keep on telling, narrating, revealing the new story. Illuminate the visuals with fire and faith.

Like magic your personality will begin to believe as your conscious mind collaborates with the subconscious on that which is the new story and in vibration the mind believes the narration and behaves likewise. And when you feel it as if it is that which is and what you want it to be....

it begins to surface as that what you have told the mind and manifestation mode sets in to make it real.

Things begin to happen. Anything. The benefits are tremendous.

Indulge in this exercise for 15 days with any special intentional story that you like which is an antidote for a bad story that has emanated from the inner sanctum of your consciousness which you do not like to manifest and see the transformation and change in the manifestation. Good luck my friends.

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## Milking the Holy Cow

It is not surprising that the cow which is revered by all Hindus has today become a tool in the hands of those who want to exploit the situation and indirectly polarize the people of this country. No community shows any disrespect to the poor animal per se but beef had been the staple diet of many over the centuries. This habit continues. While it may not be palatable for a few people to hear, even the Hindu community consumed it in ancient times. The dalits consume it even today and they are also Hindus. Ironically, the Cow Protection movement was first started in 1870 by a Sikh Sect and not by any Hindu.

How genuine are the so called gau rakshaks about the holy cow? If they have the real interest of the poor animal at heart, it is only natural that any harm intended or natural should concern and pain these bhakts. It is not about the cow being killed alone but the death of thousands of cows for other reasons. The case of Rajasthan alone should be thought provoking. The State has a Minister for cow welfare and undoubtedly the gaushalas are established for that purpose. In one such gaushala with 200 workers, there are 9000 cows of which 40 die per day and another 50 elsewhere i.e. 90 deaths per day – all due to starvation or sheer neglect. One News Channel showed carcasses being ferried in trucks and these gory images woke up the CM of that State and two Officials have been shown the door. What about the Minister in charge? Why not sack him first for failing to do the job he was appointed for? Did he not know about the deaths? Was he even aware of what was actually happening in these gau-shalas?

The Prime Minister needs to be applauded loudly for his sharp and hard hitting comments on the countless fake gau rakshaks whom he called anti-social elements by night and rakshaks by day to camouflage their misdeeds. It is not clear why he did not name the fringe Hindu elements who had openly admitted on camera that they have been behind the vigilantism and take pride in doing so. These fake rakshaks, like the fake babas, are milking the holy cow. There is a mafia which controls movement of cows for a price – as high as Rs 10,000 per truck. It covers other States too. Vigilantism has become a cash cow now for those who can manage this lucrative business. The PM should

## IEWS on NEWS

have asked these gau rakshaks to man the gaushalas [cow sheds] and ensure that they are properly fed. The situation in Gujarat is no better. Both these States are BJP ruled. It is the same story in every other State.

No doubt, as the PM said, law and order is a State subject but it is not about that. It is a very sensitive issue which has national repercussions and can quickly snowball into a major communal disturbance. When Dadri happened, the PM should have been quick to step in and send a terse message to those behind that dastardly act. The whole nation was disturbed and that must have included the PM. Why did he not speak then? Sometimes silence by the PM can send wrong signals not only within India but elsewhere.

*What really prompted the PM to speak openly now? My own feeling is that the PM must have been disturbed by two things. Firstly, the curt comments by the U S Government Spokesman on the disturbing trend of vigilantism in India. His comments were sharp and unambiguous. Next, was the sting operations carried out by two leading News Channels. The state of the gaushalas was vividly brought out by another Channel. If it was not for these two occurrences, perhaps the PM would have continued with his silence. The Prime Minister needs to speak on important issues. His words [admonition] carry weight; otherwise Subramanian Swamy would not have sobered down. By the way, where is he?*

\*\*\*\*\*

## Reconnect Kashmir

The present situation in Kashmir does not augur well for the country. It has now become an issue which has attracted the attention of the world. Pakistan has succeeded in bringing it even to the attention of the UNHRC. India is a mature country and should have been able to foresee the outcome. Of course, killing the terrorist is a major achievement and the government rightly gloated over its great success. Did the intelligence network fail to gather information about the likely fall-out of this encounter?

No one questions the right of the security forces to corner and trap the terrorist but the aim should have been to capture him alive so that after questioning more truth about the involvement of Pakistan's terror network would have come



by Marshall Sequeira

to the fore. He was the commander of the Hizbul operating across the border with the blessings and support of the Pak establishment. The encounter was a result of a well coordinated effort and therefore it should have been possible to neutralize him without actually killing him. Of course those in charge would know better if this was at all possible and it is easy for us to give this unsolicited advice on hind sight from the drawing room.

The situation is really bad. If there is curfew for over a month, it is not a happy situation especially for those innocents who are confined to their homes without possibly proper food and other day to day requirements. They also are not able to go to school and work. The people are rightly angry and upset. The separatists have been responsible for this mess. A token protest is understandable but when you drag it at the behest of those who are inimical to Indian interests, the ordinary people suffer. Those who are sick are not able to get medical aid. Over 9000 casualties [dead and injured] – a sad commentary!

The PM spoke rather late but spoke emotionally from his heart. Now it is up to him to take his message forward, translate it into concrete action to bring the situation to normalcy. Every day is important. The more it is delayed, it will be worse. In such situations, backdoor diplomacy helps to prepare a road for a way forward. Let us all hope that things do not become worse – something that Pak wants to see. Unfortunately there is a huge disconnect / distrust between the rest of India and the educated Kashmiris. This gaping 'disconnect' must be bridged. Modi is a great thinker and surely he will do everything possible. Something out of the box is necessary and for this he needs to take all political parties on board. Merely passing resolutions will not take us anywhere. You will have to win the hearts of the people there. Keeping the national interest in mind, someone has to talk to somebody – fast.

# Thanksgiving



## Thank you

Sacred Heart of Jesus,  
 Mother Mary,  
 Holy Spirit,  
 St. Joseph,  
 St. Jude  
 St. Anthony  
 St. Francis Xavier  
 For all the favours granted.  
 Please continue to Bless us.

Larissa S D'Costa

# Different Purity Levels in Gold

Gold is often purchased by weight and purity, with the purity measured in a unit called Karat. Gold is available in different purities, with the popular ones being 24 karat, 22 karat and 18 karat. While 24 karat gold is used extensively as an investment, 22 and 18 karat gold can be used to make jewellery and ornaments.



22 karat gold is a mixture of gold and alloys, in the ratio 11:1. This essentially means that 1gram of 22 karat gold has around 91.5 percent pure gold, with other metals making up the remaining portion. These impurities are added to pure gold to make it more malleable and ductile, thereby making it perfect for jewellery.

Similarly, 18 karat gold is a mixture of gold and metals in the ratio 3:1, meaning 75 percent pure gold and 25 percent metals. This is typically cheaper than 22 and 24 karat gold on account of impurities. 18 karat gold typically has a dull colour, making it easily recognisable.

Other gold options include 14 karat gold (which has 58 percent gold), 10 karat gold (with 42 percent gold) and 6 karat gold (with 25 percent gold).

## What is 24 karat gold?

24 karat gold is the purest form of gold which can be purchased, having no impurities. This purity makes it ideal for investments, with most investors choosing to purchase 24 karat gold. The only drawback of this purity is that 24 karat gold cannot be used to make jewellery or ornaments, limiting their use to gold coins or bars.

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## Unfailing Prayer to St. Anthony



O holy St. Anthony, gentlest of Saints, your love for God and Charity for his creatures, made you worthy, when on earth, to possess miraculous powers. Miracles waited on your word, which you were ever ready to speak for those in trouble or anxiety. Encouraged by this thought, I implore of you to obtain for me (request). The answer to my prayer may require a miracle, even so, you are the Saint of Miracles. O gentle and loving St. Anthony, whose heart was ever full of human sympathy, whisper my petition into the ears of the Sweet Infant Jesus, who loved to be folded in your arms; and the gratitude of my heart will ever be yours.

—Mrs Precilla Monterio, Borivali

## First Death Anniversary



### Celine Carvalho

W/o. Richard Carvalho -  
Barkur  
Richard Garage -  
Marol - Mumbai

Born : 22nd December 1950  
Died : 26 August 2015

*Time slips by and life goes on,  
But from our hearts you're never gone.  
We think about you always,  
We talk about you too,  
We have so many memories,  
But we wish we still had you.*

In memory & in celebration of Mrs. Celine Carvalho who made this world brighter and better place.

You are cordially invited for 1st death anniversary on 26th August 2016 Friday at St. MICHAEL Church, Mahim for 7pm mass in her remembrance.

*A tribute of love from husband, son, daughter, daughter in law & grandson.*

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# Any time is Frankie time

Frankie's started off more as a Mumbai street speciality and now are a hit everywhere. While Kathi rolls originated in Kolkata. They are the same in a way. Rolls can be stuffed or rolled with a lot of different meats or vegetables - mutton, chicken, potatoes, mushrooms, paneer or simply just eggs and cheese. Enjoy these wonderful, aromatic, finger licking, scrumptious, yummy Frankies!



**F**rankies are also known as Kathi Rolls or you may call it a Wrap. It is vegetables or chicken wrapped in a roti made out of wheat flour or maida

Delicious and filling, frankie's are a popular street food. The best part is that they are easy to prepare and you can make them with whatever is available in your kitchen. Normally vegetables or chicken are always a part of our fridge and it not then eggs are always there. Frankie's make a great lunch box option too. Try different and simple recipes at home. While of course you can eat Frankie's anytime outside too!

## Aloo Frankie

The aloo frankie truly needs no introduction! This one is an authentic recipe that simply never fails you. With a balance of flavours ranging from tangy to spicy it will be enjoyed by young and old alike. Saute in butter boiled potatoes, onions, chillies, garam masala, chaat masala, ginger garlic paste, coriander and salt. Spread evenly this mixture on a roti and roll. Enjoy hot!



## Vegetable Frankie

A mouth watering snack. Once you have tasted it, you will always ask for more. Its simple too. Combine paneer, carrot, boiled potatoes, lemon juice, chaat masala, onions, capsicum, tomatoes and salt and mix well. Spread evenly this mixture on a roti and roll. Vegetable Frankie is ready, you can enjoy it with tomato ketchup.

## Egg Frankie

This is a simple and hot favourite of all egg lovers. Make it anytime of the day and it will be relished. Tasty and healthy with the egg. All that you have to do is make simple egg omelettes and roll them up into a roti with a few chopped onions and some mayonnaise.

## Paneer and mushroom

Another hot favourite dish for vegetarians. Who does not enjoy soft delicious paneer? All that you have to do is saute finely chopped mushrooms and add to it grated paneer, onions, capsicum, salt, chaat masala and coriander. Roll this mixture up in a roti and your delicious Frankie is ready to dig in.

## Chicken cheese

If you have leftover cooked chicken, this is a great way to use it up. Just warm up your leftover chicken curry and make it dry. Make sure the pieces are small and shredded. Add to it a little ketchup while warming so that it gets a juicy flavour. Spread this chick-

en on a roti and add some chopped onions, grated cheese and chopped coriander. Roll it up and enjoy hot.



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# Sacrifice And Suffering: Seeds To Sainthood

(Concise  
Meditation  
on Mother  
Teresa )



BY MELVYN BROWN

**T**he eventual triumph of the spirit of Mother Teresa began with the profound heartaches of renunciation in her early years.

And so, the long wait is now over. After years of sacrifice and suffering the seeds had been well sown for sainthood. The "Saint of the Gutter" has officially become the wellspring of hope, comfort and inspiration not only to the poorest of the poor, but to all human-kind who may today turn to St. Teresa of Calcutta for intercession.

Not everything can be said or remembered of Mother Teresa, the instrument God used to temper, shape and establish His love and trust; putting it mildly, through the tough, heart-warming, determined dedication of Mother Teresa for the weak, helpless, destitute, dying, to whom she became His epitome of devotion.

Mother Teresa was born in the city of Skopje, Albania, now a part of Macedonia on 26th August, 1910. As fate was destined to have it the child who would give outstanding service to humanity was baptized the day after her birth with the name Agnes. Her family were blessed Catholics in a country where most of the population were Muslims.

When Agnes was eight years old her father passed away. For Agnes it was a painful experience, as it was for her brother Lazar and sister Aga. Her father had always told Agnes to love and be kind to those less fortunate. "Share what you have with others," had been ingrained in her heart.

Agnes was also influenced by her pious mother in prayers and devotions. Prayers are best understood in stages of spiritual intimacy. The genuine knowledge of almighty God progresses in recognizable levels of growth,

change and development. Prayers, was Agnes' understanding of a step towards communication with God.

At the age of twelve, Agnes had a desire to join a convent. The spirit of vocation to serve the Lord grew over the passage of six more years. It was not an easy decision for Agnes to make, to leave her family and become a religious sister. Eventually, her mother, let Agnes go to a convent with the words: "whatever you do, let it only be for God and Jesus."

The learning performance for Agnes not many could imagine arrived when she travelled to the sisters' motherhouse in Dublin, Ireland. The year was 1928. At Dublin Agnes learned the English language which would play a dynamic role for the rest of her life. At this time she took the name Sister Mary Teresa after her favorite saint, St. Therese.

A year later, Sister Teresa arrived in India, 6th January, 1929. As a young novice she worked hard for two years in study and in prayer. Being a bright student in the field of languages she trained in the country's two major languages, Hindi and Bengali. She took her first temporary vows in May 24th, 1931 and taught in the Loreto schools.

Finally, on 24th May, 1937 Sister Teresa took her three religious vows of poverty, chastity and obedience in the Order of Loreto. Sister Teresa found the time to move around the city of Calcutta to observe the slums and to learn of the awful lives people lived in poverty. She discussed her emotions and the pity she felt for the destitute with her spiritual director Father Celeste Van Exem.

Due to her failing health, her superiors in September 1946 sent her out of the city to regain her strength. This would

be the moment in time which would change her life. Sister Teresa, while travelling in the train was inspired to leave the Loreto congregation and to form a community of sisters, to help the poor, the sick and the dying, to rescue orphans from the streets and to assist the weak, old and deprived. She was aware of the fact that her choice would be difficult. Sister Teresa asked God to give her the courage to work her apostolate.

April 1948. Sister Teresa received permission from Rome to start her new community: The Missionaries of Charity. One year later she exchanged her Loreto habit for her new habit, a white sari lined in blue around the border. Her first disciple was a Bengali girl, Sister Agnes, and within the first two months a third, till Mother Teresa had eleven disciples.

Approval for her work came from Pope Pius XII on 7th October, 1950. The M.C. sisters lived a poor and humble life-style. They depended on the donations from generous people. The M.C. sisters helped Christians, Hindus and Muslims. The infirm, children abandoned, the hungry, the old and the dying welded into their mission apostolate.

The first convents of the Missionaries beyond their marked dioceses were created in 1959. Pope Paul VI said the community would be under the authority of the Bishop of Rome. In this year the sisters opened convents outside of India. Missionary of Charity houses were formed in Rome, England, Tanzania and Northern Ireland. Indeed, Mother Teresa's work and apostolate had grown beyond her imagination.

One bright afternoon three men came

(Contd.. on p. 16)

# Serra Annual Scripture Quiz 2016

The 12th Serra Annual Scripture Quiz was held on Saturday, August 6, 2016, at the Catholic Club. This year's theme was 'MERCY' and the questions and visuals were from the Gospel according to St. Luke.

23 teams from 13 English medium Catholic Schools participated in the elimination written round. 12 qualifying teams took part in the 2 semi-final rounds with six teams advancing to the finals.

The compère was Brinda Abreo and the quiz was conducted by quizmaster Bobin John. The participants came well prepared and wowed the audience with their quick answers to the questions posed to them.

The winner of the 1st place Rolling Trophy was Sacred Heart Girls High School. The winning team comprised of Navya Shaju, Anjali Catherine and Deanne D'Lima.

The 2nd and 3rd prize winners were St. Francis Xavier Girls High School and Sophia High School, who were also awarded a Rolling Trophy each. These winning teams with the team from Cluny Convent had a perfect score on their written test.

Sophia High School and St. Francis Xavier Girls High School had 2 teams each at the final round. The 6th Finalist was St. Claret School, which took part for the first time this year.

A special highlight of the day was the felicitation of His Grace Dr. Bernard Moras, Archbishop of Bangalore. The Serrans presented the Archbishop with a Spiritual Bouquet and a purse, in honour of his 75th Birthday on 10th August, 2016. His Grace has been present to address and encourage the participants for every Serra Scripture Quiz. This year his message was to always listen, think and give God a chance. If He is calling you

don't be afraid, he told the children.

Speaking on 'Mercy', he described it as God's Love and how we are all called to not condemn but show kindness. His Grace gently guided the children to think of ways in which they can do acts of mercy.

The participants were given an introduction to the Serra movement that comprises of lay Catholics who promote, nurture and encourage vocations to the priesthood and conse-



crated life. The Serra Club of Bangalore was chartered in 2003 and has worked tirelessly to encourage vocations.

Br. Derreck da Cruz C.Ss.R. gave a moving testimony of how the Lord guided him when he prayed for clarity. This was followed by the testimony of Sr. Nisha Maria D'Souza (Scb) who shared with the participants how her mother always prayed for vocations and encouraged her.

Catholic Club provided lunch to participants, teachers and Serrans and also a birthday cake for the Archbishop.

The President of the Catholic Club, Mr. Alton Viegas, presented the Prizes and Rolling Trophies. Each participant was awarded a Participation Certificate with a gift packet of an assortment of religious books and the Bible.

The Vote of Thanks was delivered by Jessie Almeida, a Serran. John Rosario, President elect, and his team of Serrans did an excellent job at organising another successful Scripture Quiz.

—Evelyn Coutto  
Vice President Communications

(Contd.. from p.15)

forward to join the M.C. congregation. The year was 1963. This became the start of the Missionary Brothers of Charity.

Calcutta University awarded a B.A. degree to Mother Teresa in 1964. Father Gaston Roberge, a Jesuit priest. Considered Mother as a "media icon". A first ever documentary film on Mother (51 minutes) was completed.

Christopher Hitchens of the BBC featured Mother Teresa as "Hell's Angel" on television. This was followed by another documentary (BBC) by Malcolm Muggeridge (55 minutes) in 1969, 'Something Beautiful for God'.

On suffering, Mother said, "Your suffering and prayers will be the Chalice in which we the working members will pour in the love of souls we gather round.."

Among the many awards Mother Teresa received was one from Pope Paul VI, the Pope John XXIII Peace Prize in 1971. In 1979 Mother Teresa was honored with the Noble Peace Prize in Oslo, Norway.

The tireless, dedicated and devoted instrument of God had served her Master well, and having a failed heart Mother Teresa passed away on September 5th 1997. Today, Mother will be raised to the high altar as a Saint in Rome, 4th September 2016.

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# Types Of Power Of Attornies And Their Role

Trust is a key factor when choosing an agent for your power of attorney. Whether the agent selected is a friend, relative, organisation or attorney, you need someone who will look out for your best interests, respect your wishes and won't abuse the powers granted to him or her

Here're are type of attorney on the basis of responsibility given to them.

You can specify exactly what powers an agent may exercise by signing a special power of attorney. This is often used when one cannot handle certain affairs due to other commitments or health reasons. Selling property (personal and real), managing real estate, collecting debts, and handling business transactions are some of the common matters specified in a special power of attorney document.

## Health Care Power of Attorney:

A health care power of attorney grants your agent authority to make medical decisions for you if you are unconscious, mentally incompetent, or oth-



## General Power of Attorney :

A general power of attorney gives broad powers to a person or organization (known as an agent or attorney-in-fact) to act in your behalf. These powers include handling financial and business transactions, buying life insurance, settling claims, operating business interests, making gifts, and employing professional help. A general power of attorney is often included in an estate plan to make sure someone can handle financial matters.

## Special Power of Attorney :

erwise unable to make decisions on your own.

## Durable Power of Attorney :

Suppose you become mentally incompetent due to illness or accident while you have a power of attorney in effect. Will the document remain valid? To safeguard against any problems, you can sign a durable power of attorney. This is simply a general, special, or health care POA that has a durability provision to keep the current power of attorney in effect.

## Cardinal Gracias sees Father Hamel as model for clergy



**Mumbai:** Cardinal Oswald Gracias of Mumbai has urged his clergy to imitate Father Jacques Hamel, the French priest killed in July by two men professing loyalty to the Islamic State - if not so much in the way Hamel died, then in how he lived.

Praising Hamel's pastoral generosity and his "ultimate sacrifice," Gracias urged priests to follow his example to be of service "up to the end."

Visibly emotional, Gracias told his priests not to grieve or mourn Hamel's tragic end, but to imitate this "great pastor." Citing Pope Francis' apostolic exhortation "Evangelic Gaudium," he asked priests to have a "missionary impulse capable of transforming everything."

"Let us all become agents of peace; of joy and of the resurrection," the prelate said.

Cardinal Gracias was speaking at an annual meeting of clergy in Mumbai held at the archdiocesan seminary, regarded locally as the first of a new ecclesiastical year since it follows announcements of priests' transfers in June.

Gracias praised Hamel's pastoral mission and ultimate sacrifice, and called on priests to be agents of peace, fraternity and solidarity.

The cardinal opened the meeting by pausing along with the priests in silence for two minutes for Hamel, and then said his example is destined "to impact the pastoral ministry of all priests today".

Source: Crux

# 2 MINUTE QUIET TIMES

For Times that aren't Quiet

ST PAULS – ISBN 978-93-5015-262-1 / Pp 214 / INR 200

Given the kind of life we live today, hectic and stressful as never before, we all have days when nothing seems to go right, when the strains of life tend to weigh us down, test our patience and frazzle our spirits. Though we may not realize it when we are in the midst of such situations, these are precisely times when what we need most is to say "Time-out!" and promptly set about refreshing our souls, becoming aware of the ever abiding presence of the Lord. This book is designed to help you do just that.

The specific problems we encounter could range from "when life is too hectic" (p 38) to "when you doubt God's love" (p 53), while more general needs span "when a door closes" (p 15) to "when your struggles seem too much to bear" (p 214). Each new day throws up new challenges: angered by the attitude of a friend or disillusionment with God, perhaps faced with an illness, whether your own or that of a loved one, or fear or loneliness draining you of the very energy needed for finishing a project or accomplishing a task; maybe your spouse needs your help or your children, your attention, which you are too distracted to be able to give generously. If you're burdened with care-giving or your bills seem overwhelming, if the clutter around you has gotten out of hand or you're having a bad day at work, if you're grieving or having trouble seeing the answers to your prayers, look no further! In 2-MINUTE QUIET TIMES you'll find a helping hand to hold in the presence of the one for whom all yokes are easy and all burdens light,

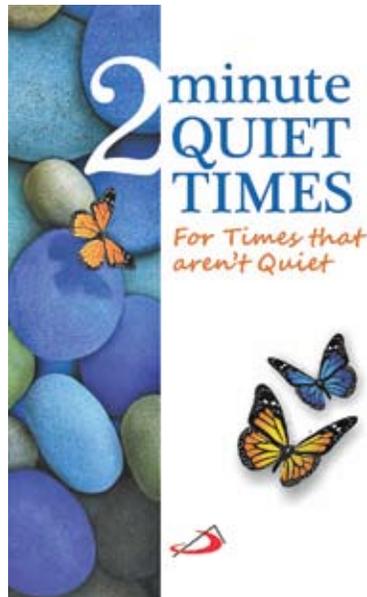
giving your spirit a quick pick-me-up in the midst of a busy, stressful day.

A book which people of all ages and persuasions will find an easy and effective antidote for their needs, it is essentially a one-stop spiritual first-aid kit that you'd want to keep handy for those moments when life disturbs your faith and shakes your resolve.

Open to any page of 2-MINUTE QUIET TIMES or look up the 'Contents' for a particular need and find a quick "time-out" that provides an opportunity to relax, reflect and reconnect with a God who is the source of hope and healing and from whom comes the grace to do all you are humanly capable of!

Each of these one-page time-outs features an inspiring Scripture passage to ground you in God's Word, a brief first-person story or reflection to perk your

spirits, a prayer to lift your mind and heart to God, and a practical "to do" tip that will help restore your spiritual equilibrium. As you read, reflect, pray and act as advised, you'll be amazed at how these brief time-outs [200 of them in all, to be precise!] help you find peace and refreshment, whether amidst your morning or evening prayer time or during the tougher moments of any day. True to its title, what you read will, in just two minutes, offer you a fresh perspective on a given problem, help you regain composure, relieve you of tension and enable you to find peace by placing yourself back in God's light and care. At your bedside, on your desk, or in your workplace, 2-MINUTE QUIET TIMES will help you turn your everyday hassles into moments of grace.



**Book Review**  
by **Ladislaus L D'Souza**

## No Enemies to Forgive

A priest stood at the end of Sunday prayers and asked his parishioners: What is the percentage of those who forgive the sins of their enemies? The hands of 80 percent of those who were present were raised, so he repeated the question with a stronger tone, so all hands were raised, except for one old lady. The priest looked at her and asked: Are not you ready to forgive your enemies? She answered with a smile on her face: I do not have enemies.

The priest was astonished, and said this is extraordinary! How old are you? She said 98 years. The priest said this is wonderful – 98 years and you do not have enemies. Why don't you come forward and tell us the secret. How can a woman this old not have enemies, so the lady walked slowly towards the podium, and all were holding their breath waiting to hear what she would say. When she reached the podium, she looked around and said: I lived longer – they all died!

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# Inspiration!

## Bad habits leave you jobless

**A single bad habit is not likely to get you fired immediately but the cumulative effect of the bad habit over time can**

**W**e all have bad habits. Perhaps you procrastinate, gossip, or lack punctuality. These negative behaviors don't necessarily make you a terrible person—but as an employee they can reflect poorly upon you, and even cost you your job.

### **Procrastination:**

This habit can seriously hurt you in a work setting," Brooks says. "If you're one of those folks who believes that you do your best work at the last minute and put off projects or assignments until the day (or hour) before they're due, you may not be aware of the impact your habit is having on your co-workers.

### **Lying:**

Misrepresenting your credentials or intentionally plagiarizing, lying on time sheets or billable hours or stealing the kudos for a co-workers' accomplishments blind can all cost you your job.

### **Tardiness:**

If you constantly arrive late to work, or return late from breaks, it displays an attitude of complacency and carelessness. So be prompt or even a bit early to show that you are time conscious and that you do care about your job and other people's time, as well.

### **Poor e-mail communication:**

This can involve everything from not responding to e-mails to not being aware of how you come across in an e-mail. "You might be perceived as abrupt or rude, or too long-winded

### **Negativity**

So many of us habitually gossip, whine whine or complain. But, do any of these too often and your job could be on the line. End result, you become a headache for your manager. A good approach is to speak with your manager directly, in private. Never drum up your co-workers for support first.

or wordy. If you have a bad habit of taking too long to check or respond to e-mails, you could miss important meetings or deadlines, cause delays or confusion, or come off as unprofessional.

### **Social media addiction:**

Another common path to job loss is the habitual obsession that many employees have with social media. Some companies have taken measures to monitor or limit their employees' social media use, while others have blocked these sites completely. So beware: spending too much time on social media or other websites not related to your work can cost you your job.

### **Bad body language habits:**

Do you routinely roll your eyes? Do you have a weak handshake? Do you avoid making eye contact? These could all be career killers.

### **Inattentiveness:**

If you're always distracted—a bad habit that plenty of employees possess—you might fail to properly assess the culture of the workplace, which can be damaging to your career. You'll also want to be aware of personal habits that might be offensive or distracting to co-workers.

### **Temper tantrums:**

If you lose your temper, it is assumed that you cannot work well under pres-



sure or handle responsibilities well. Practice stress reduction techniques like mediation or deep breathing exercises, and never bring personal problems to work.

### **Inefficiency:**

Bad habits like disorganization, wasting time, and being too talkative can make you an extremely inefficient worker. You don't want to become the person your colleagues avoid working with—so, keep the water cooler talk to a minimum, keep your desk organized and don't spend too much time on non-work-related tasks.

### **Speaking without thinking:**

If you've got 'foot-in-mouth' syndrome, you must control it in the workplace. Saying something inappropriate in a meeting or an e-mail can be detrimental to your career.

### **Lack of manners:**

The most important things are what we learned when we were little," Peplow says. When you ask for something, say 'please.' When someone gives you something, say 'thank you. Manners are important, so don't be rude.

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**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 : stayblessed 1287@ gmail.com OR 9820942790. **(Regd. No. 6546)**

**MUMBAI** : Roman Catholic Bachelor, aged 31 years, Ht. 5' 9", Wt. 72 kgs, Wheatish Complexion, Edn. HSC., & Diploma, Working as a S. Bartender. Contact email : rahulf28@ yahoo.com OR 8424807835 **(Regd. No. 6579)**

**MUMBAI** : Mangalorean Roman Catholic Bachelor, aged 49 years, Ht. 5' 8", Wt. 69 kgs, Wheatish Complexion, Edn. SSC., having own business. Contact email : pauld'souza@ ccicindia.com OR 9821865220 / 9821651505 **(Regd. No. 6576)**

**MANGALORE** : Mangalorean Roman Catholic Bachelor, aged 34 years, Ht. 5' 7", Wt. 58 kgs, Wheatish Complexion, Edn. PUC + Computer diploma, having own business in **ABROAD**. Contact email : melvin6680 @gmail.com OR 0546934687 **(Regd. No. 6562)**

**MUMBAI** : Mangalorean Roman Catholic Bachelor, aged 33 years, Ht. 5' 8", Wt. 71 kgs, Wheatish Complexion, Edn., M.Sc., working as an Account Manager in **ABU DHABI**. Contact email : proposal.ashish@ gmail.com OR 9819707542 **(Regd. No. 6561)**

**MUMBAI** : Goan Roman Catholic Bachelor, aged 30 years, Ht. 5' 8", Wt. 80 kgs, Wheatish Complexion, Edn. XII, working on Cruse Ship. Currently he his in Mumbai Contact immediately. Contact email : mascarenhas\_k @ ymail.com OR 9867331248 **(Regd. No. 6559)**

**KUWAIT** : Goan Roman Catholic Divorcee, aged 34 years, Ht. 5' 7", Wt. 80 kgs, Tan Complexion, Edn. Masters Computers in USA, working as a Manager in **USA**. Seeks a educated homely Goan or Mangalorean girl working in USA or India. Contact email : carmelinaf@gmail.com OR 00965-25656610

**(Regd. No. 6558)**

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

**MUMBAI** : Goan Roman Catholic Bachelor, aged 45 years, Ht. 6', Wt. 65 kgs, Wheatish Complexion, Edn. SSC., working as a Security Guard. Contact Mob : 8451069841 **(Regd. No. 6494)**

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

**MUMBAI** : Goan Roman Catholic Widower, aged 55 years, Ht. 5' 7", Wt. 77 kgs, Fair Complexion, Edn. High School, Government employee in Bahrain. Contact email : alwyn60ordrigues@gmail.com OR 9733830968 **(Regd. No. 6490)**

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

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

**GERMANY**: Goan Roman Catholic Bachelor, aged 34 years, Ht. 5' 11", Wt. 75 kgs, Wheatish Complexion, Edn. M.Phil/Ph.D., Occupation : Research

& Development/Scientist. Seeks fair, goodlooking, educated Goan RC Girl below 28 years. Contact email : mira.spf@gmx.de OR 49404916382 **(Regd. No. 6486)**

**MUMBAI**: Mangalorean R.C. Bachelor, aged 29 years, Ht. 5' 5", Wt. 72 kgs, Wheatish Complexion, Edn. B.E. Mechanical, working in Merchant Navy Vessel as 3rd Engineer. Seeks a suitable match. Contact email : ryan2421986@ gmail.com OR 9833755448 **(Regd. No. 6483)**

**MUMBAI**: Goan R.C. Bachelor, aged 38 years, Ht. 5' 6", Wt. 75 kgs, Wheatish Complexion, Edn. Bom., working as a Sr. Accountant in Bahrain. Contact email : dias2401@ yahoo.com OR 9819121346 / 9733327020 / 97336451098 **(Regd. No. 6480)**

**MUMBAI** : Goan Roman Catholic Bachelor, aged 33 years, Ht. 5' 4", Wt. 60 kgs, Fair Complexion, Edn. B.Sc., Physics, working as a Editor in Private Company. Contact email : josephdiniz187@ yahoo.com OR 9920845539. **(Regd. No. 6477)**

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

**MUMBAI** : Goan Roman Catholic Bachelor, aged 35 years, Ht. 5' 7", Wt. 75 kgs, Wheatish Complexion, Edn. Graduate, working as a Manager in Cruise Line. Contact email : oszy\_2001@ yahoo.com OR 9833944206 **(Regd. No. 6385)**

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# Brides



# MATRIMONIALS

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged Date of birth 14-5-1983, Ht. 5' 4", Wt. 63 kgs, Wheatish Complexion, Edn. M.Sc. Nursing, working as a ICU Nurse in **Abudhabi - UAE**. Seeks a well educated Mangalorean Bachelor with good family values. email: janydz\_1484@yahoo.com OR 9930076741 / 28918871. **(Regd. No. 6502)**

**MUMBAI** : Goan Roman Catholic Spinster, age 31 years, Ht. 5' 5", Fair Complexion, Edn. Under graduate, working as a Customer Support staff. Contct email : jasgemini2011@hotmail.com OR 8806747942 **(Regd. No. 6578)**

**MUMBAI** : Roman Catholic Divorcee, age 27 years, Ht. 4' 10", Fair Complexion, Beautiful, Edn. Dip. in HM & Bakery, working as a Cashier / Ordertaker. Contact email : nshksp@gmail.com OR 9833845074 **(Regd. No. 6577)**

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 29 years, Ht. 5' 3", Wt. 79 kgs, Fair Complexion, Edn. B.Com., MBA in HR, working in a Reputed MNC in Mumbai. Contact email : jfran1302@gmail.com OR 9820127313 **(Regd. No. 6560)**

**BANGALORE** : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 1", Fair Complexion, Edn. B.E. , M.S. in California, working in **CALIFORNIA**, Seeks a Post graduate working in **U.S.** below 31 years. Contact email : jwanita@gmail.com OR helen\_monis@rediffmail.com OR 9448324182 **(Regd. No. 6557)**

**BANGALORE** : Mangalorean Roman Catholic Divorcee, aged 27 years, Ht. 5' 5", Wt. 55 kgs, Fair Complexion, Edn. M.C.A., working as a Software Engineer with Reputed IT firm. Contact email : dsoupri@gmail.com OR 9740552806 **(Regd. No. 6556)**

**MUMBAI** : Goan Roman Catholic Spinster, aged 29 years, Ht. 5' 4", Wt. 75

kgs, Wheatish Complexion, Edn. MBA (HR), Contact email : rapose.pearl@gmail.com OR 9869940730 **(Regd. No. 6554)**

**BANGALORE** : Mangalorean Roman Catholic Spinster, Only Child, aged 40 years, Ht. 5' 2", Wt. 58 kgs, Fair Complexion, Edn. M.A. Communication, working as an Assistant. Contact email : ashajob@hotmail.com OR 9880869797 **(Regd. No. 6532)**

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

**MUMBAI** : Mangalorean Roman Catholic Divorcee, aged 58 years, looks much younger to her age, Ht. 5' 3", Wt, 58 kgs, Fair and Beautiful, Edn. Undergraduate, Seeks a match below 65 years. Contact email : loicy30@hotmail.com OR 9920422021 **(Regd. No. 6529)**

**DUBAI** : Mangalorean Roman Catholic Spinster, aged 30 (DOB 30-4-1985) Ht. 5' 7", Beautiful and Fair Complexion, Edn. Masters in Health, Care (MHA), Employed as a Manager in MNC Dubai, is looking for a suitable alliance between the ages of 32 to 36 with a height 5' 10" and above. Kindly respond directly to the party by email : aara8185@gmail.com with your photograph. **(Regd. No. 6528)**

**DUBAI** : Roman Catholic Spinster, aged 28 years, Ht. 5' 3", Wheatish Complexion, Edn. B.A. in Mass Media, working as a Senior Executive in Govt. in Dubai. Staying with parents. Seeks a well settled and educated East Indian or Goan Bachelor. Contact email : axferns@gmail.com OR Mob: 00971554005544 **(Regd. No. 6527)**

**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 similiar qualification, having HIB Visa and working in USA below 30 years. Contact email : joymachado312@gmail.com OR

9869064165 **(Regd. No. 6568)**

**MUMBAI** : Goan R.C. Spinster, aged 28 years, Ht. 5' 5", Wt. 50 kgs, Fair Complexion, Edn. B.Sc., IT, working as a Software Engineer. Contact 9819931532 **(Regd. No. 6519)**

**USA** : Mangalorean R.C. Parents invite alliance from well educated Mangalorean R.C. Boy under 35 yrs.,working in USA., for their spinster daughter 30 years, 5 Ft., Fair Complexion, Edn. : B.E. Working as a Software Engineer. Contact : Email dsouzadoreena@gmail.com OR 120-199 3665 **(Regd. No. 6513)**

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

**MUMBAI**: Parents invite alliance for their daughter RC, 1985 born, Fair, Pretty, BE, MBA, 5', 45 kgs, working for a reputed MNC in Mumbai from a suitable RC bachelor up to 35 years well educated, caring, understanding,well settled in India or abroad. Kindly email complete details with recent photograph to : elilierica7@gmail.com. **(Regd. No. 6509)**

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

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# A Cry for Help!



Disturbing news is coming in from all parts of the world. Women, not sparing little girls are being brutally abused and killed on the altar of lust, family honour, revenge, property dispute and to settle scores with their guardians!

History speaks of virgins being sacrificed to imaginary gods of fire, beasts, and ancestors in various ancient cultures of the world. Any calamity or natural disaster was attributed to the wrath of these gods who needed human sacrifices to be appeased into being the benevolent deities they were according to their worshippers. So, an unsullied young girl, was chosen with care, lest the god may reject her, and sacrificed- either burnt, her throat slit or pushed into the abyss in the earth. Her pitiful cries for help, shrieks of terror fell on the deaf ears of her family people she considered her own!

The medieval years saw many brave monarchs ruling as queens with firm control on governance. These have been selected as symbols of feminine power and perpetuated as women of substance. This trend continued into the modern age. The only difference was that queens had been replaced by entrepreneurs and academicians and diplomats. But for every woman of substance there always have been millions of women victimized by society. During the wars women were forced to work as

But now times have changed, have they? Within the last two days, 3 incidents made headlines in the media, print as well as electronic.

A 22 year old woman in Bihar was brutally gang raped and savagely burnt by a group of men to teach her in-laws a lesson. Whether the targets learnt their lesson or not the young victim died a most terrifying death at the hands of strangers to quench their thirst for vengeance. The irony of it is that same day, our PM, Manmohan Singh, shocked by the rapidly declining ratio of girl children all over India, particularly in the states of Punjab, Haryana, Gujrat and Delhi appealed to the nation to save the girl child! ( So that they can be brutalized later...was my bitter thought.)

The same night the TV channels had a field day, breaking news of a father who had imprisoned his daughter for 24 long years and raped her out of her mind. The result? From the age of 11 to 35 years she produced six kids all in captivity....! The shock waves are still sending tremors through the world. Is it a stray case? The social workers at various Centers in this very city, Mumbai have similar stories of incest and innocence falling prey to the uncontrolled lust of fathers and brothers.

The third incident failed to create ripples and the perpetrators justified their actions on religious grounds. A young lass of 17, who happened to fall in love with a 22 year old white soldier posted in the country was viciously throttled to death by her father and brothers to save the family honour! No action will be ever taken against them because they were compelled to remove the blot on the fair name of the family. The murder of this daughter proves that girls are not considered family members.....

News has just filtered in of a six-year old Dalit girl being set on fire by a man in Mathura because the girl and her mother chose to walk through a path reserved only for upper caste villagers! Even the police refused to take any action. The girl is now admitted in a hospital in Mathura and is critical. Does the label of being a Dalit make you the child of a lesser God, to be treated with disdain and neglect? All those who rant and rave about conversions should be able to clean their own stables before targeting imaginary causes. Each of us has to exorcise the devil within our own heart before we speak of God and religion!



BY VERA ALVARES



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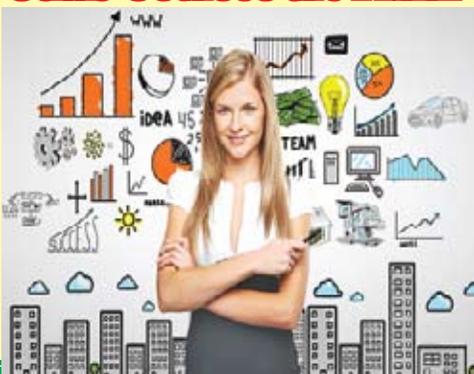


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