

# THE SECULAR CITIZEN

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## It Is All About Us

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The situation in our community is so complicated that the simple joys may soon be forgotten. ... lack of values and ethics, ...and political clouds blow through our community, the hapless members of our community may well be reminded of a famous Sidhuism: "Promises and eggs are meant to be broken".

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It is disappointing and also a cause of concern that most in our community have turned into a mutual appreciation society, with most or at times, everyone on the same side.... How long can we go on depending on the same people for leadership?

(Read on page 3)

## Teresa influences 3 Assam varsities to start social service

**Guwahati:** The spirit and message of St Teresa of Calcutta will now inspire students of the most venerable universities in Assam – Guwahati University, Dibrugarh University and Cotton College State University – to get involved in social service. The development comes close on the heels of the canonisation of Mother Teresa in Rome.

The vice-chancellor of Guwahati University, Mridul Hazarika, said that the values and work for which Mother Teresa dedicated her



entire life had a huge relevance in today's society. "We will work out a few social projects as a mark of respect to St Teresa and involve students as well as faculty to serve those in need," Hazarika said.

Alak Kumar Buragohain, the vice-chancellor of Dibrugarh University, said his university was hugely inspired by the fact that a social worker from India had been elevated to the level of a saint. He said the university planned to involve itself in a big way in projects to reach out to the poor in future, Don Bosco India, reported.

The vice-chancellor of Cotton College State University, Dhruva Jyoti Saikia, said his university had launched a project as part of the post-graduate curriculum to involve students in social responsibility projects to serve different communities. He said St Teresa's ideals and works would be one of the main components of the university's social responsibility project. Prof. Saikia, an eminent astrophysicist, said there was an urgent need for universities to produce committed social workers like her.

Father V.M. Thomas, Provincial who recently attended Mother Teresa's canonisation ceremony in Rome, said the saint had visited Assam several times for charity work and he considered himself fortunate to have worked with her on several projects.

Father Thomas said Saint Teresa showed a commitment to uplifting society, which very few leaders have been able to demonstrate in the last century. "I deeply feel that the best way to celebrate the canonisation of Mother will be by building awareness and doing things closest to her heart, which Assam's universities have planned to do," Fr Thomas, who is organising various events in the city to pay tribute to the saint, said.

—mattersindia

## Thanksgiving



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

—A Devotee

## Thanksgiving



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



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

— Ms. S. R. Noronha, Andheri

## PRAYER FOR GOD'S MERCY



O Merciful Jesus, have mercy on me, a sinner. I earnestly ask you, to forgive all the sins and iniquities committed by my parents, grand parents, relatives, friends and superiors. Wash me clean from my sins and guilt by the precious blood which you shed on the cross for me. In anger cast me not sway from your presence. Have mercy on me O Lord, as you were merciful to the good thief and the sinner women and make me your child. Cover me with your precious blood and hide me in your wounds. Be my strength and fortress. Lead me safely along your path of salvation. I surrender myself to your will O Lord. I am ready to go wherever you me to go; I am ready to do whatever you want me to do. Send your Holy Spirit and strengthen me O Lord, my God Praise you Jesus, Thank you Jesus

— John A. Serrao, Dombivli

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**'Thought for the week'**

*There is no need of any competition with anybody. You are yourself and as you are perfectly good. Accept yourself.*

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**It Is All About Us**

by Don Aguiar

**A** few weeks ago our Churches and religious institutions were targeted vide the DP 2034, wherein they were not mentioned as 'places of worship' but as residential or commercial places and also a few Churches had a road planned through their property or a portion of the property being acquired for road widening, we all outraged. I did too. We criticized the same people. The BJP Government was the target of our ire. We berated the municipal commissioner we swore at the municipal bodies, and so on. The weeks passed and so did our angst. This is the routine behavior of 'We the Catholic Community of Mumbai.' We are angered easily and we forget just as quickly. We go back to our errant ways.

We will curse the concept of a bribe and yet be the first to bribe the moment we know we can get away. We live not in ethical times but in convenient times. We will abuse and hurl all kinds of slurs and when it is not we will return to our cages of civility.

The situation in our community is so complicated that the simple joys may soon be forgotten. Indeed as uncertainty, lack of values and ethics, non corporation and political clouds blow through our community, the hapless members of our community may well be reminded of a famous Sidhuism: "Promises and eggs are meant to be broken".

In a strange way the BJP government was the only party who converted our rage into a chariot of power for themselves and their rather useless associates but then again this is not about them.

**It is all about us -**

About the hypocrisy that we lead our lives as a community: About the fact that we don't care about how filthy our roads or surroundings are, as long as our abodes are clean and comfortable. We don't care a toss if the neighbor is being burgled as long as we are safe. The fact that a man injured in a road accident was left to bleed to death by onlookers says a lot about us and here we can't blame the usual suspects, the cops or the municipality. It is our character that showed up and showed each one of us in miserable light.

We will rightfully complain if a hospital bed is denied to an ailing relative and yet we won't bother tinkering with the ethics if we can get our way. Many months ago post delivering a speech in New Delhi I was asked by someone if our community was changing under our Cardinal, I said yes the community is changing but I am waiting for the people in the community to change and that even the Cardinal cannot mandate.

I don't wish to paraphrase William Shakespeare but I must in the present context: there (Contd.. on p. 4)

(Contd.. from p. 3)

is something seriously rotten in the State of our community and we can, as an individual community member easily absolves ourselves of all accountability and blame the 'system' for then again we are the 'system'. There is no extraneous cancer: it is cancer fuelled by us and pure lack of values and ethics.

Sometimes I ask myself what could have gone so horribly wrong and the answer points in two directions, there is a fundamental flaw in the way we are bringing up our children and there is an equal lack of shame which was such an essential ingredient in our lives.

When a community dispenses with shame it loses everything that must be fired by integrity Shame has in a way, disappeared from our lives. And by shame I mean the ability in the first place to separate the right from the wrong. So rushed are we to climb the next blue mountain that trampling on values is par for the course. This is a worrying trend.

It is disappointing and also a cause of concern that most in our community have turned into a mutual appreciation society, with most or at times, everyone on the same side.

How long can we go on depending on the same people for leadership? How long must we hear the same lines of thought? How much more can we allow differences and envy kill the spirit of our initiatives? What can be done to spread a more positive vibe in the community?

We need to re-calibrate the Catholic ethos before we can even dream of re-engineering our community - For a community is nothing but its people and the people are the ones that make the community and never the other way round. True our Holy book must be the Bible but then again the Bible cannot replace ethical parenting and value based requirements. It has to come from us through the Bible.

We need to be alert as this example illustrates - Waiting in a steamship office to be interviewed for a job as a wireless operator, a group of applicants filled the room with such a buzz of conversation that they were oblivious to the dots and dashes that began coming over the loudspeaker. About that time another man entered and sat down quietly by himself. Suddenly he snapped to attention, walked into the private office, and a few minutes later came out with the new job. "Say" one of the group called out, "how did you get ahead of us We were here first" "One of you may have gotten the job", the successful applicant replied,"if you had listened to the messages from the loudspeaker" "What message?" they asked

As we evolve the more acute challenge will be not our GDP but our Value Quotient. We will need to embrace a stricter moral meter. We will need to challenge the status quo which breathes convenience and compromise and instead be willing to endure short term pain.

**Ethics and values don't have short cuts**

# Bombs, stones thrown at church in Uttar Pradesh

**Agra:** Country-made bombs and stones were thrown into a church in Lakhimpur Kheri district in Uttar Pradesh Sep 17 night, police said.

Some bike-borne men reportedly threw the "sutli" bombs and stones at Christ Church in Kotwali police station area. The bombs landed inside the church. One of them exploded, damaging window panes and furniture.

According to the church authorities, the Sunday mass was performed on the pavement as people were "afraid" to go inside.

SP City (Lakhimpur Kheri) DM Chaudhary said that something that "looks like a bomb" was thrown inside the church. "It's a mischievous act. We have sent the object for testing to verify its kind and intensity," he added.

"We have lodged an FIR against unidentified men under Section 295 of IPC (injuring or defiling place of worship with intent to insult the religion) and Explosives Act. Interrogation is being done to identify the accused," said SHO Kotwali Ramveer Chaudhary.

According to Sureel Loyal, the church's property officer, two bombs were thrown inside the church around midnight. He alleged that the police did not respond to their calls, prompting them to call the local MP and MLA. "We mentioned in our complaint to the police that

we made multiple calls to 100 and the SSP's official mobile phone from 7 am to 9 am, but no one responded," he added.

Ajay Mishra alias Teni, BJP MP from Lakhimpur Kheri, said,"I called up the SSP and DM and ensured action. I will meet the Father tomorrow," he added.

Source: ucanindia

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## Make our customs Meaningful

A wedding in a Catholic family is a beautiful occasion for relatives and friends to gather around the bride-to-be or groom-to-be in support or encouragement and also to bless them. Traditional ceremonies like the roce for Goans and Mangaloreans and the Umbracha Pani for East Indians have added to the fun and excitement in preparation for the wedding day. The application of coconut juice and milk as a sign of ritual cleansing or a bath with the water drawn from the village well has a certain significance for the person going to get married. But unfortunately, over the years, these ceremonies have degenerated into meaningless rituals because the 'fun'

element has meant the unnecessary smashing of eggs or the pouring of chilled beer or other smelly concoctions on the persons going to get married.

Some one should enlighten on this unique East Indian Custom of "Umbracha Pani" to the modern generation who know very little about this tradition and customs of the community.

During the celebration of weddings and other events, one should remember the orphans and donate a small portion of their budget to them. These children who have no one to take care of them, except the religious sisters, will feel happy and have a smile on their faces.

— Jubel D'Cruz, Dombivili

## “Last Conversations”

A new book-length interview with Pope Emeritus Benedict XVI hit bookshelves, Sept. 09, 2016, in the Italian language. In the “Last Conversations”, the retired Pontiff is interviewed by German journalist, Peter Seawald, who had also interviewed him for his other books, Salt of the Earth, God and the World, and Light of the World. Jesuit Fr. Federico Lombardi, president of the ‘Joseph Ratzinger (Benedict XVI) Foundation’, briefly analyzed two important aspects of the book.

1. Witnessing: How he experiences in these last days of his life, the profound, spiritual, and urgent witness of faith!

2. Renunciation: The reasons for his renunciation of the Papacy – eliminating every rumor, every false interpretation, which was a consequence of the scandals. Pope Emeritus reiterates: “It was a time I had already overcome the difficulties; and now is the good time to take responsibility. This I have done, and I am happy with this decision, and I have not changed my mind.”

Fr. Lombardi also mentions Pope Benedict’s reflections on his participation at the Second Vatican Council, and his collaboration with St. John Paul 11.

And if I may add; that it is time for all of us, especially in post-retirement and in old age, to also take stock of our lives, and put our trust in the merciful Lord Who consoles us: “For surely, I have plans for your welfare, plans not to harm you, but to give you a future with hope” (Jeremiah29:11).

—Dr. Trevor Colaso

(Now temporarily at Memphis, TN. US).

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# The Unborn – A Human Person!

by DR. TREVOR COLASO

**P**ope Francis has released his 'Universal Intention' for the month of September, 2016: "Centrality of the Human Person – That each one may contribute to the common good, and to the building of a society that places the human person at the center!"

## Pope's Video Message:

The text reads: "Humanity is experiencing a crisis that is not only economical and financial, but also ecological, educational, moral and human. When we talk about crisis, we talk about dangers; but also and about opportunities. And what is the opportunity? – Being Solidarity!"

"Made in the image of God, and redeemed by the Son of God, each person is sacred, right from the moment of conception, until natural death. At no point must human life be ever terminated, either through abortion, neglect of the infant child, or through euthanasia in the terminally ill. In the context of the 'unborn' who is the most vulnerable, weak and defenseless, this individual must also be at the center of society!"

## Sex Ratios:

The 2011 population census of India revealed that there were 943 females per 1000 males. A closer analysis of the sex ratios when split manifests some startling facts of the Female Sex Ratio (FSR), and the Child Sex Ratio, 0-6 years (CSR). For example, the FSR and the CSR of Kerala, are 1084 and 964 (highest), whereas, for Haryana it is 879 and 834 (lowest) respectively!

According to UN statistics (2015), the sex ratio of the entire world is 100 females to 101.70 males; with Latvia of the former Soviet Union peaking at 118.5 females to 100 males, and India at one of the bottoms (no. 192), with a pathetic 93.47 females to a 100

males.

India's 'Planning Commission' in a report on "Women's Rights and Child's Rights" released in 2012, called the severe gender imbalance in the sex ratios, "a silent demographic disaster in the making".

## Unhealthy and Dangerous Consequences:

The above statistics are worrisome! "Mera Bharat Mahan", now has 37 million more men than women, as of the 2011 census; which alarming trend also reveals that there are about 17 million excess men in the age group 18 – 30 years, who are the most prone to commit the maximum crimes.

Violent crimes in India rose sharply, nearly 19% from 2007 – 2011; while the kidnapping of women (much of which is related to forced marriages) increased 74% in that period.

According to the '2011 Crime Statistics of India', of all people arrested for rape atrocities, 60% were men between the ages of 18 to 30 years. Remember the infamous Nirbhaya rape case!

A much cited 2012 study, "A Surplus of Men, a Deficit of Peace", by Valerie Hudson and Andrea Boer, contends that the gender imbalance in Asian countries, especially in China and India, caused by a shortage of marriageable girls, results in higher rates of crime, including rape, committed by young unmarried men. Professor Hudson commented: "Unless the Indian government is willing to enforce its own laws against dowry and sex selection pre-natal tests, which lead to abortion resulting in skewed sex ratios, not much will change or be achieved.

## Saint Mother Teresa's 'Unborn'!

Cardinal Pietro Parolin, Vatican Secretary of State, who concelebrated the Mass of Thanksgiving, for the canonization of Blessed Mother Te-

resa (now a saint), recalled several key moments of her words and life; especially her "I thirst" - for God and the poorest abandoned. For it was the "Caritas Christi urgetnos" – the love of Christ which compels us!

It was this love which she defined as, " a pencil in God's hand", that marked her to seek and fight for the rights of the "unborn"; which the Cardinal disclosed, grew out of her recognition that the worst form of rejection, is to feel unloved, unwanted and uncared.

The Cardinal went on to recollect a key phrase uttered by Mother Teresa at her acceptance speech on bestowing of the 'Nobel Peace Prize' in 1979: "It is vital to realize that for love to be true, it has to hurt! It hurt Jesus to love us; it really hurt Him, for he died a cruel death on the Cross!" Also remember Mel Gibson's, "The Passion of the Christ"!

In his article, " What did Mother Teresa Say?", in the special issue of The Examiner, Sept.10 – Sept. 16, 2016, our own beloved, Oswald Cardinal Gracias reminded the laity, how Mother Teresa wrote to the then Prime Minister, during the time in the 1970's, when the abortion law was being discussed - "... If this abortion law goes into effect, what will you say to God?"

And if I may add: Today we know the disastrous effects of that legislation! – The increase in crime, and the declining female sex ratios, of our beautiful, if not better but balanced half, made in the image of Jesus and Mary, our companion and accomplice! It is thus imperative on everybody's part, especially the family's duty, and the society's role, to maintain the 'ideal and equitable' sex ratio between male and female. Any other deviation, either through abortion or deliberate neglect in infancy, will amount to murder!

Our Merciful Lord in His Divine Wisdom conceived humanity as a revered present!—"Truly children are a gift from the Lord; the fruit of the womb is a reward // It was You Who formed my inwards parts; You knit me together in my mother's womb ...My frame was not hidden from You, when I was made in secret, intricately woven in the depths of the earth" (Psalm 127:3 // 139:13; 15).

# Religions invoke power of prayer to battle intolerance

**Jakarta:** The Community of Sant'Egidio has appealed to religious groups in Indonesia to rekindle the Spirit of Assisi to work toward the creation of a peaceful society and fight against a growing tide of radicalism.

The Spirit of Assisi is an expression coined by St. Pope John Paul II calling for people to pray for peace when he declared the first World Day of Prayer for Peace on Oct. 27, 1986.

"Spreading the Spirit of Assisi is important because the spirit overcomes individual and ethnic differences, fundamentalism, and fanaticism," said Teguh Budiono, coordinator of Sant'Egidio at an interfaith assembly in Jakarta on Sept. 17 to mark the Spirit of Assisi 30th anniversary.

Several hundred representatives of Muslim, Confucian, Buddhist, Hindu, Protestant, and Ahmadiyah groups attended the event organized by the Sant'Egidio group.

During the event, participants were asked to pray for peace in the Middle East, Myanmar, Pakistan, the southern Philippines, Korea, and other countries affected by conflict.

In order to counter the spread of violence and intolerance, there is a need for people from all walks of life, including religious leaders, to interact to build better society, Budiono said.

The Sept. 17 gathering came amid growing fears in Indonesia over what many see as a rising tide of intolerance towards minority groups, including the gay community and other religions.

A survey by the Wahid Foundation, an organization that promotes religious harmony, and the Indonesian Survey Institute, last month revealed that 8.1 percent, or 12 million adult Indonesian Muslims have hard-line beliefs or the inclination to commit extremist acts.

"We need to fortify our unity," said Alwi Abdurrahman Shihab, a Muslim scholar and champion of Islam and Christian cooperation.

People must not be complacent since maintaining a peaceful society requires an ongoing effort, he said.

"The challenge is how to prevent any form of violence from happening," according to Siti Musdah Mulia, a professor at the Islamic State University of Hidayatullah in Jakarta and General Secretary of Indonesian Conference on Religion and Peace.

Everyone must become ambassadors of peace within their own families, society and environment, she said.

Bishop Antonius Subianto Bunjamin of Bandung in West Java, the General Secretary of Indonesian Bishops Conference encouraged all Indonesians to actively promote peace.

"We must not only become peace promoters, but also actor of peace," he said.

"If all elements of society, religious leaders and government, continuously pursue peace, sooner or later it bears results."

Source: UCAN

## Thanksgiving



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

—Anthony C. Menezes, New Delhi

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# QUO YADIS

by Rtn. Calwyn D'Abreo

I am fed up of fighting the dust. I am devoid of the splendor of the early dawn and the sunset of the vibrant day. I have become receptive to the analogues and the fritters of stale and musty behavior. Of human dialog, dissoluteness debauchery and open corruption. I am ashamed at the roguery set in me to claim attention to my way of absurd thinking. I feel abused by the defiance put to me by my own personality with me in situ.

I am in 'regress' to the outer world as I siphon my inner balance for the stupidity of the phalanx around me. "Quo Vadis" exclaimed my shadow as it played truant with the help of solar rays before it reached the power grid. Who am I. Why me of all the homo sapiens on this planet.

Maybe I am thinking about who Tarzan is. Was his life filled with Joy....? Did he have enough of money to buy peanuts for the monkeys and Godzilla. Did Tarzan really have good muscle health. Did he eventually get Jane to cook for him.

Actually that is the way living should be for the owner of the tabernacle of one's life. That's the way it should be and it can be that way. Yes it can. You can have all that you want in life.

The only things stopping you from having everything you desire and want are your triglyceride thoughts and your bile filled beliefs that are yellow.

It's easy to get caught up with what's is wrong with you and what isn't working right now.

You are the victim. Recognize the aura of depreciation around you as you wear and tear.

**When your mind does negative prompting and you succumb to the thoughts that overtake your desire for good things you just end up with more and more negative thoughts, which lead to more and more negative beliefs, which create more and more negative energy. And all that negation bandwidth attract more negative stations and...**

And if you keep thinking that way before you know it you're always thinking about what's wrong, what isn't working and what you don't like. You are a master at pointing to yourself all that is wrong and adept at showcasing the downside in your daily meanderings. Your body language tells the story. Your voice is a give away of the feelings you are hounded with. And you are damn right. Your inner shadow. is too happy to continue with this picture of your self.

When you are asked what is life doing to you. You crib and you shale and with strength and with venom tell the story about your self. It may not be the real you but it is the you that you perceive and feel it is really you. You relate a story that is you. Of disaster and deportation and degradation and loss and.... But when asked by those who seem concerned about your demeanor about what is going well with you and how blessed you are compared to a million other two legged creatures that walketh the earth you reply with pin drop silence as if nothing nice has ever happened to you since.....

When you continuously impress yourself with what is wrong with you even by default and let Tom , Dick and Har-

ry know how much it means to you , you are exciting the reverse of good things that want to pop up to allow for a good time in your life but on the contrary you attract and create more negative situations that harbor on a platform of suffering and non compliance towards the bounty that real life offers to those who seek happiness. Only a moron accepts the taste of a deformed life that cuts you from the joy of real life and living.

Because you are with good force continuously placing your energy on what is going wrong in your life or experiencing things that are not going on well you are by the law of reciprocity and the esoteric value of the principles of the universe attract more negative energy. The more you think of the reason why all that is not nice that has happened to you or maybe you are just thinking about all that is wrong in your life you will attract more of what you do not want by the mere fact that you are giving these incidents or happenings the power to sustain themselves in your mind .

When your mind does negative prompting and you succumb to the thoughts that overtake your desire for good things you just end up with more and more negative thoughts, which lead to more and more negative beliefs, which create more and more negative energy. And all that negation bandwidth attract more negative stations and dancing to this kind of music is not at all a proposal to use if you know what I mean.

So, the Bible says ' Change your thoughts and think of good things to enter the kingdom of heaven ' It is possible to do this changeover . Within the presence of your conscious mind and the strength of the movement of your desires and feelings you can get to choose what you think and be in control of your thoughts and thereby you get to decide the way you should behave if worldly success and acceptable norms of pleasure is meant to be your birthright. You get to decide what you believe.

(Contd.. on p. 10)



## Hill school holds inter faith homage to Mother Teresa

Mirik – A hill school in Darjeeling district paid homage to St Teresa of Calcutta with an inter faith prayer meeting, Sept.18.

Pope Francis canonized St Teresa of Calcutta in Rome on Sept. 4, 2016.

“The hill station Darjeeling has a significant role in Mother Teresa’s ‘call within the call’ inspiration to start the Missionaries of Charity,” says event host Principal of Don Bosco School Mirik, Fr V.C. Jose.

It was on Sept.10, 1946 that Mother Teresa who was on a train journey from Calcutta to Darjeeling to attend her annual spiritual retreat, when she experienced ‘God’s distinct call’ as she said, “to work for the poorest of the poor.”

## 16th century church destroyed by fire in Peru

A fire has ruined the famous church of San Sebastian in the Peruvian colonial city of Cuzco.

Residents watched in despair as the blaze burned the gilded altar and valuable paintings inside the 16th-century church.

Authorities don’t know what sparked Friday’s fire in the 17th-century church. Video footage from TV network Andina showed the blaze tearing through the building’s roof.

Later Friday, after the smoke cleared — Peru’s Ministry of Culture said 80% of the of the altar ceiling was destroyed as well as 60% of the main hallway. The church’s roof is in danger of collapsing.

Besides causing structural damage, the fire also consumed priceless works from the so-called Cuzco School of Roman Catholic art, created by Spanish rulers after the conquest of the Inca Empire in 1534.

## Hungary opens first ever office to tackle Christian persecution

As Europe’s leaders (minus the UK) meet in the Slovakian capital, Bratislava, the voice of the Eastern bloc\* leaders is being heard more, even if it’s not always comfortable listening for Brussels’ Eurocrats.

This week, Hungary, which has during the past year come under pressure for its handling of Europe’s mass migration crisis, has become the first government to open an office specifically to address the persecution of Christians in the Middle East and Europe.

“Today, Christianity has become the most persecuted religion, where out of five people killed [for] religious reasons, four of them are Christians,” Catholic News Agency (CNA) quoted Hungary’s Minister for Human Capacities, Zoltan Balog, as saying.

“In 81 countries around the world, Christians are persecuted, and 200 million Christians live in areas where they are discriminated against. Millions of Christian lives are threatened by followers of radical religious ideologies.”

## Caritas India launches cancer safety program

Thrissur: The first objective for all cancer prevention initiatives in the state must be to make available pesticide-free food , Kerala Minister for Agricul-

ture V S Sunilkumar has said. He was speaking at the launch of ‘Asakiranam Cancer Safety Project’ of Caritas India at Our Lady of Dolours Basilica, Thrissur on September 16.

“Around 50,000 new cancer cases are diagnosed annually at the Thiruvananthapuram Regional Cancer Centre alone. As most medicines used cannot be brought under the Drugs Price Control Order , they are too expensive for the common man. Under such circumstances projects like Asakiranam which works for Cancer prevention will get all support from the ministry,” the minister said.

Archbishop Andrews Thazath of Trichur, who presided over the function, said the main objective of the project in the Thrissur region was to work with people under Thrissur, Irinjalakuda, Palakkad, Sultanpetta dioceses to create awareness of healthier lifestyle with an aim to prevent cancer..

## Pope orders canon law changes to bring Latin and Eastern practices closer

Vatican City: With a motuproprio issued on September 15, Pope Francis has amended the canon laws of the Roman Catholic Church to bring them into harmony with the canon law of the Eastern Catholic churches.

The changes in canon law, the result of 15 years of consultations, are designed to eliminate conflicts between the sacramental practices of the Latin and Eastern churches. Vatican officials explained that the changes are necessary because of the increasing number of cases in which Catholics who are members of the Eastern churches live in areas where the Latin rite predominates. The changes also reflect the close relationship between the Eastern Catholic churches and their Orthodox counterparts. There are total of 7 amendments

(Contd.. from p. 8)

My prayer to my mind is to allow for me to think. To think is to be in consonance with the implication of the thought process. To think with value and thereby convey to the inner self the methodology to put into gear for the betterment in life and your omnipotent presence in this world. Oh . powerful , Zeus ,head of the Greek pantheon I think , therefore I am. I will from now on think what I feel is right to think for my betterment and the betterment of the world at large. If I think I am therefore, and not otherwise.

So at this hour and minute I oppose the continuation of relegation to sick , unauthorized thoughts that bring downfall and discord in my mind. So I stop thinking about what's wrong or what isn't working. I create new and more positive beliefs. I therefore have more positive energy and I begin to attract the impressionable law of the universe that allows me to manifest that which I seriously think I am in need of and cry for. I can now have everything I give focus to. I can have everything that I desire. My beliefs are more positive and little or less negative than yesterday. The process of change has begun. And I thought all this was so difficult when it seems to be so easy and joyful to apply.

You can live the life you want to live. You have the power to create and have whatever you want. Let your mind and body take control. Let your thoughts be in tandem with your infinite reasoning. Simply take control of your thoughts. And your beliefs. Attract all that you have thought of.

This is your precious life. You can make it a life worth every moment of your tenure on this earth. Say 'no' to negations that will cost you your happiness. Say yes to the change. Now, prod on regardless of the past . Begin with the 'now' and let the minutiae come alive with the exuberance of a new you.

You were born for greater things. *Natus Ad Majora.*

# History Repeats Itself, This Time For Water

by *Yugansha Malhotra*

**S**upreme Court is making a lot of noise these days, for good and bad both. Recently, Supreme Court made a groundbreaking judgement, wherein criticizing a government or its' policies does not amount to sedition. Many people than required are getting afflicted with charges of sedition because of being 'anti-national' in nature.

Now, the Supreme Court has ruled that Karnataka must release 15,000 cusecs of water daily for the next 10 days to Tamil Nadu, which has invited more protests, and public demolishing than the help it was supposed to do. The Cauvery River, which flows through southern Karnataka and then into Tamil Nadu, has been a point of conflict for decades. Its water was originally divided according to nearly century-old agreements.

It was in 1990 that the central government created a tribunal to examine the conflict. And in 2007, they delivered a verdict on how water must be shared between Tamil Nadu, Karnataka, Puducherry and Kerala, the verdict was challenged and argued upon. So, with this new Supreme Court judgment, old wars have come back again to haunt the civilians and the authorities.

As per the state rivalry is concerned, Tamil Nadu says its farmers are in desperate need of the water for the samba or second seasonal crop of the year. Karnataka says Tamil Nadu has already completed one crop cycle, and is now unfairly seeking water for another, whereas its own farmers are struggling. Karnataka Chief Minister Siddaramaiah has invited floor

leaders of all political parties in the state legislature, central ministers from the state and members of parliament to an all-party meeting to discuss the apex court order and decide on the next course of action.



Agitated farmers and activists belonging to pro-Kannada outfits

have blocked Bengaluru-Mysuru highway as protests intensified in the wake of the Supreme Court directive to the state to release Cauvery water to Tamil Nadu. Mandya district, the nucleus of Cauvery politics, saw a bandh with protesters holding road blockades and dharnas at several places, as hundreds of security personnel, including Central forces, were deployed in the Cauvery belt to maintain law and order. People are protesting all over the state of Karnataka and are burning effigies of Jayalaithaa, Chief Minister of Tamil Nadu.

Karnataka says that this year, there has been not enough rain, thus they are in remote shortage and inability to deliver the required amount. As per the state government says there isn't enough supply in these dams for the drinking water needs of cities like Bengaluru and Mysuru.

Should Tamil Nadu adjust themselves with the current situation in Karnataka, or does Karnataka really have to present a strong case to thwart such a release?

For all that is going on, one thing is for sure, we have reached a stance wherein we are quarrelling amongst ourselves for the resources, resources we never tried to save or conserve in the first place, and the depletion of which will set forth a series of wars and protests we aren't capable of controlling or avoiding.

# Qualities of a Good Leader

**Just because you are in a position to lead doesn't mean people actually want to follow you. And just because you are not in a position to lead, doesn't mean that you cannot have an influence on others**

**W**e all have the ability to look and act like a leader, even if we are not in a leadership role. A leader is simply someone who others want to follow. In order for people to want to follow you, you need to earn their trust and respect. Here are some qualities of a leader

## Be empathetic

Great leaders are able to put themselves in the shoes of their followers. Being empathetic allows leaders to help struggling team members improve and excel.

## Be confident

Leaders must be able to display confidence as their followers are looking for them to be competent. When a leader comes off as incompetent or indecisive, their followers will lose faith in their leaders' ability to lead. You need to trust in your own decision making abilities but know when to seek the counsel of your followers.

## Do as you preach

By following this creed, you're setting an example for your team and letting them know that no one is above the

organisation's values are not important.

## Be authentic

Being authentic is very important when it comes to gaining the trust of your followers. Most respected leaders are personable and genuine. Followers want to put their faith in a leader who they feel is truthful and doesn't have hidden reservations. When you be yourself it becomes much easier for your followers to connect with you.

influence helps others achieve accomplishments that they may have not been able to do by themselves. One of the best ways to motivate others is by recognising each person's greatest value and helping them harness that potential.

## Do your fair share

Good leaders don't only give orders, they are also getting their hands dirty and doing their fair share of work. Others will notice if you aren't pitching in or are just continually pushing off unexpected and last-minute problems to other members on your team.

## Be passionate

many times, when you try to do something big that you're not passionate about, you will fail miserably. When you're working on something you're truly passionate about, you're doing what you love.

## Be trustworthy

Trust is one of the hardest things to gain and one of the easier things to lose. A leader must be truthful

and transparent with their followers. Your team members will be willing to go the extra mile for you if they trust you and in the vision of the organisation.

## Give before you take

There is a saying that leaders eat last. This means that leaders put their team's concerns and needs before their own. This of your team as a unit: if one drops the ball, the whole team loses out.

## Never stop learning

Usually, to become a leader, you have to be an expert. Your team will be looking to you for your guidance and knowledge. You can't let this get to your head and let yourself believe you know everything.



## Talk less, listen more

You should listen to, not just hear, what your followers have to say. Make sure to listen to their concerns and do your best to meet their needs. Listening more than you speak allows you to be more selective and concise with your words.

## Take responsibility

As a leader you need to be able to take responsibility for your failures. Not only do you have to take responsibility for your own shortcomings but also for those of your team. It's your responsibility to lead your team and when they don't deliver, you need to be able to fix what went wrong and not blame others.

## Motivate others

The greatest leaders are those whose

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# The 'vital' Master's degree

It's important to research the requirements for the profession you are aiming for. For some, earning a master's degree is a requirement for their dream job, though it may depend on the state and the company and position they are planning to get into



es, this takes the form of encouraging teachers to obtain a master's degree within a certain amount of time.

## Family therapists

Marriage and family therapists work with clients who have psychiatric

disorders including anxiety, low self-esteem, obsessive-compulsive disorder, depression and substance abuse.

They work with families couples and individuals, taking into consideration the effect of relationships on these disorders and vice versa. One needs a master's degree in marriage and family therapy in order to practice this profession, as understanding the psychology of people plays main role in this profession. Employment in this field is expected to grow by 41 percent through 2020

## Financial analyst

A financial analyst helps companies decide how to invest their money. Analysts usually work for banks, insurance companies, mutual funds and securities firms, meeting with company officials to learn more about the firms in which they want to invest.

Having a master's degree in this field can help you to become a personal financial advisor. A personal financial advisor assesses the financial needs of individuals and helps them with investments, tax laws and insurance decisions.

- Many people think of getting a master's degree when considering the possibilities for a professional degree.
- MBA is in fact not the only one of the master's programmes out there.
- New opportunities are also growing for professionals in computer technology, medicine, science and finance.
- Learn everything about any career you are considering by exploring it thoroughly.

The question of whether or not to attend post-graduate school seems to depend on students choice of career and their future plans of growth. The necessity for a master's degree also depends on the line of work and the position opted for. Take a look at some of the professions requiring advanced degrees and what you can do to prepare for them.

## Psychologists

if you're a psychology major undergrad, you can't really do anything without a master's degree, Master's degree is essentially in working in the mental health fields. Even with a master's degree and licensing, it's hard to find a job. Not only that, a practicum is required. You really get to put everything together, in this field. It's not just book knowledge anymore.

## Medicine

It's common knowledge that medicine requires advanced studies, due to the sensitivity of the work and knowledge. In terms of medicine, a lot of people get into it for the wrong reasons.

The undergraduate basics prepare medical students for the next steps but doing a masters course can be nice for you to grow profession wise.

## Teacher

Many start teaching with their undergraduate degrees and then have to obtain their master's within five years due to state standards. An on-going professional development will always be the requirement of teachers. In some cas-

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# Largest Gold Reserves

The year 1991 is considered a landmark year for the Indian economy. The country went through a severe crisis, which forced the government and regulators to change a wide array of policies. Back in the days, India used to pay for its imports from Reserve Bank of India's (RBI) reserve of foreign currency. Its exports were barely enough. By 1991, its imports ballooned so much that India's forex reserves touch an all-time low, enough to pay for only three-weeks of imports. The country had to airlift gold and pledge it with IMF for a loan in 1991. This balance of payment crisis is perhaps the best example of why the RBI's foreign exchange and gold reserves matter.

**To some, gold is an overrated yellow metal. To most, however, this yellow metal holds a very specific defined value. Even though currency is no longer backed by gold directly, the metal serves an important purpose in stabilizing the global economy.**

**M**ost countries including India purchase gold and foreign currency regularly. This is kept aside as reserves. Gold reserve is part of foreign exchange reserve which plays an important role in international trade.

Here are some of the top countries with the largest gold reserves:

## **United States of America:**

Coming as a surprise to no one, the United States is the third largest producer of gold and the single largest holder of gold reserves in the world. The United States gold reserve percentage is 72.7 percent, with the physical stockpile reaching 81 lakh kg. This number has fallen in the last half-century from the all-time high of over 2 crore kg.

## **Germany:**

As the second largest holder of gold reserves in the world, Germany has been selling gold in small amounts over the last several years. However, the country recently announced its intentions to purchase gold

from physical reserves in both Paris and New York. The current German gold total is 33 lakh kg., making up 67.1 percent of the country's forex reserves.

## **Italy:**

Italy has seen its share of economic problems in the last decade, and its high gold reserve percentage is a symptom of the larger problem. Italy's forex reserve ratio sits at 65 percent, with the country holding slightly more gold than France. Italy holds 24.5 lakh kg. of gold in reserve.

## **France:**

France is the first country on this list to break 2,000 tonnes of gold in reserve. The country currently holds 4.3 lakh kg. France has a high reserve percentage in gold investment, reaching 66 percent though it recently sold 500 tonnes..

## **China:**

China is the world's number one producer of gold, and yet very little of that

gold is held in reserve for the country. Instead, most of it is sold and the profit reinvested in the Chinese markets. In the coming years, however, China looks to be expanding its need for gold, to increase its forex percentage above the current 1.7 percent. China currently holds 10 lakh kg of gold in reserve.

## **Russia:**

Russia is the fourth largest producer of gold in the world, and has been building up its own reserves since 2006 in order to diversify. After a domestic purchase in 2012 of around 75 tonnes, the Russian gold reserve total reaches just shy of 1352.2 tonnes. This investment brings the forex reserve percentage up to 13.1 percent.

## **Switzerland:**

Prior to 1997, Switzerland was steadily building its gold reserves. In 1997, the decision was made to sell some of those reserves to bolster the Swiss currency and diversify the forex reserves. The forex reserve percentage in Switzerland is currently 13.1 percent, with the country being the lowest on this list to hold over 1,000 tonnes; the total currently announced as 1,040.1 tonnes.

## **Japan:**

The small but powerful nation of Japan had been steadily increasing its reserves of gold since the 1960s. That reserve grew until the year 2011, when the country began to sell some of its reserves in order to calm the investors and stimulate the economy in the wake of the tsunami and the following Fukushima nuclear disaster. Japan's reserves hover around 2.2 percent, with the official total reaching 765.2 tonnes.

## **India:**

India rarely invests much in gold, as the country operates under a belief that buying gold leads to a deficit. The country currently holds 557.7 tonnes of gold, making up 5.6 percent of the country's total forex reserve.



# Meaning Of Cross In Our Christian Life.....



by Sr. Bindu Abraham



One Saturday I went to the parish church and just after the Mass a woman came to me and she expressed her desire to talk with me. So I waited for her as she went once again to the church.

She began with a loud sob. Everyone in front of the church started to look at us. I cautioned her with my eyes. She continued saying we are born Christians but we are always tested by God. There's not even a single day she was happy after her marriage. In short she demanded that as they were born Catholics Jesus has to give them some kind of concessions from their daily sufferings.

I listened to her very attentively and I didn't feel to tell her anything in return. So I told her I will pray for her and for her family. She felt relieved and I saw her going home with some sort of consolation within her.

During this week we celebrate the feast of the exultation of the Holy cross. What's really cross for us Catholics...? Do we really find the Cross of Christ or our daily tribulations as something that is a blessing from God? What I feel many times is that we are superficial Christians. We are not ready to accept the adversities of life even if that is an insignificant one. We feel God is putting us in to test when we are doing everything for his sake.

Many of us don't like cross because it brings sufferings to us. We are frightened to endure the sufferings but we are very happy to receive the blessings. When we are happy to receive the blessings from God we need to be thankful to God for sending us troubles because it will mold us to be-



come better persons.

I remember even in my life too I was terrified of the cross. I used to be afraid of looking at cross because I hated to suffer. But when I had to undergo a very serious healthproblem my idea and outlook about the cross had a positive twist and I took it as a blessings from God and accepted to suffer every bit of it. Of course, someone who really knew my attitude towards the cross and the sufferings of Christ helped me.

For me cross is like a fountain of bless-

ings that comes from the wounds and bruises of Christ. The crosses that we face in our lives become the source of strength for us to live our daily life more meaningfully towards the heavenly Jerusalem. According to me blessings are like bonus or incentives send to boost us to face the sufferings of life. It's a magic boon of God to us.

Let us try to tune our lives according to the likeness of God so that we may not find ourselves drenched in insurmountable problems.. Let this feast be a turning point in our life to accept the cross of our life willingly.

# A Living Legacy

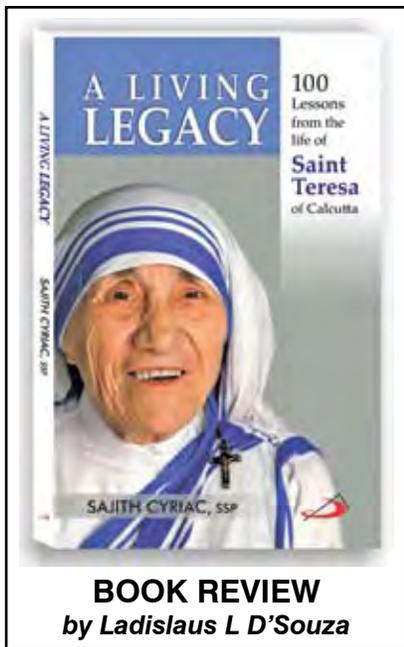
100 Lessons from the Life of Saint Teresa of Calcutta

By Sajith Cyriac SSP  
BETTER YOURSELF BOOKS –  
ISBN 978-81-7108-876-8 – Pp 123 –  
Rs 120

Mother Teresa of Calcutta was an Albanian turned Indian who in time went on to become a citizen of the world and indeed everybody's favourite saint even before she was declared the First Citizen of Heaven [on 4 September 2016] by the Catholic Church! Though small in stature and with twisted feet and gnarled hands, this holy Nun in a hand-woven blue-striped white sari was a towering figure who with her gentle manner and steely determination became a Spirit-filled advocate for the voiceless, hope and succour for the rejects of society, an apt model of Christian consecrated life and a powerful source of inspiration for all God-seekers.

What sets Saint Teresa of Calcutta apart from the rest of the world's top figures is the legacy she has left behind. Hers was a life lived selflessly for others as can be seen so vividly from the 100 lessons this book draws from her own words and actions, inviting the reader to shout with gusto "Life is worth living!" It was Albert Pine who said, "What we do for ourselves dies with us. What we do for others and the world remains and is immortal." One couldn't say less about the legacy this saint of the gutters has left us! She has brought new

meaning and significance to everything around us—the home and the family, love and the spirit of service, the poor.... Indeed, it's a legacy that offers us lessons to be learned from and simple, practical ways to achieve success and happiness in life.



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

A LIVING LEGACY (whose cover by Taruna Fernandes is a delight to the eyes) by Sajith Cyriac, a Pauline priest, offers the reader much to be learned from apart from simple, practical ways to achieve success and happiness in life. To the edification of the reader, it must be said here that each incident or anecdote cited herein reveals a life lesson much more

profound than words whether written or spoken can ever recount!

"Brevity makes sweetness," says American author, Stephen King, an assertion Sajith Cyriac, who is a Graduate in Journalism and a Post-graduate in English Literature and is presently pursuing his PhD in Media Education at the Salesian University in Rome, wholeheartedly agrees with! For, apart from keeping the narration of anecdotes about and quips from Mother short and crisp, he keeps his own comments that conclude each lesson so brief and to the point so to say, bringing his over decade-long experience of editing *Inspirational Quote* to bear on the contents, as to leave the reader asking for more!

# Avoid driving when you are angry



**D**o you get aggressive while driving? Beware, you may be at an increased risk of being in a motor vehicle collision than those who do not get angry while driving, a study has found. "Even minor aggression, such as yelling or making rude gestures, can increase the risk of a collision," said lead author Christine Wickens from Canada. Drivers who made threats, attempted in damaging another car, had the highest odds of collision- 78 percent higher than those whose aggression was considered minor. People who reported no driving-related aggression had the lowest odds of accident, with increasing risk among those who had minor aggression and the highest risk among those who reported both minor and serious aggression. The strong association suggests these drivers may have a greater chance of a crash because they either drive aggressively or are distracted by their anger from other hazards on the road. There are well established approaches to manage stress and anger, ranging from deep breathing techniques to listening music.

# How Much Do Parents Matter?

In 1930, the American anthropologist Margaret Mead published a study of how people in Papua New Guinea raised their children. The world is one giant laboratory and human development one grand experiment, she reasoned. So why not compare parenting across cultures?

"The way in which each human infant is transformed into the finished adult, into the complicated individual version of his city and his century, is one of the most fascinating studies open to the curious minded," Mead wrote. "We have been prodigal and blind in our use of these priceless records," but the curious-minded could change that, by seeking to "read the answers written down in the ways of life of different peoples." In other words: All over the world, parents are trying to figure out how to parent—and they have been for millennia. Their practices and theories might offer valuable lessons.

Nearly 90 years later, Robert LeVine, an anthropologist and emeritus professor of education and human development at Harvard University, and his wife Sarah, a former research fellow at Harvard, have read the answers provided by parents around the world, and they've attempted to make sense of them. They've found those answers in the fieldwork they conducted over the past 50 years in Africa, Latin America, and South Asia, and in other studies by academics, journalists, pediatricians, and developmental psychologists. And their new book poses one concise question: Do parents matter?

Their response: Parents don't matter as much as many parents think they do. For me—a father of a toddler—this discovery was at once deflating and reassuring. The book's thesis can invite a kind of parental nihilism: I could read Goodnight Moon to him every night, or I could not. Does any of it really matter? But it also invites parents to be more relaxed.

Parenting is more art than science, the LeVines suggest. And the variety of that artistry reveals the many paths you can take to, as Mead would put it, help a hu-

**Grey hair is not the only thing that comes with age. Experience does too.** Our parents have been long into a relationship that we are planning to enter into. If you've observed around, a good number of cases where boy & girl are madly in love & can't even imagine living apart, go on to break up after some months or a couple of years. What parents however wish is that their son/ daughter has a stable & comforting relationship that endures the test of time. If I am correct, this is what we too look for in our relationship.

A perfect life partner is not all about romantic stuff, you get over it after a while & look for companionship. Your parents know you better than anyone if I am not wrong. So if you are making your parents involved in the matter of love of your life, you are not only being wise but also a mature person who wants to hold the family together. You may apprehend your parents rejecting him / her but you can, with due respect to their opinion, convince them & make sure he/ she gets a nod by your family, coz in India family is the backbone of an individual, & rightly so.

man infant become a finished adult. The point of their global survey isn't to pass judgment on, say, Japanese parents sharing a bed with their kids or Mexican parents leaving young children home alone. Instead, the LeVines want to encourage parents to be more skeptical and open-minded when experts tell them they absolutely positively scientifically shouldn't "co-sleep" with their infants or leave their teenager to babysit her younger siblings, lest these practices have negative and irreversible consequences.

"We see parents as their children's sponsors in a social world with multiple influences, setting priorities for the training of young children and selecting the environments that will shape their children's development rather than influencing that development themselves," the LeVines write.

The LeVines largely rely on anecdotes and observations rather than datasets and



*Lunch in a first-grade classroom in Tokyo, Japan*

**There are several reasons.** First and foremost the choice of the girl should suit the way of life of the boy's family for the rest of the life of the parents relies on the girl's domestic conduct. Then the caste and religion must match for smooth sailing of family affairs. Most of the love marriages lead to alienation of the extended families of both boy and girl. The parents seek the approval of the close relatives to give their green signal. There are incidents, high society girls and boys some times fall in love with less qualified persons. Parents verify the credentials and then agree. ... Some parents never relent on inter religious marriages and they break away from their children forever. To avoid such major disaster in families parental acceptance is mandatory.

experimental studies, the latter of which are in short supply because of a lack of research funding, they say. Their investigation inherently involves generalizations about what people in a given society "do" or "believe." But their book nevertheless represents a worldly challenge to rethink parenting as we experience it locally.

"Parents in every culture at a given moment think they're doing the optimal thing for their kids," Robert LeVine told me. "But their concept of what is optimal is extremely different from another culture and even from another generation in their own culture."

I recently spoke with the LeVines about how Indian parents toilet-train (the process can begin as early as one month after the baby is born), how Japanese teachers model empathy to preschoolers (it involves vegetables!), and how couples who co-sleep manage to have sex ("blah,

In this jubilee Year of Mercy we come upon Christ as the rhizome of Christianity. The fruit of the Faith is God's love, grace, peace, forgiveness and mercy. Christ is the Word of God in mercy, through mercy, and with mercy. He is the Son of God, One with the Father and the Holy Spirit.

By choosing to re-evangelize the faith Christians have begun a new calculus into the preservation, protection and promotion of Christian belief for the gift of Eternal Life.

"All this will be because the mercy of our God is very tender, and heaven's dawn is about to break upon us", said

lee he saw two fishermen and said to them, "Follow me, and I will make you fishers of men!" (Mat.4:19).

There was also a time (on the Sabbath) when the Pharisees asked Jesus to explain the conduct of his disciples who were plucking the heads of grain and eating them as they were



BY MELVYN BROWN

many are triggered in doubts brought upon themselves, uncalled for pain and suffering. Trust in the mercy of God is the solution. "Keep yourselves in the love of God; look forward to the mercy of our Lord Jesus Christ that leads to eternal life." (Jude.1:21).

When everybody else spoke about the violence, hate and destruction in the world, Holy Mother the Church decided to enrich the fruit of Christianity through grace, love, peace and mercy. Apparently, some folks in the field of the Lord's vineyard made effective inroads into the hype of the internet and the ugly shades of Facebook, twitter,

# Mercy Is The Fruit Of Christianity

Zacharias in prophecy. (Lk.1:78).

The birth of John the Baptist was truly the first fruit on the path of the new and rising Christian Faith. John would bear fruit by announcing the Messiah, the Christ who would die for the redemption of man and by His Merciful Father change the entire course of mankind's history of true belief, through forgiveness and mercy.

When Elizabeth, who was beyond the age to conceive gave birth to John, neighbors and relatives said, "the Lord has shown his great mercy to her..." (Lk.1:58). This could be considered the first fruit, an act of God's mercy shown to the early faithful and followers. The love of God in Mercy had been planted.

Since the birth of John a few days had passed when his father Zacharias, filled with the Holy Spirit spoke of God's grace and His coming edict of redemption, "Perform the mercy promised to our fathers, and to remember his holy covenant" (Lk.1:72).

A few years later Christ Jesus arrived. His Baptism in the river Jordan had sown the divine root of Christianity. The Lord's mission had begun in love. As Jesus walked by the Sea of Gali-

hungry. Jesus said to them the Scripture verse has to be understood, "I want you to be merciful more than I want your offerings. If you knew this verse," Christ added "You would not have condemned those who aren't guilty!" (Mt.12:7).

The fruit of the Christian faith is mercy and in the Book of Wisdom we are told, "God's grace and mercy are with his elect, and that he watches over his holy ones". (Wisdom 4:15). From Abraham, Isaac, Jacob, Moses, King David, Solomon, the saints, prophets and many others, the Catholic charismatic ministries, most often have a flair for deep and fervent apostolic missions. "So then he has mercy on whomever he chooses". (Rom.9:18).

The bottom line: Christianity, despite all that is said, is an unrelenting champion of God's love, forgiveness and mercy. The second letter of Paul to Timothy states, "To Timothy, my beloved child: Grace, mercy and peace from God the Father and Christ Jesus our Lord." (2Ti.1:2). It really does matter to believe in the "Spartacus" of faith, and in Almighty God, the keeper of mercy.

Since there is no such thing as doubt in true faith, the spiritual wounds of

messenger among other more open and receptive sites. We should bear in mind what Paul said to the Ephesians: "But God, who is rich in mercy, out of the great love with which he loved us." (2:4).

Catholics never question doctrine. They are rooted as creatures of the 21st century to modern times and the growing Christian Faith. Although the Gospels have no word from Jesus on abortion, the gay and lesbian 'thing' or on celibate priesthood, Catholics retain the Faith as a divine gift from God, yet another bequest and fruit of mercy orchestrated to secure the perpetuity of Christianity world without end.

In God's divine plan Jesus had to suffer absolutely in obedience and to die for the salvation of humankind – the fruit of His passion gave birth to Christianity when Christ rose from the tomb rescuing humanity from being vanquished. The Merciful Father had won over the reckless forces of evil.

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# Inspiration!

## Unlock the power of positivity

to know yourself, and become your own source of comfort, love, support, strength, and wisdom. You must love and understand yourself to receive

**Staying positive helps you cope more easily with the daily affairs of life. It brings optimism into your life and makes it easier to avoid worries and negative thinking. With a positive attitude you see the bright side of life, become optimistic and expect the best to happen. It is certainly a state of mind that is well worth developing**

**B**eing positive is not just a nice way to live. It's the way to live. Let us understand it this way, "Are you having trouble maintaining a positive attitude in your daily life?" If so, we've created this handy checklist for you to refer to anytime you feel unhappy or stressed. As these practices become habits, you will start to notice that a positive attitude becomes your default mind set and the world will seem like a much brighter, happier place. Here are few ways to tap into the power of positivity

**Think of everything you love about life, not everything you lack in it:** One major contributor to unhappiness is comparing yourself to others or thinking of everything you don't have. If you fixate on the things you think you're missing, you will actually miss out on the blessings surrounding you already. Adopt an attitude of gratitude, and start your day off by sitting in silence and counting all of your blessings.

**Promote what you love instead of bashing what you hate:** Give up the habit of complaining and feeding into negativity; instead, focus on what you love about life. Then, you will attract others with a similar positive attitude.



**Enjoy Mother Earth as often as possible:** Get outside as much as you can, but at the very minimum, 15 minutes a day. Walk around outside barefoot, play, and reconnect with our beautiful Earth!

**Do things that make you feel more like your true self:** To feel positive, you need to engage in activities that get you closer to yourself. So, paint, draw, write, travel, sing, dance – just do things that make you feel more

alive and vibrant!

**Live in the now:** Focus all your attention on the present moment, not dwelling on the past or worrying about the future. You create what happens to you right now, so take things one step at a time.

**Throw out excuses and instead just go after what you want:** Don't wait without moving. Don't think without acting. Don't watch without living.

**Shower everyone you meet with love:** Love wins out every time, so spread it around as much as possible. Love is life!

**Honour your creative streak:** We ALL have creative talents, whether in singing, painting, sculpting, writing, acting, etc. Do whatever comes naturally to you, and do it often.

**Choose positive friends:** No one enjoys being around people who bring them down, so surround yourself with lovers of life who lift you up.

**Become your own best friend:** Get

these same sentiments from others.

**Turn off your technology:** Sometimes, the best way to reconnect with your true self is to simply disconnect.

**See the positive in any situation:** Every obstacle you face contains hidden lessons, so take these from everything that happens to you, and remember that you're here to grow and learn as a spiritual being. The ride won't always be easy, but it will be worth it.

**Don't take life too seriously:** Although society has made us all believe we need to follow a regimented life that keeps us busy from dusk 'til dawn, no one said we couldn't have fun while we're living it! Keeping a cheery disposition has been shown in multiple studies to improve your health, both physically and mentally.

**A few more reasons why being positive is the best way of life**

- **Positive work environments outperform negative work environments.**
- **Positive leaders are able to make better decisions under pressure.**
- **Positive people who regularly express positive emotions are more resilient when facing stress, challenges and adversity.**
- **Positive people are able to maintain a broader perspective and see the big picture which helps them identify solutions whereas negative people maintain a narrower perspective and tend to focus on problems.**
- **Positive emotions such as gratitude and appreciation help athletes perform at a higher level.**
- **Positive and popular leaders are more likely to garner the support of others and receive pay raises and promotions and achieve greater success in the workplace.**



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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 : stayblessed1287@gmail.com OR 9820942790. **(Regd. No. 6546)**

**MUMBAI** : Mangalorean Roman Catholic Bachelor, aged 29 years, Ht. 5' 10", Wt. 70 kgs, Wheatish Complexion, Edn. Graduate, working as a Cruise Reception Manager. Contact email : fernajoy@gmail.com OR 8286400396 / 8286500593 **(Regd. No. 6590)**

**MUMBAI** : Goan Roman Catholic Bachelor, 29 years, height 5' 8", weight 50 kgs, wheatish complexion, Edn.B.com, working as a Senior Analyst in a reputed MNC. Non smoker & Non drinker. Seeks alliance from RC spinsters upto 28 years, graduate with sober habits. Open to all communities. Contact Mobile no. 9769840021 **(Regd. No. 6589)**

**MUMBAI** : Mangalorean RC Divorcee, aged 37 years, Ht. 5' 9", Wt. 79 kgs, Fair Complexion, Edn. B.E. (Electrical Engineering), MBA (Marketing), working as a Manager with an IT Technology Company. Contact email : austin.alva@gmail.com OR 09819144993. **(Regd. No. 6584)**

**MUMBAI** : Mangalorean RC Bachelor, aged 29 years, Ht. 5' 6", Wt. 70 kgs, Wheatish Complexion, Edn. MBA Finance, Working as an Asst. Manager in reputed private bank. Contact email : alliancesralph@gmail.com OR 9619370997. **(Regd. No. 6583)**

**MUMBAI** : Goan RC Bachelor, aged 35 years, Ht. 5' 4", Wt. 65 kgs, Wheatish Com-

plexion, Edn. S.Y.B.A., Diploma in Food Production working as a F & B Service, working on Internation Ship. Contact email : anse\_g@1cloud.com OR 9833801774 **(Regd. No. 6581)**

**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 RC 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)**

**MUMBAI** : Goan RC Bachelor, aged 43 years, Ht. 6' 4", Wt. 98 kgs, Wheatish Complexion, Edn. HSC., working as a Steward in Oil Tanker - Foreign Ship. Contact email : 285victor@gmail.com OR 9145030628 **(Regd. No. 6575)**

**USA** : Goan RC Divorcee (Marriage Annuled), aged 47 years, Ht. 6' 1", Wheatish Complexion, Edn. M.Eng., Engineer by profession. Seeks a girl below 35 years, preferably working in USA. Contact email : divinegrams@gmail.com OR 626-289-3996. **(Regd. No. 6571)**

**MUMBAI** : Goan RC 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 RC 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** : Tamilian RC Bachelor, aged 33 years, Ht. 5' 10" Wt. 72 kgs, Tan Complexion, Edn.MBA (ICFAI), working as a AVP in Citi Group Chennai. Contact email : ponsil@rediffmail.com OR 7829388114 **(Regd. No. 6549)**

**MUMBAI** : Mangalorean RC Bachelor,

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

**MUMBAI** : Mangalorean RC Bachelor, aged 34 years, Ht. 5' 8", Wt. 65 kgs, Fair Complexion, Edn. B.Sc., MBA., working for Bank in **DUBAI**. Seeks a Mangalorean educated, homely girl. Ready to settled in Dubai. Contact email : roshand-souza5in@gmail.com OR 971556271902 / 9920371470 **(Regd. No. 6539)**

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

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

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

**MUMBAI** : Goan RC bachelor, aged 29 years, Ht. 5' 7", Wt. 68 kgs, Wheatish Complexion, Edn.B.Com., working as a Manager. Contact email : kelwin-britto007@gmail.com OR 9619011728 **(Regd. No. 6491)**

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

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# Brides



# MATRIMONIALS

**MUMBAI** : Mangalorean Roman Catholic Spinster, 26, 5' 3", Wt. 50 kgs, Wheatish Complexion, Edn. M.Sc. Microbiology working for Pharmaceutical Company. Contact email : mili.ferns123@gmail.com OR 9769545791 **(Regd. No. 6592)**

**MUMBAI** : Maharashtrian Roman Catholic Spinster, 27, 5' 4", Wt. 58 kgs, Wheatish Complexion, Edn. Master of Management Study, working as an Asst. Professor. Contact email : geo8747@gmail.com OR 9533194951 **(Regd. No. 6591)**

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 41 years, Ht. 5' 2", Wt. 60 kgs, Fair Complexion, Edn. S.Y.B.A., Pursuing TYBA., / ECCEd (Teacher' Training Course), Teacher in a reputed Catholic School. Contact email : dmljanet@gmail.com or jdmello@rediffmail.com OR 09769950008 / 022-65176313 **(Regd. No. 6500)**

**MUMBAI** : Mangalorean Roman Catholic Spinster, 26, 5' 1", Wt. 56 kgs, Wheatish Complexion, Edn. B.Com., working as Coordinator, Seeks a suitable match. Contact email : btorres756@gmail.com OR 9920799596. **(Regd. No. 6582)**

**MUMBAI** : Mangalorean Roman Catholic Spinster, 34, 5' 2", Wt. 56 kgs, Wheatish Complexion, Edn. M. Pharm, Ph.D., Seeks a well settled qualified bachelor. Contact : email : apoline\_ubi@yahoo.co.in OR Tel.: 9920283957 **(Regd. No. 6580)**

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

**DUBAI** : Mangalorean RC Spinster, age 31

years, Ht. 5' 2", Wheatish Complexion, Edn. MBA - Finance, working as an Accountant in a private sector firm in DUBAI. Looking for a Roman Catholic alliance preferably working in UAE. Contact email : saldanha.leena7@gmail.com OR 00971-526649919, 0091-9967816258 / 0091-9167361924 **(Regd. No. 6569)**

**NEWYORK** : Mangalorean RC 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** : Mangalorean RC 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 RC 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)**

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

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

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

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

**DUBAI** : Mangalorean RC 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)**

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

**MUMBAI** : Roman Catholic Spinster, aged 30 years, Ht. 5' 8", Fair, Beautiful, Edn. B.Com., / Dip. in Airline, working for Qatart Airways. Contact email : fersonia04@gmail.com OR 9820109907 **(Regd. No. 6524)**

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

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

**MUMBAI** : 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 email : OR 9819931532 **(Regd. No. 6519)**

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# International Year of the Elderly!

by DR. TREVOR COLASO

The 'elderly' have a wealth of skills and experiences. They have lived through situations others cannot even imagine; and yet we continue to dismiss their lifetime of insights. In India the elderly are usually aged 65 years and over, and the very old as over 85. Such a distinction is important for tax purposes. In North America the age is 67 – 70 years, and in Africa it is 55 years.

## Themes for Elderly Day:

"The International Day of Older Persons (Elderly) is observed on October 1st. The Theme for the current year 2016 is: "Take a Stand Against Ageism!" Ageism is defined by Robert Butler, as prejudicial attitudes towards older people, old age and the aging process. The Day is celebrated by 'raising awareness' about issues affecting the elderly, such as 'senescence' (biological ageing, or the gradual deterioration of mental function), and 'elderly abuse'. It is also a Day to 'appreciate' the contribution that older people make to society. The Theme for 2015 was: "Sustainability and Age – Inclusiveness in the Urban Environment".

## The Vatican's Involvement:

The Holy See's Permanent Observer to the United Nations in Geneva, Archbishop Ivan Jurkovic, lamented how often in today's 'throw-away' culture, the elderly feel useless and alone, because they have lost their proper place in society. His remarks came during an address on Wednesday (14 Sept. 2016) at a session of the UN's 'Human Rights Council' dealing with the Rights of Older Persons.

Archbishop Jerkovic expressed the Holy See's concern over the 'increasing discrimination' faced by the elderly, and said, that some of the biggest challenges to their welfare include "poverty and inadequate access to health care". The Vatican considers of

utmost importance the need to keep older people "engaged in decision-making in their social integration".

## Report of the Independent Expert:

The Report reveals that the population of older persons represents the fastest growing segment of the global population. By 2050, for the first time there will be more older persons than children under the age of 15 worldwide. And it is projected that this number will more than double from 900 million currently to nearly 2 billion!

The major challenges summarized by the 'Independent Expert' are in the areas of health care, right to work, social protection, quick access to justice, neglect and abuse, and discrimination. One of the most pressing problems to the welfare of the elderly is "poverty", including their inadequate living conditions.

Lack of income security constitute major concerns. Pensions for the salaried class, and life insurance benefits for the retired professionals are often insufficient. Yet, despite lower income levels, the elderly may be the main providers for the household, and the primary caregivers for grandchildren and other member of the family. The right to income security in old age is grounded in human rights instruments and international labor standards.

## Pope Francis' Statement:

Our wise Pope Francis commented: "A society that does not take care of the elderly has no future. The elderly are those who transmit doctrine and faith, and give it to us as an inheritance and rich tradition."

"The Holy See promotes policies and systems of education that inculcate human rights, dignity and protection. It rejects an alternative approach to the dominant "throw-away" culture that judges the human being as a commodity, or simply by what they produce. The elderly have thus lost their proper place in society."

## India's experience with the elderly:

Parents are typically cared for by their children into old age, most commonly by their sons. Traditional values demand honor and respect. The 2011 census estimates 90 million over the age of 60. The study found almost 25% in poor health, especially among the lower-educated and economically inactive groups.

Article 41 of the 'Indian Constitution' guarantees the elderly, health welfare and social security support. The 1973 'Criminal Procedure Code' mandates that children support their parents if they are unable to do so. Also many NGO's are prevalent in Indian elderly care, and provide them hospices.

## Elderly Ailments:

In the sector of "Health Care", older patients are usually discharged with complex medical problems and high stress and vulnerability; and these factors along with diabetes, hypertension and dementia, place them at a poor prognosis.

One of the major causes of elderly injuries are "falls", leading to fractures, particularly of the hip-joint. These have been traced to "hyponatremia"-an electrolyte imbalance when the serum sodium drops to below 135 mE/L. Studies have demonstrated that older persons are prone to hyponatremia, caused by multiple physiological factors associated with ageing, such as decreases in the glomerular filtration rate of the kidneys resulting in increased vasopressin activity. Hyponatremia has also been shown to cause subtle neurological impairment that affects gait and attention, similar to that of moderate alcohol intake!

## Conclusive Consolation! :

The elderly are a source of wisdom and a great resource. The quality of a society and the caliber of a civilization may be discerned by how it gratifies its elderly; and in which delightful manner it integrates them and honors them in the family and in the community. The Bible also credits: "Gray hair is a crown of splendor; it is attained in the way of righteousness" (Proverbs 16:31).

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