

# THE SECULAR CITIZEN

(Total pages 24)

A NATIONAL FAMILY WEEKLY

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## 'Ave Maria' Kenny's 9th Album Released

**H**is Eminence Oswald Cardinal Gracias released 9th album of Kenny (famous Konkani artiste) on 22nd August 2016 at Archbishops House. The Album - Ave Maria covers 15 English and Konkani devotional hymns.

The occasion graced with the presence of Chancellor of the Archdiocese Rev. Fr. Neil dos Santos, Rev. Fr. Lester J. Vaz, Editor of The Secular Citizen and Divo - Lawrence and Susan Coelho and sponsors V.P. Lobo and Mrs. Jyoti Lobo of T3 Urban Developers Ltd.

The Album of priced Rs. 150 and available at all Konkani music outlets.



*From Left Rev. Fr. Neil dos Santos, Rev. Fr. Lester J. Vaz, Kenny, His Eminence Oswald Cardinal Gracias, Lawrence Coelho, Susan Coelho, V.P. Lobo and Mrs. Jyoti Lobo*

## Ryan international Group receives International Accolades



**Madam Grace Pinto**, Managing Director, Ryan International Group of Institutions was awarded the "Asia's Number One Person of the Year" for her commendable contribution in the Global Education Industry by Ms. Neeta Bhushan, Deputy Chief of Mission and Head of Chancery, Indian Embassy at the World's Greatest Brands and Leaders 2015-16 event held at Ritz Carlton, Abu Dhabi, UAE organised by URS Media consulting P.L. The event was organized to celebrate the spirit of leadership in GCC, Africa and Asia. On this very occasion Mr. Ryan Pinto, CEO, Ryan Group was presented "The World's Greatest Leader 2015 – 2016" for his dynamic leadership and the Ryan International Group of Insti-

tutions was awarded the "World's Greatest Brand 2015-16" in the segment of education. PricewaterhouseCoopers P. L. being the official process reviewer added the much needed credibility. This was indeed a moment of great joy as the Ryan Group celebrated triple recognition at one prestigious international platform.

This mega event brought together brilliant minds of GCC, Asia and Africa, cutting across diverse business domains to evolve unique and innovative ideas that have the potential to soar the spirit of Asia, rendering it more powerful in the process. The Ryan Group has been a name to reckon in the field of education and this was yet

another of several occasions for being recognised for its commendable work in education. While commenting on the triple glory Madam Grace Pinto, Managing Director, Ryan Group said, "I thank our Lord Jesus Christ for this triple recognition. It is the vision and leadership of our chairman, Dr A. F. Pinto and the hard work of our teams, that has gotten us such recognition. We will continue to make significant contribution by educating, enriching and empowering youth around the world." There were high profile promising leaders present at this gala award ceremony held at Abu Dhabi, UAE, who were also felicitated and recognized for their immense contribution in their respective field.

## 'Thought for the week'

*Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.*

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## Surrogacy bill unacceptable: Bishop

by Jayeel Serrano Cornelio

**Mumbai:** The Catholic Church "holds that the life of every human person is to be respected and treated with dignity from the moment of conception," hence "the procreation of a new person, whereby the man and the woman collaborate with the power of the Creator, must be the fruit and the sign of the mutual self-giving of the spouses, of their love and of their fidelity," said Auxiliary Bishop Savio Fernandes of Mumbai and chairperson of the Family Commission of the Western Region of the Bishops Conference.

He spoke to AsiaNews about the Indian government's decision to end the practice of commercial surrogacy.

The law was unveiled on August 25. Regardless how altruistic this bill may appear, for Bishop Fernandes it is entirely "not acceptable to the Catholic Church as it does not uphold the respect and dignity of the human embryo."

The bishop goes on to say that "the Catholic Church is fully aware of the pain and sufferings of couples who discover that they are sterile". Nevertheless he declares that the better option is not surrogacy, but to adopt thousands of India's abandoned children.

"These children could be given the love, dignity and respect that is denied to them." The bishop's comment follows. The Catholic Church holds that the life of every human person is to be respected and treated with dignity from the moment of conception (cf. Gaudium et Spes, 24). Human procreation has specific characteristics by virtue of the personal dignity of the parents and of the children: the procreation of a new person, whereby the man and the woman collaborate with the power of the Creator, must be the fruit and the sign of the mutual self-giving of the spouses, of their love and of their fidelity (cf. Gaudium et spes 50).

"The fidelity of the spouses in the unity of marriage involves reciprocal respect of their right to become a father and a mother only through each other. The child has the right to be conceived, carried in the womb, brought into the world and brought up within marriage: it is through the secure and recognized relationship to his own parents that the child can discover his own identity and achieve his own proper human development. The parents find in their child a confirmation and completion of their reciprocal self-giving: the child is the living image of their love, the permanent sign of their conjugal union" (Instruction on Respect for Human Life, Donum Vitae, II, A, 1).

The Catholic Church is fully aware of the pain and sufferings of couples who discover that they are sterile. Hence, it encourages research aimed at reducing human sterility on condition that it is placed "at the service of the human person, of his inalienable rights, (Contd.. on p. 4)

(Contd.. from p. 3)

and his true and integral good according to the design and will of God.” (cf. N. 2375 of Catechism of the Catholic Church).

The Surrogacy (Regulation) Bill cleared by the Union Cabinet, as reported in today’s Times of India, is definitely aimed at helping childless couples who have been married for five years and one of whom is infertile.

Besides, the surrogate mother would have to be a close relative of the married couple. The bill also aims at reducing exploitation of surrogacy for commercial purposes.

However, no matter how altruistic this proposed surrogacy (regulation) bill may appear, it would not be acceptable to the Catholic Church as it does not uphold the respect and dignity of the human embryo.

The Instruction on Respect for Human Life, *Donum Vitae*, I, 6, states “These procedures are contrary to the human dignity proper to the embryo, and at the same time they are contrary to the right of every person to be conceived and to be born within marriage and from marriage.” A better option to surrogacy would be to adopt a child.

In India, there are so many children whose parents have abandoned them, often due to poverty or because it is a girl-child. These children could be given the love, dignity and respect that is denied to them due to no fault of their own, through adoption.

This would be a far more altruistic solution to the problem of sterility or infertility faced by married couples.

In his article dated July 12, 2012, entitled “Does the Catholic Church support the use of a surrogate mother to have a child?,” Charles C. Camosy states: “The Church not only succinctly defines the gestational link – created in the conception-gestation-birthing of a baby – but clarifies the important truth that respect for this bio-psychic bond is so essential to upholding the dignity of the human being, to promoting his continued welfare and normal human development, that experience of it constitutes a child’s natural human right and, by implication, the lack of experiencing the gestational link results in the failure to satisfy one of the child’s basic human needs.

The new field of prenatal psychology helps to reinforce the Church’s moral assessment of surrogacy. Its research findings underscore just how serious the harm can be when an infant’s right to his gestational link is denied.  
*Source: mattersindia*

## India Day Parade – A Great Feeling ?

A couple of days back I was flipping through the News Channels and one of them were relaying the 36th India Day Parade held in New York. One could see a large number of Indians all along the parade route - it looked as though the location was not New York but some place in India !

What was great to see, were the feelings expressed by the Indians for their motherland. Two of the bystanders whom the TV news reporter spoke to, said they were proud of India. And I thought to myself, what then are they doing in a foreign land ! One of them proudly said, ‘you can take me out of India, but you can’t take India out of me’, very well said. Would you like to come back, brother ? Our Prime Minister would definitely like to see you coming back to your motherland - ‘Make in India’ ! The harsh realities in our country of course, would ensure that they remain where they are !!!

One of the placards held by the Indians at the parade, caught my attention – it read,  
One God  
One World  
One Family

Great message that – cutting across all boundaries ! How we wish all Indians, rather all of mankind would believe this. The world would then, definitely be a better place to live in !



by Melville X. D'Souza

## Thanksgiving



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

—Ms Annie Maria Fernandes, Mahim



## Women Empowerment or Male Bashing

It is heartening to note that a national consultation on 'Impact of Religion and Culture on Women's Empowerment' is being held at Hyderabad from 23-26 September, 2016, by Streevani (Pune) in collaboration with Montfort Social Institute, Indian Christian Women's Movement, Indian Women Theologians Forum and Satyashodhak.

However, while attempting to empower the women, the organizers should not preach hatred towards men, either married or from among the clergy. It is the experience of many men that organizations, like Streevani, who claim to be working for women empowerment generally harass men, without verifying the details of the complaint received by them from a so called 'victim'. They also do not follow 'principle of natural justice'. In today's world, even women are quite arrogant, shrewd and cunning in families as well as in convents. And men are actually sometimes harassed by them, by taking advantage of women tilted laws.

Let's hope the forthcoming consultation doesn't turn out to be another occasion for male/clergy bashing, in the name of women empowerment.

—*Vincent Bagul, Mumbai*

## Parish Pastoral Council elections

The Catholic Church in general and the Archdiocese of Bombay in particular, have been encouraging parishio-

ners to get involved in the affairs of the Parish. To ensure proper participation, it has devised a model constitution for the Pastoral Parish Council [PPC]. The Constitution also provides for election to enable parishioners from each Zone or Community to choose its own representative on the PPC. This process is either through consensus or proper secret ballot, if required, in case of multiple nominees / candidates. It implies that the will of the members of the particular Zone or Community is final and sacrosanct. There should be no two views about this. Naturally, it also means that the opinion / concerns of the members of other Zones / Communities do not matter so long as the candidate, who is otherwise eligible to stand for election, is chosen by his/her Zone.

Recently, in one of the Parishes in Mumbai, PPC elections were held for which a three member election commission was set up by the Parish Priest to conduct the elections. Two of the three were themselves nominees for PPC. A particular parishioner, who filed his nomination for a seat on the PPC [for which there was no ostensible objection] was 'unanimously elected unopposed' which in the normal circumstances, should have been the end of the exercise. He was the ultimate choice of the Zone / Community whom he was supposed to represent at their behest. Unfortunately, some parishioners from other Zones / Communities who may have an axe to grind with him started a signature campaign [signed by a few of the total number of parishioners] saying that his election should be countermanded. Surprisingly, the Election Commission [one of the members actually led the campaign] decided that the election of that particular parishioner should be treated as 'void'. This to my mind is unconstitutional since the commission is neither competent nor authorized to act in

this manner so long as there were no electoral malpractices. His nomination form was 'accepted and approved'. The members of the concerned Zone vehemently protested and even submitted a signed petition voicing their opposition to the cancellation of the election of their chosen candidate.

The matter went to the Bishop and Archdiocesan Pastoral Council [APC] but it appears that nothing was done. The authorities should have considered the following points:-

[a] Does the constitution provide for cancellation of the election result just because a few people do not like the duly elected person?

[b] Did the election commission publish the rules spelling out the circumstances under which a candidate's election can be countermanded?

[c] Did the election commission spell out the qualifications of the intending candidates before the election process was set in motion?

[d] Is it fair to the members of the concerned Zone who had unanimously elected their nominee on the PPC? Should their petition have been taken into account? Should others decide who their representative should be?

If the will of the concerned Zone is not to be respected, why initiate the process of election which ultimately proves to be a farcical exercise. This is a very serious issue and where the dispute is brought to the attention of the authorities, they cannot simply wash their hands. The constitution which is very vague provides for arbitration. With this unresolved issue, the PPC met and elected the office bearers. There was a long heated debate over the issue which dominated the said meeting. Surprisingly, this discussion did not even figure in the minutes of that meeting. The minutes were totally silent. Why? Is it because they knew that what they had done was totally wrong and unwarranted?

Since the grievance of the elected member and the members of the concerned Zone remains unresolved, do they have any other option other than to approach the Charity Commissioner for justice? Ostrich type approach will

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(Contd.. from p. 5)

send wrong signals and will erode the very credibility of the authorities empowered to handle such problems.

—A 'Concerned' Parishioner

## Saint Mother Teresa

Blessed Mother Teresa who will be canonized a saint at the Vatican on September 4, was an internationally renowned symbol of love and compassion. Her 400-500 orphanages set up in more than 100 countries testify to the selfless and dedicated humanitarian work rendered to the poorest of the poorest, the sick, homeless and lepers by her and the sisters of the missionaries of charity. Known as the 'saint of the gutters' and 'hell's angel', Mother Teresa was also the recipient of the prestigious Nobel Peace prize in 1979 and the coveted Bhatrat Ratna in 1980, in recognition of her services. For the thousands who have been flocking to her tomb from the time of her death in 1997, Mother Teresa was already a living saint during her lifetime. Her worldly possessions at the time of her death were 3 saris, a pair of chappals and a bucket, which testify to her austere life style and the rejection of worldly possessions. Yet, the good old mother was accused and reviled by her detractors and right wing fanatics for having amassed wealth and setting up institutions for religious conversions and the spread of Christianity in India. On the flip side, we have millions for whom Mother was the epitome of love and kindness, a model and inspiration.

However, not many know about her inner spirituality which Mother Teresa kept a secret, and revealed only to her spiritual guides. In her letter to Archbishop Perier, she made mention of how she suffered the most painful inner darkness of the soul from the start of her life as a missionary of charity, when she stated "There is such contradictions in my soul, such deep longing for God, so deep that it is painful --- a suffering continual and yet I feel I am not wanted by God, repulsed, empty,

no faith, no love, no zeal. Souls hold no attraction, heaven means nothing to me and like an empty soace -----Please pray for me---". Fortunately, her spiritual guides helped her to understand that her profound inner sufferings and darkness were graces from the Lord to allow her to identify with his sufferings on the cross and the sufferings of the those whom she served .

—A. F. Nazareth,  
Alto Porvorim

## 'The Saint and the Sinner'

Will be canonised in Rome on September 4, 2016 by Pope Francis. Concelebrating that Mass will be our very own Fr. Joe H. Pereira, Founder Trustee of Kripa which was started 35 years ago to help those afflicted by substance abuse. Fr. Joe once told us how when he was wracked by doubts about his vocation, he took this problem to Mer. Teresa and she told him to hang in there because God had big plans for him. It's why he remained close to her thereafter and forever indebted for her sage counsel. And accorded the high honour of concelebrating the Mass.

I was fortunate enough to meet and interact with this "Saint of the Gutters", a few times in the course of my social work and writing career and was singularly blessed to attend her Beatification ceremony in Rome in 2003, by invitation. That is an experience I shall forever cherish. She was beatified by another great Saint, Pope John Paul II and I recall telling the foreign journalist beside me as we saw the concluding scene of the documentary on her life in the Paul VI hall, which had the sainted Pope blessing her, " we are looking at this century's two great saints !"

But I should like to reveal three -among many other things-that had a deep impact on me :

1) In the exhibition hall was the bed on which she had slept in the convent in Calcutta. It was a bit larger than a coffin and proved that Mother believed in experiencing the life of those she served.

2) There was a single pair of san-

dals, mended several times over, which she wore in keeping with her vow of poverty.

3) Amongst the display of all the national and international awards she had received including the Nobel Peace Prize, you'll never guess what occupied pride of place - right in the centre was her Indian Passport ! She was Albanian by birth but "dil tha Hindustani".

In the Lateran Church where we attended some services, was displayed the Saint's relic, at that time, her pace-maker.

I am indeed glad I obtained her autograph on an article of mine which was published in a book I had taken along to the Convention at which she was the Guest of Honour and also obtained a prayer of petition for God's blessing upon the members of my family. I also have a couple of photographs, taken unawares, in conversation with her, one of which hangs in my drawing room, unofficially captioned by me : the Saint and the sinner !

May this wonderful, simple, humble, disciple of Jesus who followed so closely in His footsteps, continue to inspire and pray for us from her place on high.

—Bernie Tellis

## Monti Fest Celebrations

Monti Fest is a major Mangalorean Catholic festival which is celebrated on September

8 every year. This festival celebrates the Nativity of the Blessed Virgin Mary, and in the Mangalorean Catholic community, it involves the blessing of 'Novem' (i.e. new crops). The festival derives its name from the Monte Mariano at Farangipet in South Canara (Dakshin Karnataka), and was initiated by Joachim Miranda, a Goan Catholic priest at Farangipet in 1763. Though Tipu Sultan destroyed the churches of Canara, he spared the Monte Mariano church in deference to the friendship of his father Hyder Ali with Fr Miranda.

— Jubel D'Cruz,  
Dombivili

# Cow-ed Down - Who Me ?

by Bernie Tellis

***When animals are important,  
shouldn't people be ??***

**P**rime Minister Modi was spot on when he castigated extremist groups for their cow vigilantism . He said that those who professed to love and protect the cow in the daytime, indulged in anti -social activities at night. He expressed his outrage and angst at the targeting of innocent people , all in the dubious the name of cow protection. Some have criticised his reproof as being too little, too late , and done with one eye on the coming elections in many states. Perhaps there`s some truth in that but the PM`s statement is better late than never.

It is true that the cow is sacred to scores of Hindus and venerated by many if not all of them as a deity. We need to respect that and follow the Directive Principles of the Indian Constitution which are binding on all of us its citizens. However, there are some who take the law into their own hands and decide to mete out " summary justice " to those who, in their opinion, have violated the law , thus aggravating situations that are already volatile, polarising communities along religious lines, aided by crafty politicians whose only interest/intent is to safeguard their vote-bank.

So it is that when our country is facing huge challenges on every front , all our time and energy is focussed on who is eating what-when, where and why !

One cannot argue with or win against such fundamentalist fuddy -duddies, simply because -as we have seen in TV debates - they have closed minds and hold intransigent positions fuelled by hypocrisy. To see the bigger picture is given only to those who have wider vision not to the narrow-minded with the ir blinkered world view.

And let`s for a moment dwell on what else PM Modi said viz. that more cows suffer and die from eating plastic carelessly

used and thrown away by many of us than from direct cruelty and slaughter. One could add to this the sorry state of the animals kept in captivity in filthy stables, still used in many places places as beasts of burden, still employed for long hours toil in fields and farms. Not forgetting the greatest irony of all : cows tethered the livelong day, in all kinds of weather ( even milch cows ) outside TEMPLES , on a cruelly short leash that restricts movement of even head -neck, for devotees to worship and feed and owners to pocket the cash ! If this isn`t cruelty and profiteering, I don`t know what is.

Let`s be clear - leather is big business and cows/calves and their tribe are transported, nay smuggled, along the length and breadth of the country for sale under cover of darkness not only for their meat and bones but especially for their hide. I have no doubt that those entrusted with the job of preventing such illegal activities , look the other way nay facilitate the business for a hefty fee, and come morning raise agitated voices and clenched fists against those caught allegedly abusing these poor dumb creatures ! Such sainted saviours of their holy cow. This , I think, is what the PM was referring to in his recent castigation of self-appointed guardians of tradition and worship.

The time has come for all of us to stand up to bullies and support fellow citizens who are terrorised/tortured in god`s name or any other. Our society is an amalgam of many cultures and religions and in order to live in peace ,harmony, to progress and prosper, we need to learn tolerance, mutual respect and respect for the law of the land.

When animals are important,  
shouldn't people be ??

# Being Fully Alive .....

## In the 21st Century

by Ninette DSouza

**W**hen asked what he wanted to be remembered for when his life was over, Leo Buscaglia replied, "I want to be remembered as somebody who lived life fully and with passion. I've been asked to write my epitaph and I have always thought that the perfect one for my tombstone would be, 'Here lies Leo, who died living.'"

The demography of our classrooms has changed radically. Teachers come across a wide spectrum of students whose lives are in their hands to mould or mar, to leave indelible marks upon. In this day of high- end technology and student friendly education, the single most important factor in any classroom continues to be: The Teacher. It is indeed humbling to know that as Educators we impact society by nurturing and guiding the numerous students that pass through our hands. In the 21st century this truth assumes greater proportions. Our time with our students is precious and we will have wasted it if a student leaves our class with a head full of facts and an empty heart. A true Educator can lay claim to the title only when one can boast of a broken heart and a passionate spirit.

'Make a promise to yourself: Always to choose the very best and the brightest things in life – to hold onto your dreams, to believe in your ideas and to follow the voice of your heart.' The term 'Holistic Education' envisages an Educator armed with IQ/ EQ/ SQ/ PQ all in equal measure. It necessitates a paradigm shift in the understanding of the Educator; to make clear the vision that Education today is not meant to advise but to enlighten, not meant to push problems aside because they are not related to the School Syllabus; rather to work towards a solution, to realize that 'every naughty

**Ask any young employable person whether he or she would like to become a Teacher today and you will most likely receive your answer in the form of a grimace. Once considered a 'noble profession' today those who are in it themselves do not seem to have much good to say about it. Those who take up Teaching as a profession will never be able to relate to it and will always be found cribbing.**

child is a story untold.' Being young today is like riding on a carousel of emotions, problems, issues, insecurities and so much more. As Teachers we need to accept this fact and train our children to learn the all important lesson that, 'to challenge, is to live a fulfilling, winning life.' Challenges will only strengthen them; the difficulties they encounter will enable them to have a big heart and become persons of depth and substance – the need of the hour! A Teacher today needs to understand that youth is a time of rapid change and confusion. Day in and day out the children go from worrying about how they look to trying to hide the pain of belonging to a dysfunctional home. Hence the pedagogy employed should empower our young people to live their beliefs, give them the ability to love and have compassion for all who touch their lives without a care for material gains and losses. It should be able to create for them smiles amongst tears, while teaching them not to get agitated with small setbacks because Life is meant for a bigger purpose than one's own existence.

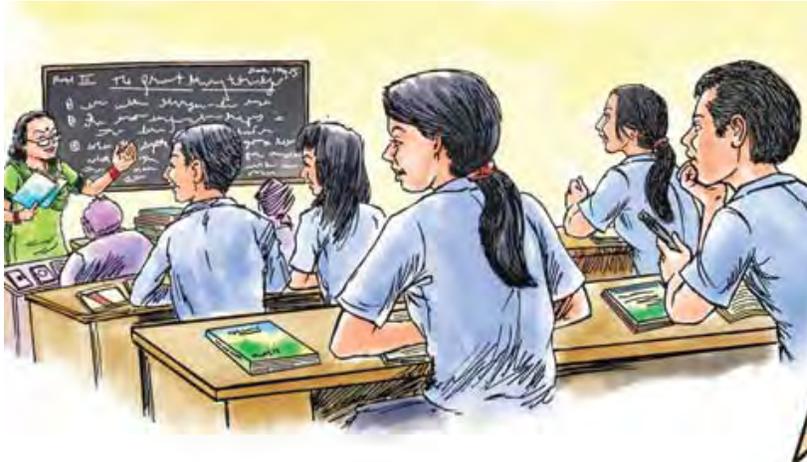
"What we have loved others will love and we will teach them how" penned William Wordsworth. There is something mysterious and fascinating about Teaching. The more we think about it the more aware we become that as Teachers we can never fully understand our students, for we are constantly called upon to deal with living hearts and minds; not machines. Today our concern for our children should ensure that when the need arises we exercise our authority, evaluate their progress and above all nurture them in an atmosphere of love and understanding. It is a fact that many enter "Teaching" with the idea of trying to have a positive influence on children and youth and to pass on what they know and care about. Teaching as a Vocation is an infinitely broad and expanding horizon. Within the existing competitive atmosphere, the wisdom of a Teacher should be able to look beyond the 'said' and the 'did' and find the 'need'. We should be led to ask ourselves, "Do we really know our students and understand their abilities? Do we praise, reward and celebrate a job well done? If a student does in fact have only a small amount of ability do we hide such students and pass them on unchanged? Or do we teach them in the way they can learn and show them high expectations?" The responsibility lies with Teachers to find 'Points of Celebration' in youngsters they work with everyday, youngsters who rightly should never lack for celebration. Even those with the least amount of 'Celebrity Quotient' have points of celebration and as we discover them we can bring about a profound change in a youngster's life. The situation today demands that Teachers should not claim to only know their students by name but should be willing to perceive their pain and heartache, the fears they have of going home, the dreams they

dream or dare not dream. No matter what our subject, we must make the effort to see that our teaching of it involves self discipline, concentration, effort, imagination and more. This will enable children to move from a less desirable position to a better one. It will leave them with an image lovelier than the one they have of themselves. As Teachers we can never know what in our teaching will open a door for them, will expand their horizons or challenge an assumption. We may not be able to establish deep, lasting or time consuming personal relationships with each of our students. What we can try to do continuously is to be present for each student as and when and how s/he needs us. We could just try 'To Care'.

"Life is not measured by the number of breaths we take but by moments that take our breath away." It is not about doing the biggest and best things all the time, it is about doing little things in a big way. With the various means at their disposal, Teachers need to strive to create 'Newness' in the hearts of children, one that will be reflected in their homes, school, neighbourhood and country. Teachers must stress on Prayer and Meditation as a means to have the courage to not give up on one's self or to give into negativity. Encourage them wholeheartedly to participate in varied competitions from Fine Arts to Best Out Of Waste, which help unearth latent talents and polish them. While these competitions offer a chance to see a whole new world and rub shoulders with the best, at the same time they help the children realize that there are many others better than "ME". Through these experiences we must ensure that the idea of defeat never enters their minds and that they continue to believe in themselves and never be swayed by the views of others.

The Education we impart must reflect a power that students possess

which will arise from a constant ideology that will allow them to grow up with a 'No Nonsense' Attitude that combines a warm affectionate heart. They need not wear it overtly on their sleeve; rather they ought to let their walk match their talk. The bottom line of 21st century Education, as I see it is



to make the children understand that they possess a treasure more powerful than power or fame, so they can make a meaningful difference in the world by just being true to themselves. When they feel content with their own irreplaceable lives, they will be able to be encouraging towards others. As Educators of the citizens of a bright future and an even brighter tomorrow, we need to ensure that our children combine dignity with courage, that they are empowered to face the worst crises possible in their lives and come out stronger for that.

A few years ago I read an inspiring poem in the brochure of a Fund Raiser held in my children's school. I have used some of the lines from it to present:

#### CREDO FOR THE 21st CENTURY TEACHER

- \* I must show students that every problem need not have a solution; every phenomenon does not have an explanation; every event may not have a justification.
- \* I have to have a vision; understand students with ambition, realize that making it come true is my mis-

sion.

- \* I ought to teach pupils to make use of their knowledge, but never to put a price tag on their hearts and souls. Teach them to have a sublime faith in themselves, because then they would have sublime faith in humankind.

\* I need to ensure that students stand tall, bringing pride to School and Country, filling the band of dedicated Educationists with a satisfaction no words can describe.

In Robert Boyle's play, 'A Man for all Seasons' Thomas More suggests to the young Richard, "Why not be a Teacher? Perhaps even a great

one." And Richard answers, "And if I was, who would know it?" To which More replies, "You, your pupils, your friends, GOD. Not a bad public that – indeed!!! A profound reality is the mingling of the 'human with the divine' in God's plan for growth. As Teachers we recognize the fact that God alone will make our children grow, but we also know that He chooses to work through people. Hence He has given us Teachers a special task. He wants us to fulfill it to the best of our abilities and He promises to handle the results of all the lives we touch, for having answered the Call to this Vocation.

In all humility I say, "Thank You to all

*Helen's  
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# Are Our Catholic Families Really Rooted In Christ..?

I knew of a very devoted catholic family. Why I specially say devoted because the whole family members are very pious and engaged in many church related activities, the mother of the family. It's really appreciable in this most modern era of supersonic technology this particular family is a joint family and the members of the family are very much united and as I was very closely associated with this family I felt they never had any differences of opinions. Everyone valued or respected the ideas of the other and I think there was never an ill feeling or exchange of rancorous words between the members. I really felt happy to see the progress of the family in the church as well as in the secular society.

It happened that one of the members of the family got an ill-fated sickness. This happened because there was mismanagement in the exchange of syringes, in the hospital. After getting this information I went to that house along with another person. But the way they behaved and the words they spoke made me think and rethink if that was the family I knew a couple of months ago.



by Sr. Bindu Abraham

I wanted to speak to the mother of the family but she was not the pleasant looking grand lady whom I knew quite well. Believe me she had changed, a thorough alteration I would say. Anyway I came away without spending much time with them.

This incident took place some few years ago but the family once were very pious and devoted are unable to accept and they are completely shattered.

But what made me reflect deeply is the way the family had changed. I feel we need God and the faith only when everything is going on according to our wish. Many times we are not ready to receive the adversities that God gives to us. As if God must give us only good and pleasant things in life. Often we forget that Christian life is a call to partake in the sufferings of Jesus. Only through a Good Friday we can have a very meaningful Easter.

Family life is a call to holiness. Its really marvelous the way the two persons, husband and wife, mother and father united each other in mutual understanding bearing one another's burden in bringing up the children undergoing indescribable hardships many times. But the very day they agree to give up one another's joys and sorrows they automatically become the partakers of Jesus' cross. Neither sickness nor difficulties in life should alter our faith in God. Rather the misfortunes and exertions should embolden and lead us to a greater faith in God. Like St.



Paul we should be able to say I boast in Christ Jesus and nothing can separate me from the love of Christ.

I remember short poetic lines written by one of the poets " I believe in Jesus but my comfort is in my pocket". Though it's very short but it's really thought provoking. Many of our catholic families only find the comfort in the big and heavy bank balances we have. It's true we need money but in truth we make money as our God.

If we are able to boast in Christ Jesus he will take care of all our needs. What we need is uncompromising faith in Him. Our holy father Pope Francis has declared this year as the year of family let's try to make our families the abode of God not only when we are in joys but also in very painful situations of life. Let's not stagger in our life but we need to march forward with the assurance of the love of God in our hearts. Only then our Christian life will bear hundred fold results in eternity and our families become a haven where God abides along with us. Let's not conveniently forget the daily family rosary and Bible reading in our families. Let's also a role models to our kids only then even in privations they will turn to God.

## A hat-trick of a Speech

Narendra Modi, the Indian Prime Minister delivered his forceful speech on the India's 70th anniversary of freedom and independence. His longest one thus far, had a very hard hitting message to the intransigent neighbour who has been meddling in the internal affairs of this country and this has been very exasperating for the country in general and the armed forces in particular. The current bout of interference has already seen the death of 70 persons and there is no sign of the agitation abetting – 50 days. It may be remembered that one of the two UN designated terrorists had advised Pakistan establishment to 'take full advantage of the current situation' and that country obediently did just that.

Saying enough is enough, the PM put the ball back in Pak's court and brought on board all the atrocities carried out by that country on the innocent citizens of Balochistan and POK. Balochistan [then Kalat] was granted independence even Pakistan got its own. In 1948 Pak however annexed its territory and ever since the suppression of those people continues. In both the cases [POK and Balochistan] Pak is holding these areas illegally, through aggression, while Kashmir acceded to India and that included the POK as well. Basic rights are denied there and thousands have disappeared without a trace or record. It is this aspect the PM tried to highlight offering them required support and assistance. Undoubtedly, this has hit that country hard where it hurts the most.

The uprising in both the troubled regions of Pak will escalate in the coming months and in sheer frustration, that country is likely to increase its interference in Indian part of Kashmir. The result will be turmoil in the entire region. The outcome will not be conducive for peace but with no holds barred of a situation, the innocent people will suffer. India needs to talk to Pak and talk tough. There should be a clear message. You stop interference and we do likewise.

While Modi spoke of all the good things that are happening in this country post his coming to power, he deliberately chose to brush the issues of concern to the people under the carpet. No doubt things have begun looking up; the polarization on religious

## IEWS on NEWS

lines could spell trouble for the country. He could have sent stern message both to the divisive forces irrespective of their religion and those who are hell bent on continuing the atrocities on the dalits. By saying, this has been going on for centuries, is a form of escapism. We all know that. You should have told us what you propose to do that it comes to an end. Change the law. Make it very harsh which will act as a deterrent.

Modi did not spare the UPA in general and the Congress in particular. He spoke about the unpleasant engagement with them in the GST negotiations. You plead for their co-operation and when they extend it, you call it unpleasant. That is called opportunism. The ruling party is not the sole authority on knowing what is good or bad for the country. The opposition parties have a huge stake in this exercise. Asking for co-operation from the other side and getting it [not always] is part of the democratic process. So long as you do not have the requisite majority in the Upper House, you jolly well be a little humble and get the support of the opposition on important issues in the larger interest of the country.

All said and done, it was a forceful and telling speech by the PM. He has promised support to the Balochies and the people of POK. It is now wait and watch for the country to see what is next. Was it rhetoric? There should be continuous hammering on the issue at all international forums as well as bilaterally till the world wakes up to the reality. Whenever our leaders travel to Pakistan for official talks, they should make it a point to first meet the dissident leaders in POK and Balochistan.

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## Saving Grace – the 'S' factor

The two girls – 'S'indhu and 'S'akshi, have managed to salvage the pride of the nation through their efforts to win a Silver and a Bronze for the country with a population of 125 crore people. There were good wishes and prayers [there were poojas in some places] for Sindhu to win the gold medal. Undoubtedly, this is the proudest moment for their parents and the families who have encouraged and prodded them right through their



by Marshall Sequeira

careers. We all are opportunists applauding them only when they win. Otherwise they are forgotten.

Sad but true, in a country with a population as large as ours, we not able to find and nurture latent talents in our children. Talented kids are not in the Metros but in small villages. Quite a few of the athletes hail from unheard of places. Talent hunt has to be systematic. Once you find real talent, the child has to be considered as a potential national asset and trained by the government. Most people being poor cannot afford the cost of training which involves a lot expenditure on kits, nutrition, health, outfits etc.

The country is not short of funds. The manner in which these funds are used decides the future of the talented. Corruption in various fields [pun intended] denies the facilities to the sportspersons who are starved of the basic requirements to perform better. We do not give them the best and then we complain that they are not performing. The comfort of the sportspersons comes last. The officials ensure that their own comfort comes first. They travel in business class and make the Olympic bound athletes travel by cattle class for over 30 hours. I doubt if this happens in any other country. Incidentally, the UP govt has given some 30 paise per child recently for some sports programme. That tells us a lot.

Now that these two girls have shown their talents, money and gifts will pour in, not only from the government but also from the corporate world. It may be a good idea if aspiring Olympic sportspersons are 'adopted' by different companies by sponsoring a discipline each and allot sufficient funds for the project. Neeta Ambani can take the lead. Now is the time to prepare for the next Olympics and not a year in advance. Hats off to these two young national stars! By the way, apart from the 'S' factor was there also that 'H' factor at play – 'H'yderabad and 'H'aryana.



## Meeting Mother Teresa An unforgettable memory



by **Concepta  
Fernandes Alva**

**T**he entire world is eagerly awaiting the canonization of Mother Teresa on 4th September 2016 in Vatican where the Holy Father, Pope Francis will declare her as Saint. On this occasion the words of veteran Communist Leader Jyoti Basu, the long ruled Chief Minister of West Bengal who had seen the life and service of Mother Teresa from close quarters come to my mind. When the process of declaration was underway he had exclaimed “ What is the necessity to declare Mother Teresa as a saint now? She was a saint during her life time itself”. How very true are his words!

Mother Teresa has been away for long 19 years. But her love for God and humanity and her service to the mankind are still fresh in the minds of people. I had once in a life time opportunity to meet her and crave her blessings. This incident is fresh in my mind even today and I get goose bumps when I recall it every time.

It was 1995. In the month of August Mother was in Mangalore for about 6 days. She had come down to inaugurate the ‘Missionaries of Charity’ House at Mangalore. Apart from that she was scheduled to attend many other programmes in the city. During one of those days I met Mother purely by good luck.

It was the Platinum Jubilee year of St. Agnes College, Mangalore, the pioneer institution in Women’s education in Coastal Karnataka. A symposium was organized on various topics related to women. In the ‘Women and Media’ section, I was invited to deliver a talk on ‘The influence of Radio in the betterment of women’. I was told to handover a copy of my lecture in advance to Sr. Regia, the then Professor of Kannada and one of the organizers of the symposium. (I had a very brief stint of teaching Econom-

ics at St. Agnes Pre University College immediately after my masters and I had come in contact with her during those days). As computers very not common unlike now, I took my hand written script to a professional typist and got it typed and got a photo copy of the same and headed towards St. Agnes College. It was around 12.15 p.m. On reaching the St Agnes Convent I came to know that Mother Teresa, the living saint was at the College Auditorium addressing the students of the college. Suddenly I had the rush of a desire to meet the Mother.

I asked Sr. Regia, whom I was known well for quite some time, ‘Are the public allowed to meet the Mother?’ I have heard of and read about her so much that I would like to meet her and crave her blessings’ I added. On this Sr. Re-



gia smiled. She told me ‘Don’t you worry about the public audience. You don’t need to wait for long to see the Mother. Our Sisters will be bringing her to the Convent for lunch in a short while from now. On her way from the auditorium she will come to the Chapel. Come with me’. With this she entered the Chapel. I could not believe my ears. I was totally excited and thrilled at the prospect of meeting the mother and I followed her to the Chapel and knelt down at the place she showed. Within a few minutes Mother entered the Chapel with 2 other Sisters. I approached her and craved her blessings. She kept her hands on my head and whispered ‘May God bless you my child’. Then she took out a medal of mother Mary from the small blue cloth bag (pouch) which she had in her hand and gave it to me. My son (who was about 2 years of age at that

time) had adorned that medal around his neck for many years. I am sure that my daughter who was in my womb at that time too has received blessings from the Mother.

From the moment of my first meeting with the living saint I felt that my association with her became stronger and it continued. I felt very sad on her demise on 5th September 1997. On 19th October 2003, the Holy Father beatified Mother Teresa. Diocese of Mangalore had celebrated this event with a grand function in Mangalore under the leadership of Rev. Dr. John Fernandes, the then Chairman of the ‘Chair in Christianity’ under Mangalore University. Several items were presented by many groups without the barrier of religion, caste, creed or language. It was my privilege to comper that programme. I would consider this as the continued blessings from the Mother. Though I have compered several high profile stage programmes prior to that and afterwards in Mangalore and elsewhere Mothers’ beatification commemoration programme remains the most special and rewarding function till date.

In Oct 2010, our family (husband – Harry, children – Harsha, Heera and I ) traveled to the North – East states for a vacation. We stayed in Kolkata for 3 days. We paid a visit to the Mother Teresa’s House. We entered through the door on which is written, 54 A MOTHER TERESA, M.C. IN and prayed in front of the place where she is interred and the monument where Mother attends to a child. This visit to the house of Mother Teresa where she lived and where she has been laid to rest is also a memorable one. We are planning yet another visit to Kolkatta and to Mother Teresa’s House. God willing, it will happen within 4-5 weeks (October 2016) after her canonization.

Glory and praises be to Mother Teresa who served the children of God and who dedicated her life to the love of God.

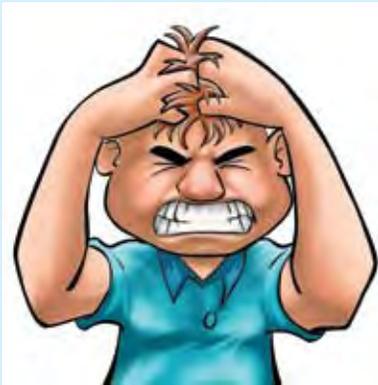
*Concepta Fernandes Alva, Senior Programme Officer, All India Radio, Mangalore*

## Arterial Stents and Chutspah

# How aggravation, irritation, annoyance and rage can injure Your Heart

by Roy Rogers

Get angry, you get more angry, my wife gets angry, my father gets angry..... everyone gets angry. It's a normal reaction, it is a feeling that spasms into a contraction of all healthy body nerve ends that signal the

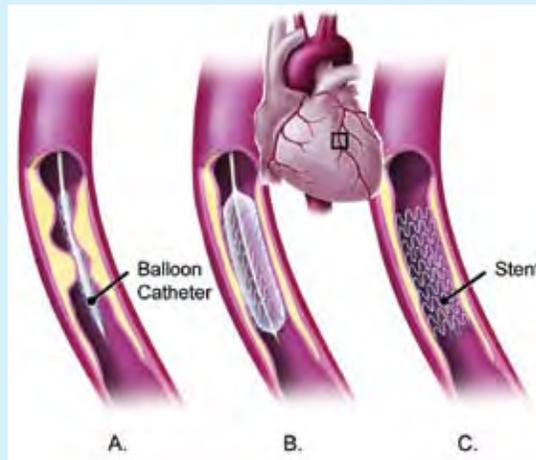


arterial nodes to react and secrete safety fats that freeze no sooner released. As it solidifies you see them camping together in clusters causing narrow pathways and there's probably a good reason why you feel that way..... a; choked up, at least your ticker feels that way. The blood is now confused and moves like a terrorist through many narrow gorges and as the blood pumps push through they scrape against the walls of this beautiful network of healthy pipe channels because the pathways are now narrow and elasticity is diminished. My blood chokes to be free from the constraint and voila I begin to feel 'dizzy miss lizzy' as my BP resonates to the pulse rate and the diastolic. What a confusion et al because of AIA -aggravation, irritation, annoyance.

Can you handle this department all by yourself and reject a heart attack just because you have a damaging reaction to anger. The way you handle your anger can make you the much loved, progressive homo sapien to your other blood hungry body parts as you create a big difference to your heart. Don't set your heart on fire even if anger and annoyance makes you silently exude sweet ven-

om of the killer kind. On the contrary nip the curse in the bud. Tell the contortionist to lay off from your shadow and ask him to walk in his own darkness instead of abusing you peace and quiet with annoyance and mayhem.

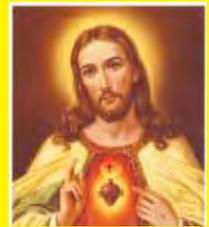
The decision is yours. Either get into the ring and fight it out with more and intense annoyance and aggravation or just get down on your knees ....at least in your mind and ask the item causing discrepancy in your peace-



ful mode to go fly a kite south of the border into the sea.

So if you are still devoid of strength to ward of a placement of ire and annoyance being delivered to make you more than a crank filled with dangerous yet legitimate mind spikes eat humble time and run from the situation before you call for the first arterial stent. Actually, men should have more chutspah and circumvent these anomalies that comes like a devils visit few and far between.

## Thanksgiving



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—Mrs N. M. Fernandes,  
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# Be better at negotiation

It's impossible to ignore the biased culture message: Women are bad at negotiating. Women get a bad rap when it comes to getting what they really want. But you're better at negotiating than you think you are!



**Y**ou actually successfully negotiate constantly throughout the day, from making dinner plans to arranging a weekend with friends. It's just that you need to be aware of the process and have confidence in yourself. Here are best tips for negotiating your next work-related deal

## Replace the world 'negotiation' with 'conversation'

When told to pick metaphors for negotiations, men picked things like "winning a ballgame," while women picked things like "going to the dentist." Guess who got the results they wanted. Eliminate the word 'negotiation' from your vocabulary and you'll be surprised how much more confident you feel.

## Practice before the meeting or role play the situation

talk to yourself in the mirror or role-play your situation with a friend. Reflecting before your meeting on what you want, and then how you want to get there. Practice can be a game-changer—it gives you the opportunity to play around with approaches until you find what feels best for you. Don't be afraid, for example, to reframe common scripts into something new. Ask yourself, "how do I want to say this?" "What feels comfortable in my own voice?"

## Come armed with examples when going for negotiation

Whether you're negotiating a raise or advocating for changes to your work culture, Gowland recommends framing your argument from your employer's perspective. You don't have to lose sight of your goal and what's important to you—get what you want by approaching the situation in terms of how it benefits your employer. For example, if you're asking for a more flexible schedule, provide examples of how it will make you more productive and effective for them.

## Find other career-oriented women or groups

Sometimes this means going outside your friends or coworkers and joining a network—either virtually or in person—with similar goals and mindsets. It's all about finding a group that motivates you. And nowadays, you can network without even leaving your desk! Depending on your area of expertise, there are also private Facebook groups and other places, which can provide a similar support and advice network. And don't forget to read up on the 'best ways to hire and retain women' books and follow the tips.

**We use the wrong words or the wrong tone. We don't have the right role models. We don't get the same positive reactions as men do. And ultimately, it's our fault we don't make more money because we don't do a good job of asking for it.**

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# When You Set A Good Example You Win



BY MELVYN BROWN

“Setting an example is not the main means of influencing another, it is the only means.” Albert Einstein.

A teacher has forgetfully left her pen on the table in leaving the classroom. When Ajay requested his friend Anil to return it to the teacher, “Forget it,” said Anil, “it’s a cheap pen, she can buy many like it.”

Ajay did not approve. “Anil, there are two types of people my parents taught me; those who return things and those who don’t. We are the kind that returns things.” Hats off to the parents and hats off to Ajay.

Both had taught the other boy a lesson he will not forget. We need role models and you could easily be one. Try to make a difference in your words, thoughts and actions, especially in the company of friends. No one says its easy, yet, if one turns and lives up to your expectations imagine how happy you could be.

“Let your light shine before others, so that they may see your good works and give glory to your Father in heaven.” Matthew 5:16.

Role models are all around us; from parents, friends, relatives, youth leaders, priests, nuns and all those we look up to – they can make a powerful impact in our lives. Our culture, traditions, beliefs also affect us. Examples to impress can come anywhere, at any time.

My mother made certain that every Sunday I went to attend Mass: rain, hail or sunshine. It ushered into my life the spiritual strength I needed to meet hurdles in society.

For better or worse, our parents and elders set us examples. Some children are impressed for the good while others forget the incidents. The same applies to you – influence others close to your mundane life with co-workers, bosses, friends and associates.

“I have set you an example, that you also should do as I have done to you”. John 3:15.

Young people need role models all the time as they learn to grow and cope with shades of colors life offers. Make it a point to promote visuals of diversity in your home and I don’t mean just the television; try putting up works of art, pictures of heroes, books in the shelves and magazines on the center table.

The old African proverb, “It takes a village to raise a child” is praiseworthy. I would say it takes a family to raise a child, gathered wisdom and experience should come first from the family circle.

Children with positive role models succeed in school, have a higher self-esteem and avoid bad company. For young girls their mothers are an important factor where influence is concerned. I have noted that trusted advice from mothers and grandmothers go down the path of one generation into the next.

“There is the potential within all of us to put our lives into perspective and strive to make the greatest impact we can possibly make – through gestures of love”. Ms. Mindy May.

My mother taught me all I know of family values, trust, honesty and mercy. She taught me to pray, to keep an open house to friends, and to always be a good listener. “Therefore be imitators of God, as beloved children, and live in love, as Christ loved us.” Ephesians 5:1-2.

Come, share lessons for remembering the chapters of a worthy life. Be the vessel to influence not only your children and relatives but friends and neighbors.

1. Live with love and energy, enthusiasm and excitement.

2. Promote good health and practice moderation in food and drink.
3. Keep good relationships. Be calm and collected. Do not be a foot-rug. Do not have confrontations.
4. Be aware of your finances and be responsible. Cut your coat according to your means.
5. Be honest, decent, respectful and truthful. Smile.
6. Show your concern for the poor, the lonely, the helpless.
7. Be humble. Know your limitations and always rely on God.

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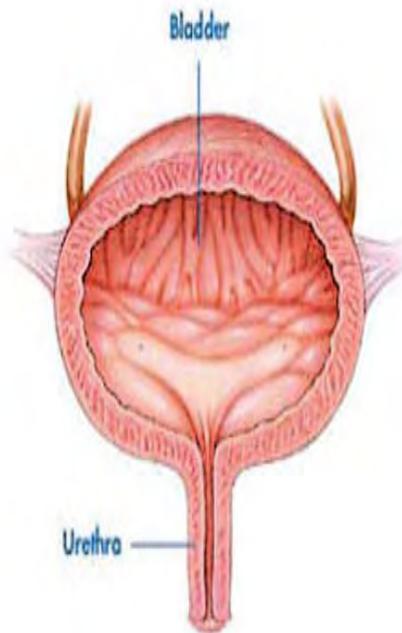
**VINOD GUPTA  
 9820045619**

# What do you know about your bladder?

Your bladder serves several vital functions but there are things you hardly know about it, here are a few

**T**he urinary bladder is an elastic organ with a hollow and muscular look. It blows like a balloon when its full of urine. Get more interesting facts by reading further.

- The average bladder holds between 300 to 600ml of urine. That's similar to a can of fizzy drink or a pint of milk.
- If the urinary system is healthy, urine may stay in the bladder for up to about five hours before excretion, depending on the amount of liquid consumed. We also obtain some fluid from food.
- The average person passes approximately, 1.5 litres to two litres of urine in 24 hours.
- When the bladder needs to be emptied, nerves send signals to the brain indicating this and you will feel the urge to empty your bladder.
- Women's urethras (tubes that take urine from the bladder, outside) are much shorter than men's due to the differences in genitalia.
- Drinking less will not prevent urinary incontinence (leaking on the way to the bathroom). Withholding fluids creates dark, concentrated, acidic urine that is irritating to your bladder, which could actually increase your risk of urge incontinence.
- Alcoholic drinks, coffee, caffeinated tea, cola, orange juice and even grape fruit juice can irritate the bladder and make incontinence worse.



- Avoiding going to pee too often can create a frequency problem, as the bladder 'forgets' how to stretch to hold the full capacity of urine.
- There are a number of things you can do to try and maintain a healthy bladder including the following things. Keeping a healthy fluid intake, avoiding constipation by following a healthy diet and going pelvic floor exercises.
- Urine is a by-product of blood and is non-toxic. It contains 95 percent water, 2.5 percent urea and 2.5 percent minerals and enzymes.

## Why angry men should not wear red?

According to a study done by researchers at Durham University, England, a group of 100 people were asked to rank some photos of men wearing different colour of shirt in the order of their probability of displaying anger. The ones wearing red shirt were considered the most aggressive of the lot. But that's not the only reason to avoid red. If you are short tempered, wearing red clothes can worsen things for you. The main colour of Muladhara chakra, which is one of the seven energy centers in the body, is red. On an emotional level, it is the energy of anger. A person who tends to get angry should avoid wearing red, as excessive anger, if turned inwards can become depression. If directed outward, it becomes rage and spoils relations.

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# How Pope Francis and Mother Teresa are linked



**O**ne October day in 2012, Cardinal Jorge Bergoglio of Buenos Aires celebrated a traditional Mass for thousands of children in the Argentinean capital. A nun from Calcutta was on his mind. “Who told us that we can find Jesus in those most in need?” he asked the children gathered in the Parque Roca stadium. “Mother Teresa!” they replied. “And what did Mother Teresa have in her arms? A crucifix? No—a child in need,” he taught them. “So we can find Jesus in each person who is in need.”

At the time, Bergoglio could never have imagined that in a few short years, he would make Mother Teresa a saint. Six months after he spoke to the children that day, the archbishop from Buenos Aires was anointed the Bishop of Rome. Now, as Pope Francis, he has named Mother Teresa for canonization, and she will forever be remembered as a Francis saint.

And yet Pope Francis could just as easily be called a Mother Teresa pope. Their mission fields were continents apart, but their lives have been woven together for years. Both served in religious orders, she as the founder of the Missionaries of Charity and he in the Society of Jesus. Both devoted themselves to the poor and drew attention to those whom society has cast to the

margins—Teresa is known as a saint of the gutters and Francis as a pope of the slums. At their cores, they share a purpose in their public service and personal spirituality: to act as a channel of God’s mercy. And as Francis ushers Teresa into sainthood, her mission will continue to define his papacy.

It is impossible to think of Mother Teresa and Pope Francis without remembering their service to the suffering, especially the poor. From the beginning of his papacy, Pope Francis has sought to bring the poor to the world’s attention, fighting for their rights in halls of power from the U.S. Congress to the United Nations. Like Mother Teresa before him, he fights the “culture of waste” that favors production over human life. During a one-day visit to Mother Teresa’s homeland of Albania in September 2014, Pope Francis made a point of visiting a center for disabled and needy children. And when he kissed the face of a disfigured man in Saint Peter’s Square, a photo of the moment captured the world’s imagination. His actions routinely call to mind the words of Mother Teresa: “I see God in every human being,” she once said. “When I wash the leper’s wounds, I feel I am nursing the Lord himself. Is it not a beautiful experience?”

This shared mission of compassion for the suffering is deeply rooted in the

saints who have shaped Pope Francis and Mother Teresa’s respective lives. They share a special devotion to Mother Teresa’s namesake, Saint Thérèse of Lisieux of the Little Flower, a 19th-century French nun known for her simple spirituality. Mother Teresa found in Saint Thérèse inspiration to do the ordinary with deep love, and both women spoke openly of their experience of finding faith in darkness, not just light. Pope Francis has also found inspiration in Saint Thérèse—whenever he has a concern, he once said, he turns to her in prayer, asking her for a rose as a sign of God’s presence and calling in his life. When he travels, he carries a copy of one of Thérèse’s books. And in 2015, Pope Francis made Teresa’s parents the first married couple to be jointly named saints.

Just as Pope Francis is devoted to Mother Teresa’s namesake, Mother Teresa was devoted to his. Every day after she celebrated the sacrament of communion, she prayed a prayer attributed to Saint Francis of Assisi, the 13th-century patron saint of the poor. The words became a staple of her public life—she recited them often, including when she accepted the Nobel Peace Prize in 1979 and when she spoke at the National Prayer Breakfast in Washington in 1994. The words

(Contd.. on p. 22)

# LET THE REAL YOU STAND UP!

BETTER YOURSELF BOOKS – ISBN 978-81-7108-874-4 – Pp 127 / Rs 80

“You are created original, don’t die a copy,” advises John Mason, American motivational author. Oscar Wilde is even more candid when he says, “Be yourself; everyone else is already taken”! Giving flesh to the sentiments expressed in these quotes is **LET THE**

## **REAL YOU STAND UP**

by an author whose first two titles **You Can Make A Difference** (2004) and **You Are Destined For The Skies** (2014) have registered combined sales crossing 1,10,000 copies to date!

## **LET THE REAL YOU**

**STAND UP!** is a book that beautifully highlights the idea of the individuality and uniqueness of the human person and the importance of knowing

and believing in who you really are rather than striving to be someone else. Made as we all are in God’s image and likeness, we are each gifted with our own uniqueness by way of all the talent and insight needed for achieving happiness. Our sense of perfection should stem from due consciousness of the fact that we are each an amazing masterpiece, with no two humans having an identical DNA!

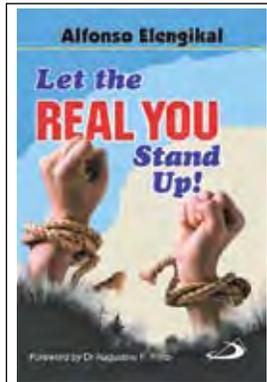
The essence of a book is the inspiration it offers the reader in terms of accepting oneself and believing in one’s own potential to live life to the fullest. The contents of **LET THE REAL YOU STAND UP!** focus on enabling the reader to shed every trace of a negative mindset and believe in one’s capabilities. “Values—moral, spiritual and social—are like pillars upon which solid life can be built,” avers Father Antony Pancras, Editor of The New Herald (p 17). And so, “anchor your life to values,” adds Dr Augustine Pinto, Founder-Chairman of the Ryan International Group of Institutions (p 12). Indeed, the salient feature of this book is the ability of each chapter to bring the reader round to

living a life of value based positivity—perseverance [chs 1 & 7]; compassion and kindness [ch 12]; gratitude [ch 20]; forgiveness [ch 19].

The author is a Pauline priest who stays connected through thick and thin with people of all age groups, particularly the young. Long time editor of **The Teenager** magazine and initiator of the now defunct **Teen of the Year** pageant, all his writings clearly reflect this unique trait. **LET THE REAL YOU STAND UP!** is as replete with easy to understand and assimilate words of wisdom as the previous two, with no vague theory or formula to hinder the reader’s journey to heights of suc-

cess and perfection, each chapter offering examples from the lives of simple, little known people like Dr Prudha Desai, Prabhakar Nene and Pradeep Kumar Mallick, to name a few, as well as well-known figures such as Mel Gibson, Christopher Morley, Hansen, Canfield and others that help stimulate the mind, apart from offering valuable insight.

Francis Bacon puts it well when he says that “some books are to be tasted, others to be swallowed, and some few to be chewed and digested: that is, some books are to be read only in parts, others to be read, but not curiously, and some few to be read wholly, and with diligence and attention.” **LET THE REAL YOU STAND UP!** which fits the last category is made the more easily digestible with its ingredients including quotes from the Bible and the Bhagavadgita. Any wonder then that the instances Father Alfonso recalls and the anecdotes he narrates all teach us valuable lessons in terms of not giving up on oneself but holding on to our faith in God by way of laying much emphasis on the uniqueness of every individual?



**BOOK REVIEW**  
by Ladislaus L D’Souza

## **A MAN OF GOD**

( BORN ON 29.09.1943 - RETURNED TO THE LORD ON 21.08.2016)

### **Obituary**

As a Parishioner of Our Lady of Salvation Church, Dardar. I was deeply saddened at the news of the demise of REv. Fr. Bernard D’Souza popularly known as Fr. Rev. Bonny D’Souza whom I had the privilege of knowing him when he was in our parish and having spent 43 years of his Holy Priestly Ministry in various parishes.



His funeral mass at the Cathedral of the Holy Name Church. The main celebrant was His Eminence Oswald Cardinal Gracias alongwith with Bishop Dominic Savio Fernandes and at least 30 priests. Besides these there were religious and many of his friends who were present from various parishes all over Mumbai. His memory will be cherished by all those who called on him for help and guidance.

Rev. Fr. Bonny was always known to be an affectionate and loving priest, who would always reach out to help the poor and the needy. His mission truly made him a caring Shepherd to his flock. His motto was “TRUTH”. He did full justice to his vocation as a Priest till the end. Under that stern interior was a Heart of Gold. Many will carry vivid memories of his dynamism.

His gentle and calm nature came out when he celebrated the Eucharist. His homilies were reassuring and touching. Many were moved whenever he preached on big occasions.

Rev. Fr. Bonny was a true a Man of God. His hardwork and his self sacrifice, during his ministry in the Archdiocese and various parishes will not go unrewarded.

The Archdiocese has truly lost a “GEM”. “Oh Happy Soul be thankful now and rest Heaven is a Godly land. And God is love, and those he loves are Blest”.

May God grant him every Heavenly Blessings which he richly deserves and grant him eternal Peace and Joy.

—John Andrew Lobo

# Inspiration!

## Be stronger than your excuses

for a quick walk, doing some jumping jacks/push-ups or yoga. Google and YouTube are your biggest friends here; simply search phrases like '10

How many times have you started a new workout plan with the best intentions only to fail? Or maybe something more pressing like a work or an injury interrupted your fitness pattern? The problem is, we humans only tend to do as much as we need to. Our reptilian brain comes-up with believable sounding justification to stop-us from burning-off our precious calories. Unfortunately, due to our present access to highly calorific foods, the fitness excuses that once ensured our survival now send us to an early grave. Healthy foods are great but it's also important to keep your body active. So, how do you find the motivation to work out? Find out

**T**he most common fitness excuse of all is, "I just don't have the time." Although poverty and malnutrition is still wildly prevalent in India, the country is also grappling with is, everyone can find the time to exercise, but often fail to start for a number of reasons. A 30 minute workout takes-up only two percent of your day. Don't ask yourself how much time you are going to waste by working out a few times a week. Ask yourself, how much of your life you are going to waste being unfit and overweight. So, if you are looking to get in a better shape, looking to indulge in a workout regime; what are you waiting for? Get started today; be stronger than your excuses! Here's how:

**Have a plan:** Starting with the most important factor of your fitness, you need to have a plan if you want to succeed. Take a good look at your calendar and look for a 10-15 minute window which is free. Book this time out in your calendar right now and label it "Taking Care of My Health". If you don't actually do this, you will not



reap the same rewards as someone that takes action. If you see it in your calendar and get a reminder, your chances of actually exercising will increase 80-90 percent.

**Avoid saying, 'I'm tired':** Working out actually gives you more energy! Your body makes feel-good hormones (endorphins). It may help to work out in the morning before your day gets away from you. Not a morning person? No problem. Do it whenever you feel best. Your muscles only get stronger and build more endurance for everyday things if you're moving and get the blood pumping. Exercising stimulates certain brain chemicals and can put you in a better mood.

**Earn your shower, confused:** Well, This simply means that you need to complete some sort of physical activity (get sweaty) before you are allowed to shower. It's amazing how a simple challenge like this has helped change the lives of many entrepreneurs and business owners and has helped increase their fitness levels. Starting tomorrow, wake up 10 minutes earlier and complete your favorite physical activity. Whether that's going

minute beginner workout' over the course of a week, waking-up 10 minutes earlier every day you can devote to living a healthier life.

**Make it a challenge:** Do you ever notice around your office when someone is taking part in a health/fitness challenge? Chances are, this person wants to share the details of the challenge and by the end of it, leaves you more motivated than ever before. When you are part of a team, not only do you want to contribute to the success of the team, but you also want to the team to feel that they can keep you accountable. Whether it's your fitness or work life, accountability is a major key to success. Round up 2-5 of your closest work colleagues (or your spouse/partner), and create a fitness challenge.

**Monday will not create magic:** Yeah, the problem with this is Monday seems to never come for these people. On a side note, why is Monday the 'magic' start day for all things diet and fitness related? Do people feel, for some reason, this amazing power on Monday that they didn't feel Sunday to achieve their goals? What are you waiting for? Sitting and waiting until Monday only keeps you fat and unhappy. There is no time like a present. It will put you one step closer to your ultimate goal.

**Keep yourself motivated**

- **While achieving a great body, at first people might ask you why you are doing it. Later, they will ask you how you did it.**
- **Remember, all the anger, all that fear, all that negative energy, take it to the gym and spend it there. These things nourish you and not the other way around.**
- **If you are looking for a sign to go workout, this is it. Go now!**



**MUMBAI :** TAMILIAN Roman Catholic Bachelor, aged 28 years, Ht. 5' 7", Wt. 78 kgs, Wheatish Complexion, Edn. EXTC Engineering, working as a Networking Engineer. Contact email : 18.elaine@gmail.com OR 9167944625. **(Regd. No. 6585)**

**MYSORE :** Mangalorean Roman Catholic Divorcee, aged 31 years, Ht. 5' 7", Wt. 65 kgs, Fair Complexion, Edn. B.Com., LL.B., M.S.W., Advocate by profession. Contact email : advocatcastelino@yahoo.in **(Regd. No. 6586)**

**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:** 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 : pintolazarus2012@gmail.com **(Regd. No. 6393)**

**DUBAI :** Mangalorean Roman Catholic Bachelor, aged 28 years, Ht. 179 cms, Wt. 78 kgs, Wheatish Complexion, Edn. Mechanical Engineer, working as an Engineer. Contact email : godfreyjoelfernandes@gmail.com **(Regd. No. 6564)**

**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.pereira@gmail.com OR 9820304069 **(Regd. No. 6399)**

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

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

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

**PUNE :** East Indian RC Bachelor, aged 33 years, Ht. 5' 5", Wt. 66 kgs, Fair Complexion, Edn. B.Com., working as a Dy. Manager. Contact email : warren\_4153@ hotmail.com OR 9960493092 **(Regd. No. 6471)**

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

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

**MUMBAI :** Mangalorean RC Bachelor,

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

aged 39 years, Ht. 6', Wt. 80 kgs, Wheatish Complexion, Edn. HSC., Dip. in A.C. Mechanic, working as a AC Technician in Muscat. Contact Email : suaresroshan@gmail.com OR Tel.: 23733750 Or 968-99694267 **(Regd. No. 6113)**

**MUMBAI :** Mangalorean RC Bachelor, aged 34 years, Ht. 6' 2", Fair Complexion, Handsome, Edn. B.Com., & HTL Management, Working on Cruise Line as Supervisor, Seeks an educated, simple, Mangalorean girl above 5'5", Email : marprop111@gmail.com **(Regd. No. 6045)**

**MUMBAI :** Mangalorean RC Bachelor, aged 32 years, Ht. 6', Fair Complexion, Edn. B.Com + IATA working as a Manager for Emirates in Dubai Seeks a humble, godfearing, educated Mangalorean girl. Ht. above 5' 5", age below 28 years. Contact email : philomenanoronha60@gmail.com OR 9619639323 **(Regd. No. 6040)**

**MUMBAI :** RC Bachelor 40/5'8", B.E., working in Senior position reputed IT firm. Seeks alliance from R.C. spinster educated good family background Pl. reply with photograph and details to keithcardozo@hotmail.com or contact 9820338755 **(Regd. No. 5996)**

**MUMBAI :** Goan RC Bachelor, aged 32 years, Ht. 5' 6", Wt. 64 kgs, Wheatish Complexion, Edn. B.E., (Comp.), working as a Software Engineer. Contact email : barretto.elton@gmail.com OR 9004500088 **(Regd. No. 6034)**

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# Brides



# MATRIMONIALS

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

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

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

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

**MUMBAI :** Mangalorean Roman Catholic Spinster, aged 30 years, Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, beautiful, Edn. B.Com., working as an

Asst. HR Officer. Contact email : generalis@yahoo.com OR 9324515797 **(Regd. No. 6448)**

**MUMBAI :** Mangalorean Roman Catholic Spinster, aged 33 years, Ht. 5' 5", Wt. 68 kgs, Fair Complexion, Edn. B.Com., working in Bank as AVP in LONDON. Contact email : rati27@gmail.com OR 9869476537 **(Regd. No. 6473)**

**MUMBAI :** Mangalorean Roman Catholic Divorcee, aged 54 years, Ht. 5' 5", Wt. 75 kgs, Wheatish Complexion, Edn. SSLC., working as a Caretaker. Contact : 9324953353 **(Regd. No. 6470)**

**MUMBAI :** Goan RC Spinster, aged 30 years, Ht. 5', Wt. 47 kgs, Fair Complexion, Edn. B.Sc., (Chem), MBA, working as a Product Manager. Contact email : smartmind0412@gmail.com OR 9867620060 **(Regd. No. 6496)**

**MUMBAI:** Mumbai based Mangalorean Roman Catholic parents invite alliance for their Beautiful daughter, 27 years, fair, smart, M.B.A., working as an Executive. Boy should be well educated, God fearing having good family background. Please contact with photograph & all details to Tel.: 7506319407 Email: richard.dsouza17@gmail.com **(Regd. No. 6505)**

**MUMBAI :** Goan Roman Catholic Spinster, aged 26 years, Ht. 5'4", Wt. 56 kgs, Fair Complexion, goodlooking and graceful, Edn. as Interior Designer & works as an Interior Designer. Seeks an well educated, working Goan Bachelor. India/Abroad. Having a good status. Contact : +918689890839 and email : mary29paul@gmail.com **(Regd. No. 6403)**

**MUMBAI :** Goan Roman Catholic Spinster, aged 37 years, Ht. 5'2", Wt. 60 kgs, Wheatish Complexion, Edn. Post Graduate working as a Support Analyst in Airlines. Contact email : erminda3561@gmail.com OR 9870180036 **(Regd. No. 6402)**

**DUBAI :** Mangalorean Roman Catholic Spinster, B.Com, aged 29 years, Ht. 5' 4", working for a Bank in Dubai contact email : lavinalobo11@gmail.com

OR 9769144425 / + 971559689017 **(Regd. No. 6400)**

**MUMBAI :** East Indian RC Spinster, aged 30 years, Ht. 5'4", Wt. 54 kgs, Fair Complexion, Edn. MA (Pol.Sc.), working as an Admin., Contact email : crystalpereira2012@gmail.com OR 9867563488 **(Regd. No. 6397)**

**MUMBAI :** East Indian RC Spinster, aged 30 years, Ht. 5' 6", Wt. 56 kgs, Fair Complexion, Edn. B.Com., CS., LLB., working as a Manager. Contact email : Ifaroz@gmail.com OR 9819824865 **(Regd. No. 6394)**

**MUMBAI :** Mangalorean RC Spinster, aged 26 years, Ht. 5' 3", Wt. 54 kgs, Fair Complexion, Edn. MBA in Pharma Management, working as a Senior Process Associate at TCS. Seeks a well educated and well settled bachelor. Contact email : zenalobo89@yahoo.co.in OR 9833858842 **(Regd. No. 6392)**

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

**MUMBAI :** Goan RC Spinster, aged 33 years, only child, Ht. 5' 9", Wt. 78 kgs, Wheatish Complexion, Edn. Post Graduate, Hotel Management, studing. Contact email : p5659c@gmail.com OR 9930019677 **(Regd. No. 6389)**

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(Contd.. from p. 17)

reveal her mission and the direction Pope Francis has hoped to take the global church:

Lord, make me a channel of Thy peace that, where there is hatred, I may bring love; that, where there is wrong, I may bring the spirit of forgiveness; that, where there is discord, I may bring harmony; that, where there is error, I may bring truth; that, where there is doubt, I may bring faith; that, where there is despair, I may bring hope; that, where there are shadows, I may bring light; that, where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted; to understand than to be understood; to love than to be loved; for it is by forgetting self that one finds; it is by forgiving that one is forgiven; it is by dying that one awakens to eternal life.

Their shared roots in this saint from Assisi run deeper than advocating for the disenfranchised. Saint Francis was a pioneer for peaceful Christian-Muslim relations. In 1219, during the Fifth Crusade, Francis traveled through enemy territory to meet with Sultan Malik al-Kamil of Egypt, a nephew of the great warrior Saladin. Initially Francis had hoped to convert him, but the men met as equals, and they sought peace during a time of great strife. The constitution of Mother Teresa's Missionaries of Charity states a profound respect for all religions and notes that it does not impose Catholic faith on others even as its sisters reach out. Mother Teresa talked about how people of all religions belong to the same family. "There is only one God and He is God to all," she wrote in her book A Simple Path. "I've always said that we should help a Hindu become a better Hindu, a Muslim become a better Muslim, a Catholic become a better Catholic."

In this tradition, Pope Francis, again, is walking in Mother Teresa's footsteps. Albania, the nation with which Mother Teresa identified by origin, is a majority Muslim nation, and when Francis visited in 2014, he spoke of persecution not just of Christians but also of

their Muslim brothers and sisters. Francis has washed the feet of Muslim migrants. He brought Syrian Muslim families back with him on his plane to Rome from a refugee camp in Greece. He even welcomed the influential Sunni religious authority Sheikh Ahmed al-Tayeb of Al-Azhar to the Vatican in May 2016, and the two discussed shared commitments to peace and to the rejection of violence and terrorism. "The meeting is the message," Pope Francis said when they met.

In a global environment where fear often rules, these are more than gestures. Pope Francis is continuing the theology of encounter that was the core of Mother Teresa's message. Father Brian Kolodiejchuk, postulator of the cause for Mother Teresa's canonization, knows this perhaps better than anyone else—he has compiled a collection of her previously unreleased writings, titled A Call to Mercy: Hearts to Love, Hands to Serve. "She'd make a difference between looking and seeing. That is what he does," Kolodiejchuk says. "These little gestures, some of them speak louder than words."

It is a vision for the future that pushes the Catholic Church to be its best. Pope Francis spoke early of his vision of the church as a field hospital after battle, to heal wounds and warm hearts toward God. "I dream of a church that is a mother and shepherdess," Francis said in 2013. "The church's ministers must be merciful, take responsibility for the people and accompany them like the Good Samaritan, who washes, cleans and raises up his neighbor. This is pure Gospel."

For millions, Mother Teresa was that example, decades before Francis captured the world's attention. Hers was a mercy, like the Good Samaritan's, that pushed boundaries. When she started her mission in the late 1940s, for example, she wrote to the archbishop of Calcutta, outlining her goals for the sisters' work—even including having them drive a bus. "She was ahead of her time on that one," Kolodiejchuk says. "Just the conception of the sisters, to have them dressed in the sari—in the time and context, that was very radical."

Although their missions overlapped, Pope Francis and Mother Teresa met only briefly. In 1994, Mother Teresa was invited to audit a meeting of the bishops at the Vatican. She sat, Francis recalled later, right behind him during the sessions. "I admired her strength, the determinedness with which she spoke, never letting herself be fazed by the assembly of bishops. She said what she wanted to say," Francis said. Then he added, joking: "If she had been my superior, I would have been scared!"

That commitment to mercy at all costs is a reminder of what Pope Francis wants for his church. It is no accident that he will canonize Mother Teresa during his declared Jubilee Year of Mercy, a dedicated time for Catholics all over the world to return to the church and experience God's mercy anew. Just as Mother Teresa will be remembered from here on out as the Saint of the Jubilee, so will Francis's works of mercy be ever marked by her mission.

source: Time, mattersindia

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