

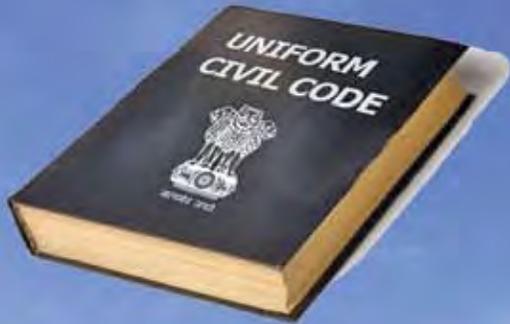
THE SECULAR CITIZEN

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(Total pages 24)

A NATIONAL FAMILY WEEKLY

Vol.25 No.43 ■ Mumbai, October 24, 2016 ■ Rs. 5



Unity



OR

Uniformity?

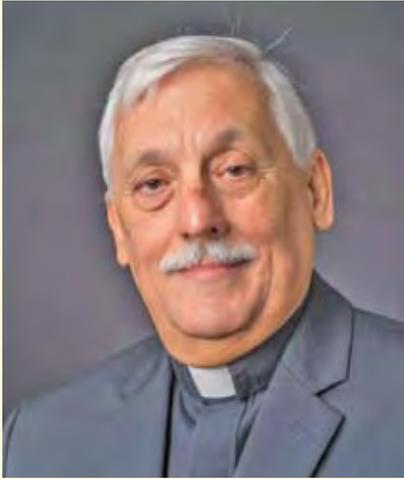
(Read on page 14)

Paper Jewellery



(Read on page 12)

Jesusuits elect first Latin-American general



Rome: The Society of Jesus on October 14 elected its first superior general who sports a mustache.

Father Arturo Sosa, 67, is also the first Latin-American leader to head the largest Catholic religious order for men that was started in 1540. He has become the 30th successor of St Ignatius of Loyola, who founded the congregation.

Around 212 electors from across the world, representing nearly 17,000 Jesuits worldwide, voted for Sosa. They are attending the 36th general congregation of the order, its highest legislative body.

The Rome-based Venezuelan's past curiously parallels that of the first Jesuit pope.

Like Jorge Mario Bergoglio, who steered his divided province through the 1970s Argentine dictatorship, the new Jesuit chief was Venezuelan provincial between 1996 and 2004, when the province had differed with the dictatorship of Hugo Chávez.

Prior to his appointment as provincial, he was in charge of the social apostolate of the Jesuits in Venezuela, which included the massive poor-school Jesuit network, *Fey Alegría*. He was also head of the Centro Gumilla, the Jesuit-run social and action research center.

In an interview in 2014 he described the authoritarian regime of Chávez's successor Nicolás Maduro as a "popular tyranny."



His Holiness Pope Francis has appointed His Excellency Rt. Rev. Victor Lyngdoh, until now Bishop of Nongstoin, as the new Bishop of the Diocese of Jowai.

H.E. Rt. Rev. Victor Lyngdoh was born on 14 January 1956 in Wahlang, Archdiocese of Shillong, and was ordained priest on 25 January 1987. He was elected Bishop of Nongstoin on 28 January 2006 and consecrated on 2 April 2006.

At the same time, the Holy Father has appointed His Grace Most Rev. Dominic Jala, S.D.B., Arch-



bishop of Shillong, as Apostolic Administrator "sede vacante et ad nutum Sanctae Sedis" of the Diocese of Nongstoin.

Spreading Goan Culture in Mumbai



Goan Outreach Association is organising a mega event, 'Musical Fiesta Nite 2017' on 14th January 2017 at Dublin Square, Phoenix Mall, Kurla Mumbai. The entire theme of the event will be on the Golden Era Flashback and the New-age Hip Hop Goan Melodies, featuring top artists of international face and the heart throbs of the Goan music industry. Pre-launch of this event was held at Chakra Hotel, Sakinaka on 11th October 2016. The association is celebrating its 55th year and is established for the purpose of spreading and preserving the rich Goan culture among the members and non-members in Mumbai. At present the association is having over 2000 members.

'Thought for the week'

People hurt you, God will heal you. People humiliate you, God will magnify you. People judge you, God will justify you.

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(Articles on p. 14 & 12)

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Bad Habits You Must Eliminate from Your Daily Routine

by **Don Aguiar**

What does matter and causes great concern is that the selection of certain bad habits without the need to eliminate them has now been hailed as the 'accident' that must become 'real'. We must not let this happen.

You are the sum of your habits. When you allow bad habits to take over, they dramatically impede your path to success. The challenge is bad habits are insidious, creeping up on you slowly until you don't even notice the damage they're causing.

"Chains of habit are too light to be felt until they are too heavy to be broken." – Warren Buffett.

Breaking bad habits requires self-control—and lots of it. Research indicates that it's worth the effort, as self-control has huge implications for success.

University of Pennsylvania psychologists Angela Duckworth and Martin Seligman conducted a study where they measured college students' IQ scores and levels of self-control upon entering university. Four years later, they looked at the students' grade point averages (GPA) and found that self-control was twice as important as IQ in earning a high GPA.

The self-control required to develop good habits (and stop bad ones) also serves as the foundation for a strong work ethic and high productivity. Self-control is like a muscle—to build it up you need to exercise it. Practice flexing your self-control muscle by breaking the following bad habits:

Using your phone, tablet, or computer in bed: This is a big one that most people don't even realize harms their sleep and productivity. Short-wavelength blue light plays an important role in your mood, energy level, and sleep quality. In the morning, sunlight contains high concentrations of this blue light. When your eyes are exposed to it directly, the blue light halts production of the sleep-inducing hormone melatonin and makes you feel more alert. In the afternoon, the sun's rays lose their blue light, which allows your body to produce melatonin and start making you sleepy. By the evening, your brain doesn't expect any blue light exposure and is very sensitive to it.

Most of our favorite evening devices—laptops, tablets, and mobile phones—emit short-wavelength blue light brightly and right in your face. This exposure impairs melatonin production and interferes with your ability to fall asleep as well as with the quality of your

(Contd.. on p. 6)

Top Five Job Skills Employers Are Looking For

Employers are increasingly seeking employees with so-called soft skills or baseline skills, such as writing, communication and organization. A research on the job advertisements has listed the most commonly listed skills hiring managers want from new employees. More than half of the job ads analysed included a communication skills requirement. This came up more often than having a college degree, time management skill, teamwork and individual motivation, although those are also important. The analysis also found the most common benefits offered by employers to attract new hires: a signing bonus, training programs and paid vacations.

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The only 'now' you can own as you live in it. Now

by Rtn. Calwyn D'Abreo

"Set your sights high, the higher the better. Expect the most wonderful things to happen, not in the future but right now. Realize that nothing is too good. If there is goodness to acquire, appreciate it in the now". In the now is what you are in. Focus on the now. "- Eileen Caddy - 1917-2006 – Author

The writer of the text content given below is a very proud and audacious personality. He does not identify with the sheep in pen behavior nor is he liable to befriend those who sulk and yet savor negative nostalgia. The writer is as effervescent and incandescent and as strong and emotional and passionate about life as was Adam of Eve in the beginning. The not even pernicious humanesque and not yet atrophied nerve ends showing gradually decline in effectiveness and vigour due to underuse or neglect is a model to observe in those who like flatulence keep blowing in the wind. The writer does not even acknowledge the presence of these geriatric compulsions. At a timbre of distinction of five decades and more and yet feeling roxy enough to salsa and then sit through a meringue the writer expects wonderful things to happen. He lives in the now. Not waiting for the future to take effect of insurance plans and diatribe, criticism and reprimand. He is not in soliloquy or in a stand up comedy at the atrium.

He is in the right now of our times. He is his future in the now . Because the now will be responsible for his immediate future. And he knows that well. He is not the writer who is brusque, discourteous and blunt in his written words and yet wears a look of the homeless if you see him at breakfast. The writer is in the acquiring mood of defining the now and making it all happen. The sooner the better. Much to his liking. Not your liking but his liking. Who are you to imbibe your stupid , unfounded tundra region characteristics into the amiable facia of a gentleman and a epilogue that others must understand to emulate. In the now is what you are in. And so is the writer.

The writer has his soul affixed with the prudence of a bard who sings of success in the now. Not of the yesterday and with cautious hope for the tomorrow. He recites a litany of positivity in the now. He is a strategist. In the now. The writer lives in the now . His ' in the now ' will define the next moments as they continue in the now as the writer will be present in that particular genuflection of accepting the now in that moment of time. And the now continues its journey. You are the traveler in the carriage of the now. He is travelling in the now. The past and the future are mere illusions. The only fundamental is in the time of the now. The past and the future are all in the mind as they play dangerous games with your emotions. You , in the now is king and conqueror. The decision is yours. The more you are in the now the better is your mind as you activate it to the reality of time and without the shadow of the past and not waiting in line for the future. The writer is happy that he is in total consonance with his breath which is a divine gift given to him in the now. Actually , even the past and the future requires the link of being connected to the now without which you cannot transfer from the past to the future if reasons are sought to do so.. The past was the now of that given moment of time and the future will be the representation of what the writer will be affecting and putting into effect in the present now.

The secret of mind and body is a synonymous activity and runs parallel to the time it is in conjunction with. You cannot mourn the past, worry about the future or anticipate troubles. Live in the present moment of the now and see what honor life brings to you, undiluted. Realistically, the past is like a ghoul with a flicker and the future is like a dream if you have decent REM sleep – (rapid eye movement.) You only have is the now. A present from the infinite intelligence, the source of all energies and you as the pilot navigating the Ark of your covenant whilst in the now. To all you readers ... life is available only in the present moment. You decide how to make use of it ' now '.



Surgical Strikes – the Hand of God !

‘Surgical strike’ is today the topic of discussion at various places all over the country. Debates are raging in the media. Counter-claims are being made, proof of the surgical strike is being sought, jokes in connection with the surgical strike are probably also doing the rounds of the social media. Political parties presently out of power claim to have conducted similar strikes while in power but are not thumping their chests. **All we can**

hear about today, is surgical strike.

A surgical strike is essentially a swift and targeted attack on specific target that aims to neutralise them while ensuring minimum collateral damage to the surrounding areas and civilians; **looking to target only the bad ones.** The surgical strike carried recently across the border was a military operation. Looking at surgical strikes from a different angle, we would find surgical strikes taking place all around us, perhaps all the time, **yes on specific targets but, here it is with evil intentions.** Look at the robberies taking place

in our city, look at the attacks on individuals in broad daylight on the streets, look at the molestation/rape of women and children. **Are not surgical strikes being conducted by us even in our own neighbourhood, within our own family itself ?** - running malicious campaigns against others, spoiling somebody’s reputation, grabbing somebody’s property even family property ? So many ways in which we are conducting surgical strikes in our daily life. **Are we conscious of what we are doing ? Perhaps not, but we need to understand that ultimately it is the ‘Hand of God’ which will strike us. He will conduct the ‘surgical strike’ – any-time, anywhere, anyhow, and we would not know it ! The sooner we understand this, the better it would be for mankind.**

—Melville X. D’Souza
- Orlem, Malad West

Boycott Chinese Goods

KANPUR (6th October): Diwali is round the corner. It is the time when the majority of Indians light up their homes to celebrate the Festival of Lights, and install new idols of Hindu deities for worship. Ironically, most of these lights and idols are now being imported from China. Most of this trade is in the grey market without paying any taxes; and none of the products have guarantee cards, or a quality assurance. Yet the country has gone crazy about them, just because they are cheap.

Cheap, yes, in both price and quality. The Kanpur Nagrik Manch (KNM) decided to take the bull by the horns, and enter the dragon’s den. It organised a swadeshi march calling for the boycott of these cheap and sub-standard Chinese products sold especially at Diwali time. The march began from Bara Chauraha, the heart of the city, and wound its way to Bagia Mariram, the nerve cen-

tre of the wholesale and retail market for electric goods.

Thousands of handbills were distributed calling for a boycott of these products and appealing to the citizens



to support those cottage industries and artisans who produce non-polluting earthen lamps and idols from clay. The KNM drew attention to the fact that Pakistan would never have the audacity to attack India if it didn’t have the backing of China. In turn, China has its own vested interest because of

the gigantic China Pakistan Economic Corridor (CPEC) that it is constructing from western China, through Pakistan Occupied Kashmir, to the Pakistani port on the Arabian Sea.

The CPEC would give it swift and cheap access to the lucrative markets of the Gulf and Europe. China would have the double benefit of importing and transporting petroleum products from the oil-rich Gulf, at a fraction of the cost.

The KNM said that no true Indian would like to buy these Chinese products that are flooding the market. Doing so would be tantamount to supping with the devil! It was also an assault on the Indian economy and an insult to our brave soldiers who are sacrificing their lives to protect us.

The march was flagged off by noted litterateur and Gandhian, Padmashree Dr Giriraj Kishor. It was organised by Madanlal Bhatia, Suresh Gupta and chhotebhai, the co-convenors of the KNM. Prominent among those who participated were Jagdambabhai, Shakir Ali, Rajesh Shukla, Seema Pandey, Saket Gupta, Kuldeep Saxena, Peter Fernandes, Maaz Alam and Prem Balmiki.

—chhotebhai

(Contd.. from p. 3)

sleep once you do nod off. As we've all experienced, a poor night's sleep has disastrous effects. The best thing you can do is to avoid these devices after dinner (television is OK for most people as long as they sit far enough away from the set).

Impulsively surfing the Internet: It takes you 15 consecutive minutes of focus before you can fully engage in a task. Once you do, you fall into a euphoric state of increased productivity called flow. Research shows that people in a flow state are five times more productive than they otherwise would be. When you click out of your work because you get an itch to check the news, Facebook, a sport's score, or what have you, this pulls you out of flow. This means you have to go through another 15 minutes of continuous focus to reenter the flow state. Click in and out of your work enough times, and you can go through an entire day without experiencing flow.

Checking your phone during a Conversation: Nothing turns people off like a mid-conversation text message or even a quick glance at your phone. When you commit to a conversation, focus all your energy on the conversation. You will find that

Conversations are more enjoyable and effective when you immerse yourself in them.

Using multiple notifications: Multiple notifications are a productivity nightmare. Studies have shown that hopping on your phone and e-mail every time they ping for your attention causes your productivity to plummet. Getting notified every time a message drops onto your phone or an e-mail arrives in your inbox might feel productive, but it isn't. Instead of working at the whim of your notifications, pool all your e-mails/texts and check them at designated times (e.g., respond to your e-mails every hour). This is a proven, productive way to work.

Saying "yes" when you should say "no.": Research conducted at the University of California in San Francisco shows that the more difficulty that you have saying no, the more likely you are to experience stress, burnout, and even depression, all of which erode self-control. Saying no is indeed a major self-control challenge for many people. "No" is a powerful word that you should not be afraid to wield. When it's time to say no, emotionally intelligent people avoid phrases like "I don't think I can" or "I'm not certain." Saying no to a new commitment honors your existing commitments and gives you the opportunity to successfully fulfill them. Just remind yourself that saying no is an act of self-control now that will increase your future self-control by preventing the negative effects of over commitment.

Thinking about toxic people: There are always going to be toxic people who have a way of getting under your skin and staying there. Each time you find yourself thinking about a coworker or person who makes your blood boil, practice being grateful for someone else in your life instead. There are plenty of people out there who deserve your attention, and the last thing you want to do is think about the people who don't matter when there are people who do.

Multitasking during meetings: You should never give anything half of your attention, especially meetings. If a meeting isn't worth your full attention, then you shouldn't be attending it in the first place; and if the meeting is worth your full attention, then you need to get everything you can out of it. Multitasking during meetings hurts you by creating the impression that you believe you are more important than everyone else.

Gossiping; Gossipers derive pleasure from other people's misfortunes. It might be fun to peer into somebody else's personal or professional faux pas at first, but over time, it gets tiring, makes you feel gross, and hurts

other people. There are too many positives out there and too much to learn from interesting people to waste your time talking about the misfortune of others.

"Great minds discuss ideas, average ones discuss events, and small minds discuss people." – Eleanor Roosevelt

Waiting to act until you know you'll succeed. Most writers spend countless hours brainstorming their characters and plots, and they even write page after page that they know they'll never include in the books. They do this because they know that ideas need time to develop. We tend to freeze up when it's time to get started because we know that our ideas aren't perfect and that what we produce might not be any good. But how can you ever produce something great if you don't get started and give your ideas time to evolve? Author Jodi Picoult summarized the importance of avoiding perfectionism perfectly: "You can edit a bad page, but you can't edit a blank page."

Comparing yourself to other people. When your sense of pleasure and satisfaction are derived from comparing yourself to others, you are no longer the master of your own happiness. When you feel good about something that you've done, don't allow anyone's opinions or accomplishments take that away from you. While it's impossible to turn off your reactions to what others think of you, you don't have to compare yourself to others, and you can always take people's opinions with a grain of salt. That way, no matter what other people are thinking or doing, your self-worth comes from within. Regardless of what people think of you at any particular moment, one thing is certain—you're never as good or bad as they say you are

Bringing It All Together

By practicing self-control to break these bad habits, you can simultaneously strengthen your self-control muscle and abolish nasty habits that have the power to bring your career to a grinding halt.

What other bad habits should people abolish? Please share your thoughts in Voice of the People or Views on News Section, as we learn just as much from you as you do from us.

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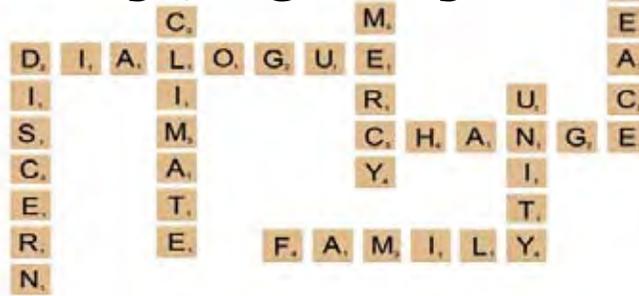
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October Week: Eight Days, Eight Ways



BY FR. CEDRIC PRAKASH SJ

Whew! The first eight days of October 2016, have come and gone! And what a week it was! There were several events, observances, festivals, happenings, meetings at every possible level; it was a week of terrible violence, of inhuman acts; it was pain and suffering for millions the world over, caused by tragedies both man-made and so-called 'nature'-made. Yet it was a week of hope, of new initiatives, greater commitments. As one looks back these eight days, one can sync the week into eight key- words which are not only rich in meaning but also provide a direction for us today.



FAMILY

At the heart of every society is family. Today the family as an institution and the values that were sacrosanct in every family, are literally under siege. Pope Francis reminded the world of this during his visit to Georgia. Another wave of migrants drowned in the high seas, in their attempt to flee war and persecution. Families torn asunder for no fault of their own. 'Ageism', is gradually permeating into families; the elders who brought us up, become a burden and are not wanted – a grim reminder from the 'International Day of the Elderly'. 'World Habitat Day' underscored the reality of the millions of families without a proper shelter, who are homeless. The Feast of Our Lady of the Rosary was yet another call that *"a family that prays together, stays together."* The parents (who are Saints today) of St Teresa of Liseux played a major role in nurturing her faith. The many festivals, religious and cultural, which we have just celebrated, will hopefully help in family bonding. **There is no doubt at all, that FAMILY is the way.**

DIALOGUE

We need to talk with one another with respect; to listen to the other point of view. Truth is a non-negotiable; though perceptions differ, one often has to give in for a greater good. The Syrian conflict entered a disastrous phase with the beak-down of the cease-fire agreement; the UN action on Syria was vetoed five times on one day! In Colombia, the much awaited peace deal with the FARC was rejected by

a narrow margin in a shock referendum. It was a deal that took full four years of very intense dialogue. St. Francis of Assisi was a great communicator, he showed world how important it was to dialogue with 'Brother Sun' and 'Sister Moon', with the whole of creation, with those who mattered the most very specially the poor and the excluded. The Apostolic pilgrimage of Pope Francis to Georgia and Azerbaijan, was clearly an effort to enhance dialogue with the Orthodox Church and with other faiths. Debates may be good, for diverse opinions and points of view. **For greater understanding, DIALOGUE is the way.**

DISCERN

For St Ignatius of Loyola 'spiritual discernment' was the keystone in his 'Exercises'. Jesuits numbering 212, from all over the world, have gathered in Rome for a historic 36th General Congregation. They are listening to the promptings of the Holy Spirit, discerning the signs of the times, responding to the Universal Call and striving for the 'Magis'. Several major decisions for the journey ahead will be arrived at, but not without due discernment. To 'discern', is certainly not the prerogative of the Jesuits. It is today an essential dimension prior to any major decision; it involves weighing the pros and cons in as objective a way as possible. To have the openness to discern is fundamental in today's world. The recent posturing and utterances by several so-called 'world leaders' including the elected President of the Philippines or one of the US Presidential nominees clearly proves that the word 'discern' is not part of their lexicology. **To have the courage to DISCERN is the way.**

CLIMATE

The Paris agreement on Climate Change will finally come into force in a few days from now, after the

European Union ratified the Agreement marking the achievement of the required two thresholds (55 Countries representing 55% of the GHG emissions). A few days earlier India signed the agreement too. It is certainly not in the best interests of the future of mankind to disregard the role of humankind in 'Climate Change' the world over. 'Hurricane Matthew' has left behind it a trail of death and destruction in Haiti, Cuba, Dominican Republic, Jamaica and the Bahamas; parts of the United States like North and South Carolina and Florida were also affected. Gujarat began its traditional nine nights (Navratri) of revelry: of song and dance propitiating a Deity. This year unseasonal rains proved to be a damp squib on the celebrations for many days. In the context of the 'Paris Agreement' there has been a renewed enthusiasm on 'Laudato Si' the path-breaking Encyclical of Pope Francis "on care for our common home". The first two words 'Laudato Si' (meaning 'Praise be to You'), is taken from the beautiful Canticle of St Francis of Assisi which *"reminds us that our common home is like a sister with whom we share our life and a beautiful mother who opens her arms to embrace us."* **Caring for the CLIMATE is the way!**

CHANGE

Continuity is essential but change is inevitable. An impact is naturally felt

(Contd.. on p. 8)

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(Contd.. from p. 7)

when there is a change in visionary top leadership. Fr Adolfo Nicolas stepped down as Superior General of the Society of Jesus after more than nine years at the helm. In a moving thanksgiving speech to Fr. Nicolas, Fr. Federico Lombardi, one of the Assistant Generals said among other things that, "Fr Nicolas has inspired the religious commitment of the Jesuits and reminded them throughout his time as the head of the Society of Jesus of the universal perspective of the Jesuit mission, which requires looking beyond the borders of provinces or countries."

The Jesuits now look for a worthy successor to Fr Nicolas. The Secretary General of the United Nations, Ban-Ki Moon also said good bye. It is not easy to be in such a position today. In spite of all efforts, one can easily be relegated to becoming a 'lame duck' even in such a position. His successor is Antonio Guterres, the former Prime Minister of Portugal and the UN's High Commissioner for Refugees from 2005-2015. In the latter responsibility, he played a stellar role in responding to the worst humanitarian crisis in recent times. Whether he will be able to do something constructive for the millions of refugees today or ensure the implementation of the 'Paris Agreement', is left to be seen. Changes take place all the time in our lives. **Being prepared for CHANGE, is the way.**

MERCY

The Sabbath between 'Rosh Hashanah' and 'Yom Kippur' is the 'Shabbat Shuvah'. It signifies 'return', 'repentance', 'mercy- a deep and sincere preparation for the 'Day of Atonement' –the holiest day of the year in Judaism. 'Rosh Hashanah', a few days earlier was the beginning of the Jewish New Year. It is not without significance that this New Year almost coincides with the Islamic New Year which began on the first day of this month of 'Muharram'. It is the second holiest month for the Muslims- with a focus on fasting, mourning and repentance, depending on whether you are a Sunni or Shia Muslim. These festivals should surely be a time for renewal in mercy and compassion. Yes, 'Mercy' is another word for 'compassion'; so when Mother Teresa received the approval for her Congregation sixty-six years ago, she emphatically stated that the primary aim of her Missionaries of Charity, "was to care for the hungry, the naked, the homeless,

the crippled, the blind, the lepers, all those people who feel unwanted, unloved, uncared for throughout society, people that have become a burden to the society and are shunned by everyone." These acts of Mercy gain new meaning in this 'Year of Mercy'. The 'Mercy in Motion' Campaign of the Jesuit Refugee Service(JRS) in the context of the educational initiatives for refugee children also gained prominence these days with some popular yet significant concerts. **Substantial acts of MERCY, is the way!**

UNITY

There cannot be real human progress if there is no unity. The 19th SAARC (South Asian Association for Regional Cooperation) which was scheduled to be held in Pakistan next month is indefinitely postponed. There may be good reason for this but there are also fears that SAARC may break –up which will lead to the escalation of tensions in the Region. Collaborative ventures at every possible level is the need of the hour. Unfortunately, we have witnessed a high degree of unhealthy competition and one-upmanship games in the recent past. There was a heartwarming and historic event, when Anglicans and Catholics, gathered in Rome to celebrate the golden jubilee of the very first meeting of a Pope and the Archbishop of Canterbury, which took place in 1966. The very significant signs of greater unity shown by the Archbishop Justin Welby, head of the Anglican Communion and Pope Francis, will surely go a long way, in deepening the bonds between two major denominations of Christianity. It was also symbolic that when this evening Rev. Cesar Es-sayan was consecrated Bishop of head of the Latin Church of Beirut, Patriarchs and Bishops of several other rites and denominations were present and were involved in the meaningful ceremony! **UNITY is obviously the way!**

PEACE

In a fitting tribute to Mahatma Gandhi, the United Nations has declared his birth Anniversary as the 'International Day of Non-Violence'. Gandhi propagated a twin doctrine for peace, 'ahimsa' (non-violence) and 'satyagraha' (the force of truth). The war –mongers of today's world, spare scant attention to these two essentials. Violence anywhere on any one should be shunned. Both India and Pakistan have

upped their ante- in positions and posturing that does not augur well for the region. In Congo and in South Sudan, in Yemen and elsewhere millions continued to be affected by war. In Aleppo and in other parts of Syria, bombings continued indiscriminately, with a heavy toll on human life. It was also symbolic that the Colombian President, Juan Manuel Santos has been awarded the Nobel Peace Prize for 2016, for his indefatigable role in bringing to an end the fifty-year old civil war in Colombia. St Francis of Assisi gave the world a fitting prayer, "Lord make me a channel of your peace". We need to be Angels of Peace, guarding and promoting it. **PEACE for all, is the only way!**

Some years ago the Beatles popularized a love song 'Eight Days a Week' - the lyrics went beyond the narrow confines of the 'seven' days. This reflection is somewhat done similar. The first eight days of October were really special in more ways than one. The events were cross- cutting: many or most of them could have figured easily in many more of the above words. Like a scrabble game, there could have been many more words too. I realize and understand that. This reflection also brings into play the multiple identities I belong to and identify with: human being, world citizen, Indian, Christian, Catholic, Jesuit, from Gujarat, working in the Middle East, with refugees, through JRS etc., so naturally, the references, the terminology, the nuances belong to all of them!

Yes, a very special **October Week: Eight Days and Eight Ways** to help make our world a better place!

** (Fr Cedric Prakash sj is an Indian Jesuit priest and a human rights activist. He is currently based in Lebanon and engaged with the Jesuit Refugee Service(JRS) in the Middle East on advocacy and communications. He can be contacted on cedricprakash@gmail.com)*

Thanksgiving

**Heart-felt thanks to
St. Anthony, Holy Cross of
Cross Maidan, Our Lady
of Perpetual Succor and
St. Jude for the
favours received.**

—Betty Menezas, Vakola, Mumbai

Time to Showcase our Social & Charitable Commitments

by Prof Robert Castellino,
Mumbai

On Gandhi Jayanti Day, students and parishioners of Orlem church joined hands to give Malad station a colourful and much needed face-lift. It was total team work, show-casing christian commitment to social responsibilities. Several lakhs of local train commuters who use the station and those passing by in local trains everyday will be gladdened by the sight of the spruced up station and appreciate our social commitment.

I believe that the time has come for Catholics us to showcase our social and charitable works. In the Bible we are told to 'not let the left hand know what the right hand is doing'. This precept, I believe, was intended for private charity and does not necessarily apply to doing public works. While doing good work it is also necessary that we should be 'seen' to be doing good work, else (as in countries where Catholics are in a minority, like India) it tends to give a negative impression.

A case in point: Recently, Catholic hospitals, among others, received bad publicity for not doing charity as per govt norms. In an hour-long chat with this writer, Sr Venita the Managing Director of St Elizabeth's hospital explained that charitable hospitals are required by govt norms to set aside 2% of hospital income for charity. The good sister explained in detail the good work being done by the hospital. This writer realised that the hospital was setting aside not just 2% for charity, but 20 times 2%! But since they were doing charity on such a large scale the hospital did not think it necessary to 'show' the meagre amount of 2% separately as required by govt norms. Hence the false impression that they were not doing charity. Readers, including this writer, were misled by a report in the 'Mum-

bai Mirror' in which Catholic charitable hospitals among others were named for not adhering to govt norms on charity.

Moral: We need to showcase our charitable and social works in countries, like India, where we are in a minority. So how do we go about showcasing our social and charitable commitments?

1. Our parishes generally conduct various activities like health and blood donation camps, old clothes and cleanliness drives, attestation of true copies by SEOs, updating of voter list, free dispensaries and much more. For all these activities, banners are usually put up in the church compound. But have you ever wondered why these banners always face inwards and not outwards--towards the road? Is our religion exclusively for Catholics? We need to be more inclusive. Lets start by putting up banners facing the road.

Recently the Tamil youth of our parish conducted a blood donation drive. The drive was well organised by the enthusiastic Tamil youth community under the guidance of Fr Stephen Maria. The response was very good. Over 200 bottles of blood were collected. If only the big banner announcing the blood donation drive was positioned facing the road, instead of facing inwards, the number of bottles collected would have doubled. More importantly people of other faiths would have joined in and appreciated our activities.

2. Most of our parishes have Alcoholic Anonymous (AA) units. Alcoholism is a problem that affects all sections of society and all religions. The poorer sections suffer the most with the alcoholic's wife and children facing the brunt of it. We need to be more inclusive. We can do so by putting up a notice board, in Hindi/ Marathi, outside the church and conduct AA meetings in these languages. This will be greatly appreciated by non Catholics as they do not have access to this much-needed and unique facility, in their communities.

3. Our Catholic schools are in great demand during admission time. However,

thereafter during the courses of the year, the media never misses an opportunity to embarrass christian schools. Firstly we must make an attempt to distinguish Catholic schools run by the Church (ABE) from other private Catholic schools with names of Saints or Mother Mary. Very often the ABE schools are tarred with the same brush for some misdeed of the latter. Secondly, every year the church should advertise results of ABE schools in mainstream newspapers. The advertisement should contain information regarding the total number of schools run by the church, total number of students accommodated in all our schools, percentage of Catholics to other faiths in these schools, along with the results at SSC-- schools securing 100% results and schools securing above 90% results. The advertisement should mention the number of orphanages and homes of all types along with the total number of inmates; the total number of free hospital beds and patients treated free of charge. This will give the people a clear idea of the good work being done by our community.

4. We need to concentrate more on public works of charity. On a particular day in the week, usually a Tuesday or Thursday we usually see a long line of beggars and poor people outside temples. On this holy day of the week devotees give food and alms to the poor outside the temples and Sikh gurdwaras. We need to follow their example. I would like to commend the alms giving at the 'Holy Cross' on Marve road Malad Mumbai. On Fridays, all day long there is a continuous flow of devotees who come to venerate the cross and hand over to volunteers food items like vada pav, puree bhaji, biryani and fruits. Non Catholics far outnumber Catholics in alms-giving at the cross. The amount of food stuff collected is humongous. These items are then distributed by the volunteers in an organised manner to the poor and needy. Our churches too should adopt such practices on Sundays. While Catholics contribute generously for church support on Sundays they may also be encouraged to donate ready-to-eat food items for distribution by volunteers at a 'convenient time and place'. This is precisely what Pope Francis meant when he said "A poor church, a church for the poor".

KCA Mumbai celebrates Monti Fest!

“**M**onti-Fest “as Mangalorean’s named it, is the festival celebrated on the occasion of Nativity of the Blessed Virgin Mary, and involves blessing of 'Novem' (new crops). It is celebrated with much fervour & gaiety by Kanarites all over.

For the first time in its 116-year old history, the Kanara Catholic Association (KCA), Mumbai celebrated the Monti Fest on September 25, 2016, at its Yuvakalaya premises in Bandra. The plan was to give its members, many of whom are born & bred in Mumbai, a true feeling of being in their native place on a feast day!

Members were greeted with Banana and coconut leaf decorations at the entrance of Yuvakalaya. The ladies were presented with 'Mogre-Kolle' flowers to adorn their hair! Managing Council member, Mr Eric D'sa, who, as convenor of Monti-Fest, planned the entire celebration with his team, welcomed the members and their families at the entrance.

The celebration kicked off with a solemn Mass in Konkani celebrated by Bishop Percival Fernandez assisted by Fr Valerian D'souza, with a melodious Konkani choir led by Mr Wilfred Fernandes and team. It was heartening to see the active participation of many of our English speaking members who sang and joined in the Konkani hymns and prayers from the booklet specially prepared for the occasion!



The blessing of the new rice/paddy and sugar-cane followed (freshly flown in from the fields of the Konkan the previous day!) and the same was distributed to KCA members. Then the adoration of Mother Mary with flowers, first by the children followed adults.

The 2nd Issue of 'AmchiKhorbor', the newly launched news magazine of the KCA Mumbai, was then released by Bishop Percy in the presence of Ms Angeline Pereira, the daughter of eminent Mangalorean, Ex-Chairman of Bank of Maharashtra Mr Allen Pereira, who is featured in the issue. A floral tribute was also paid to the portrait of Dr. Stanny Patrao, community stalwart and past President of the KCA, by Dr. Kranti Farias, whose literary tribute to him was featured in the Amchi-Khorbor magazine.

After some light refreshments, members and their families proceeded for the cultural program, put together by the organising team, led by Ms Rolin Furtado, the MC for the day. Mr Wilfred Fernandes and his group provided lively music in Konkani and English, and an entertaining time was had by all - with singing, dancing & games.

Then followed the highlight of the program - the Grand Monti-Fest lunch - 'Novem-Jevon'! The traditional menu of nine different vegetable dishes, served on a banana leaf (with Mumbai-style pomfret curry thrown in for

variety!), was thoroughly relished by all!

For most KCA members, it was their first experience of Monti-Fest celebration and there were many calls to make this an annual event in the KCA Mumbai calendar! The contribution of Mr Eric D'sa, Mr Albert Machado and Ms Clara Menezes (Vice-President of the Association), ably assisted by the KCA staff, was much appreciated by all.

Among the many Aims and Objectives of the KCA, the first one reads: "To foster a spirit of union & friendship among members and others". As the gathering slowly left the venue, after a thoroughly enjoyable morning, many of the members expressed that the Monti-Fest celebration had achieved just that!! The above is one of the many initiatives that are being taken by the new KCA Managing Committee, headed by its young and dynamic President Mr. Sunil Alva

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Stereotypes and Prejudices in times of War and Peace

As I write this article one of the trending topics on social media and the press continues to be the anti-Pakistan sentiment. Post the Uri attack and then India's surgical strike much has been written and lots has been demanded of Indians.

As is always the case, people have been forced to take sides, even forced to have an opinion even if they know nothing of the matter. A kind of 'single-minded' nationalism is projected as being the only way an Indian should think and that, to put it simply means being against anyone and anything Pakistani

And here is where I beg to differ

Yes, I honour my soldiers who lost their lives and yes I respect each of those brave men and women who are guarding our borders and would like to see them safe home. And along with them I also love my country and its people enough to want a safe place for us all.

What I do not accept however is the branding and labeling of a country along with its entire people in a negative light. So negative, that a propaganda is created to malign and disrespect people who only by association and not action get pulled into its vortex.

Let me explain

I believe it is always easy to speak behind someone's back or when you do not have a relationship with that person. We are over-enthusiastic about gossiping and maligning the image of those who are not our loved ones. As long as we are not connected to that person we are fine talking negatively about them.

However, if we have a relationship with the said person and respect him or her, we will not only never speak ill about them but also ensure others don't. We even go to lengths to clear misconceptions and correct misunderstandings about that person.

About a decade ago, as a UAE resident, I had the fortune of working in organisations where people from all over the world worked together. As fate would have it, I had quite a few Pakistani colleagues, one of whom was my junior team member. As colleagues we shared work, our 'dabbas', growing up stories and family legends, and of course Hindi movies.

In all those years, in all our interactions, we never spoke of Kashmir. It never mattered. There were far more things in common between Karachi (where he hailed from) and Mumbai (where I came from) than we could ever know or imagine.

I have found this to be true in friendships and work relationships between Indians and Pakistanis of the diaspora.

I, and many other Indians like me, do not view the Pakistani as a monster or our enemy. Ironically, we have found so much in common. Incidentally I also know of Indo-Pak matrimonial alliances (love marriages of course) that have weathered many such political storms.

So how then does this 'Anti-Pak means Pro-India' stance actually help in the ongoing aggressive situation?

My opinion is – it does not. Such negative reactions do not help but hurt. These are misplaced sentiments that are purely politically motivated by those who are losing relevance or are promoting a false sense of nationalism that says, "For me to be right you have to be wrong".

... people
have been
forced to
take sides



by Maria Coelho

I can never for instance bad mouth my ex-Pakistani colleague for the Uri attack just as he cannot blame me for the surgical strikes. Our government is doing a splendid job by going out to the world leaders and pressurizing Pakistan by ostracizing and alienating them in the global forum. Our army has hit where it hurts most.

As an Indian citizen I must do my part and here's how.

- 1) Support the government and the army by positive media interactions
- 2) Understand that the 'aam aadmi' – the common man is as much a victim of the ongoing battle as much as the army man
- 3) Interact and encourage cross-border interaction with this 'aam aadmi' and discover that they are also parents, siblings, friends, children and human beings
- 4) Banning is a very abrupt, stop-gap, temporary solution. In fact losses will be of the 'Indians' more than the Pakistanis who have put in their money and created jobs for Indians right here in India.

We need to pull back and think and not simply go with the floodwaters. We must have control over our thought processes and not be swayed by propaganda. We must act responsibly and encourage a patriotism that goes a step ahead of 'rasta politics' and enter a sphere of 'humane, educated expressions'. Let the army and the government do what they must. We, the Indian 'aam aadmi' must do what we must i.e Overcome prejudices and seek Peace.

**The writer is Chief Consultant –
Almar Business Consulting)*

Paper Jewellery : New Trend This Festive Season

A lot has been said about paper jewelry in the recent past. It's a trend that has been carving its own niche slowly but surely into the lives of all jewellery enthusiasts. If someone was asked to tell, some years ago, or to mention all the words that came to his/her mind upon hearing the word 'paper,' they would have perhaps uttered words like writing, pens/pencils or notebooks. But, we all know that there are always different versions of the same truth, so it is in this case too.

For some, paper might mean all those things that were mentioned earlier but for the others it might also mean curtains, architecture (green buildings), clothes or even utensils. They



all include paper as a raw material at some level in order to complete their various projects. Paper is by nature an invader albeit a rather kind one (If such a thing does exist). It completely immerses itself with whatever it is destined to be a part of and in such an effortless manner that makes it as unnoticeable as breathing; one of the many fine qualities of paper. We all know why it has survived the test of time and will most probably do in the future also; it's not only malleable, but also revolutionary and this is the ultimate contradiction on which the paper as a raw material thrives on.

Do you flinch at the thought of wearing artificial jewellery due to allergies? Paper jewellery can be your answer, says an expert.

Why one should go for paper jewellery:

* **Non-allergic:** Many of us have sensitive skin which is allergic to metal jewellery. Paper jewellery comes to the rescue of such women. There is no dearth of options for ornaments which can be made as paper jewellery -- earrings, bracelets, brooches, and neck-pieces. Apart from just paper, beads, crystal, kundan, Swarovski and stones are used for adding beauty to paper jewellery to.

* **Creative designs:** If you're a person with even a slight artistic inclination, you can make paper ornaments on your own. Bringing out the creative side in you, paper jewellery turns out to be comparatively prettier than the normal one. Applying a bit of perfume on your paper jewellery is surely going to turn more heads than you ever expected. So, spray your favourite perfume every time you go out wearing these pieces.

* **Eco-friendly:** Paper jewellery can also be made using recycled paper -- it saves a lot of paper, and prevents the environment from being polluted.

* **Economical option:** It is less on price and light on weight. And, of course, one can always think about throwing the paper jewellery after it get worn-out or in case you get bored using it.

* **Poppy make-up:** Remember to complement your use-and-throw ornaments with apt make-up. So, adorn your lips with poppy shades like cherry red, tangerine, marsala and other poppy shades with similar coloured jewellery. Make sure to keep your eye make-up light by solely lining it with a white-liner. Or you can match your eye shadow colours with same coloured paper jewellery pieces in turquoise blue, emerald green, and khaki etc and team it with subtle lip-colours to look classy yet natural.



Paper Jewelry, Trending Heavily

Two new things have taken place recently with respect to the paper industry, one of which has already been mentioned in the first two lines of this article. The first development is the use of paper bags instead of plastics which is a much more sensible approach with respect to the environment and the second is its significant influence in the jewellery department. Believe it or not but there are actually a huge number of sites on the internet that informs its potential



readers about the jewellery making process by using paper in concise and coherent terms. Its immediate popularity on the virtual platform is actually a perfect testi-

mony of the affinity it enjoys with all the young people. Of course, dressing up is always considered to be something that people with too much time on their hands enjoy doing but what if the same people aspired to be jewellery artists? You bake the cake and you get to eat it too. Now, isn't that everybody's ultimate dream? One not only gets to make the particular jewellery but also gets to wear it? And, that too something as fun, unique, creative as Paper Jewellery; bring it on. So, not only making and wearing paper jewelry is a fun thing to do but it also represents the said person's individuality to a certain degree and his/her sense of style.

The Kind Of Paper To Be Used

Jewellery artists use all kinds of paper to achieve their ends; be it tissue paper or old magazines and newspapers. Some even use gift wraps and the more courageous ones go as far as making their own paper by colouring and patterning it with bright, vibrant shades of red, yellow, orange and green, thus taking the word 'creativity' to a whole new level. Sometimes it's not just the old recycled paper you find at your house; some artists actually prefer buying their kind of paper from a nearby stationary store. So, the nicest thing about this piece of raw material (paper) is that not only is it affordable, but it's also something that's easily available. One doesn't really have to sweat it to procure their kind of paper, well, not that much at least.

Of Paper and Paints

While paper is without a doubt the most important product to have when one is attempting his/her hands with paper jewellery, it's not the only thing. Apart from paper, it's advisable to keep nail paints and other attachments like beads, plastics and crystals within close quarters of the working area. First, let's focus our attention on nail paints; any shade will do, the brighter, the better. Artists generally advise to use nail paints to add that extra punch of shine and glaze to the entire mix and also, it supposedly helps to seal the loose ends of a particular piece of jewellery that you are trying your hand at. As far as the beads, plastics and crystals go; they bring their own flavour to the jewellery when they become a part of it and a little bit of bling has never harmed anyone.

Longevity

It is true that paper jewellery is the newest and coolest thing on the block as far as accessories go but nothing in life is forever and so is the case with paper jewellery. The most obvious thing to do if you want to protect your paper jewellery is not to let it get wet, at all. And, it generally tends to wear out if you use it too frequently,



so that is another negative. Apart from that, paper jewellery is pretty much indestructible. Just by following these Don'ts, one can successfully increase the life of his/her jewellery.

Easy To Make

There are other benefits to using and making paper jewelry apart from the ones that have been previously listed in this article; its one of the easiest things to create and you can be as creative with it as you like. For instance, making a paper ring involves a process which goes by the technical term of 'quilling' in which the paper to be used is wrapped around a needle and then after you have rolled and folded the thing a sufficient number of times, the ring is ready to be worn.

The really interesting part about paper jewelry is that its significant raw material that is paper, is something that is easily available (be it at home or in the market place). Another thing to note about it is that we have all had some amount of experience in our lives with it, in some form or the other. Plus, they are colourful and fun and easy to modify, all you have to do is some amount of cutting, folding and sewing; something which again we are all quite familiar with. The beauty of the paper lies in its simplicity.

Remember a time, not long back ago, when paper-Mache was really in vogue? Well, now its reigning time for Paper Jewellery. And, it is highly plausible when a time will come that people will mostly wear all things paper, especially in the jewellery department and why not? It is after all eco friendly. Anything to protect Mother Earth and her surroundings!

Learn the art of making Paper Jewellery or Paper Quilling.

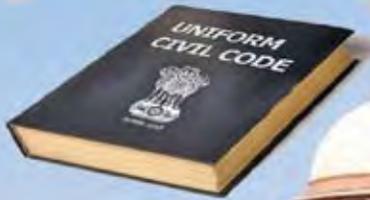
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Unity OR Uniformity?

... Is our country a mosaic of many colours, and a bouquet of several fragrances? Or is it a “one size fits all” like the RSS uniform that has been altered slightly from half pants to full length ones? ...

School children wear uniforms, because they are vulnerable and impressionable; hence need a distinct identity and protection. However, when they grow into critically aware young adults entering college, they abandon their school uniforms. College campuses are a riot of colour, after the staid straight jackets of school kids.

Is our country a mosaic of many colours, and a bouquet of several fragrances? Or is it a “one size fits all” like the RSS uniform that has been altered slightly from half pants to full length ones?



by **chhotebhai** *

There is much talk of Article 44 of the Constitution, that very matter of factly states in just one line that “The State shall endeavour to secure for the citizens a Uniform Civil Code (UCC) through out the territory of India”. This comes after other Directive Principles like equal pay for equal work, ownership and distribution of material resources, health of workers etc (Art 39). What we are not hearing in public debate is that these Directive Principles are not enforceable by any court (Art 37). Are they then just pious intentions? How then can a court adjudicate on the issue of triple talaq by seeking refuge in Article 44 aforesaid? We are also not being told that the Supreme Court has in Pannalal Bansilal Patil vs State of AP (AIR 1996 SC 1023) held

that the implementation of the UCC “should not be counterproductive to the unity of the nation”.

By initial accounts one would dare to say that the proposed UCC is having more of a divisive than a unifying effect. India has the second largest Muslim population in the world, after Indonesia. But it has remained relatively unscathed by Islamic radicalisation, precisely because we have respected unity in diversity, and allowed each community to evolve in its own way. Forcing the UCC down peoples’ throats would have the same effect as banning the burqa in France. It only added to the polarisation and radicalisation. Sometimes it is better to leave well enough alone.

I have studied the 16 point questionnaire published by Justice B.S. Chauhan, Chairman of the Law Commission of India this 7th October: giving just 45 days to respond. The questionnaire raises the issues of marriage, divorce, adoption, guardianship and custody of children, maintenance, succession and inheritance laws. It also has queries about triple talaq, polygamy, polyandry, women’s rights, social justice, waiting period of two years for a Christian divorce, inheritance rights for Hindu women, common grounds for divorce, compulsory registration of marriages, inter-religious and inter-caste marriages, and infringement of religious freedom.

Phew! That’s a long wish list, covering a vast swathe of the nation’s social fabric. Given that there are hundreds of languages and dialects in India, there is vast ethnic diversity from State to State, caste to caste, or of different tribes; are 45 days enough to address all these issues? The Law Commission would require at least a year to get feedback from the ground level up, and not just from a handful of mahants, mullahs, granthis and bishops. There are a plethora of existing laws for various communities. Can all these be wished away with one fell stroke of the UCC? Are we hyping up the UCC as a simplistic solution to all that ails us, just as we did a few years ago about the Lok Pal Bill that has since been consigned to the dustbin of history?

Christians have been the worst sufferers. Till a recent enactment in parliament, they were the only ones that had to spend a huge sum of money as per the provisions of the Transfer of Property Act, to probate a Will. Despite looking after the most orphans, they had no right to adopt, until a recent amendment to the Juvenile Justice Act. They were the only ones who had to go to the High Court for ratification of a decree of divorce under the Indian Divorce Act of 1869 (till an amendment in 2001). Again, ironically, the Catholic Church, in its Code of Canon Law states that it subjugates itself to “the competence of the civil authority in respect of the merely civil effects of marriage” (Can 1059). This is reflective of what the Lord Jesus himself earlier said, “Give to Caesar what is Caesar’s, and to God what is God’s” (Mat 22:21).

I would conclude with an option expressed in the last question of the questionnaire; that a codification of various personal laws would be better than trying to impose the UCC. After all we are adults that seek unity, and not children that need uniforms. We need reforms instead.

** The writer is a former National President of the All India Catholic Union*



Devotion Links Us Closely With God



BY MELVYN BROWN

With devotion to follow Jesus Christ is a vocation. In order to sustain this holy way of life in devotion one should spend a short while in meditation, prayer, attend Mass and receive communion. God gives us enough grace to exercise whatever is our spiritual direction. In a true sense He permits us to nourish piety for the growth of personal devotion.

Saint Thomas wrote about devotion in a very positive manner, determined to establish the state of the soul as a kind of act doing service to the Creator. St. Thomas shows us the way in which devotion draws us all towards almighty God.

In St. Thomas' book, *Summa Theologiae*, 2-2, q 82,a.1. It is stated :

"Devotion is derived from devovere (to vow or to devote oneself). Consequently those persons are said to be devout who in some way devote themselves to God in order to subject themselves wholly to Him Hence devotion is evidently nothing else but the will to give oneself readily to matters related to the service of God... now it is clear that the will to do readily what concerns the service of God is a special kind of act. Therefore, devotion is a special act of the will."

The laity in the fellowship of Christ promise other forms of devotion. It differs in application often in proportion to the individuals work and what could be in line with the person's spiritual level of growth. The lay person shows devotion in prayer, sacrifice and voluntary self-denial.

St. Thomas had made a bold attempt in his repeated references to devotion and the religious. Their understanding of devotion is unquestionable and genuine. Religious have a better and straightforward knowledge of devotion.

Devotion and prayer are part of the virtue of faith. Prayer imparts reverence to the Father while devotion subjects the will to proclaim the desire to stay close to God.

The Catholic laity, however, in the center of a humanity drowning in sin turns to prayer and devotion for God's compassion and mercy. Jesus saves them, cares for them and always opens his heart to man's desire for refuge and comfort.

Devotion to the lay person simply means turning to God in supplication, prayer and with pious belief that He will show succor for their tribulations. The religious have the greatest gift, God sends them in the form of spiritual guides, to brave the storms of life in each step of their priestly and religious growth.

The Rosary, retreats, meditation and prayers are promising avenues to assist in turning to God. From novices, seminarians, religious superiors and

others in the vineyard are all able to nurture and reach out to God seeking His love and fullness of mercy.

In a united embrace of God's trust, the history of Christianity has made a clear statement that devotion and prayer is the balm for returning to the one true faith in our Lord Jesus Christ. We transform in Him and through Him we receive justice. To escape the cycle of suffering man must accept the cross of Christ and the gift of His spirit by devotion and worship in prayer.

Finding God's will and knowing how to make devotion fruitful are both obvious; abide in obligations and in obedience. For priests, religious and the pious laity the cultivation of spiritual exercises is essential in a holy life. Serve Christ in His Church with devotion.

The laity, as I imagine have a vocation within a vocation: to serve God according to His will and to share and care for others through Christ as the touchstone.

When Barnabas, the apostle came to Antioch and saw how the grace of God had harvested a proud pastoral field of faith, he spoke in joy: "Remain faithful to the Lord with steadfast devotion". (Acts.11:23).

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Be Rich only if you are in the state of Happiness

by Roy Rogers

Depression, gloom, misery, pain, sadness, sorrow, unhappiness, woe and other situations that show on you whilst you are alive and living will attract poverty of many a type at a time when everybody is trying to get rich and become worthy of a good, comfortable life. A sad countenance allows the world to see you as an unfortunate being wanting something or the other which you cannot afford to have for yourself. The wealth of the world bypasses you, you become a social outcast, you are kept in refrain from all those who were otherwise socially connected. And all this because you carried with you this

Picture perfect facia and extended it with body language to tell a story you on purpose would like the world to know. Some perverted human being you have become to stay that way. The most important reaction to all this is you become poor. Poor in every thing. Your finances, your health, your social responsibilities, your everything and sundry. Actually look sad and disheartened carrying gloom with you and you will actually become bankrupt and a beggar. Because Happiness only attracts money, good tidings to flow to you, to stay healthy and to have the benefit of having other human beings want you for being yourself in a happy state. No body wants even wants a free ride with a being with a sad personality. Please note that here is a strong correlation between money and happiness. Of course, money does not bring that bouquet of happiness. It is the other way around, Happiness brings money!

Study the guy down the road who is a ban who you see as living in abundance and you will see him as a happy fellow. The Universal Intelligence and the Source of All Energies that we call God wants you to really, really understand that you, yourself are the creator of your own happiness. Hap-

piness is an emotion. An emotion is a God given attribute designed to fulcrum the soul which is the creator attractor into arriving at a decision as to how much impetus you are giving the though in process. Be it happiness or be it sadness. You can have an emotional experience in sadness much to the detriment of yourself and see a downhill cycle ride ...thrilling at first but then there are no speed breakers along the way. In the corollary, you can decide to be happy now and that is exactly what we all want. So route for it. Don't worry be happy.

You do not need money to be happy. And if you have the bounty of gold and silver and still feel unhappy, forlorn, dejected and like a sxxx house it is presumed that you are not in thanksgiving and gratitude for what you have and be aware that so much will be taken away from even the little or lots of it that you have. The truth is that when you are happy money is a secondary implement of furthering your worldly escapades into anything beneficial to you.

When do I have to feel happy. Every single moment of your God given life because the Universal intelligence is continuously working in you and the soul reflects happiness like a personal sun where even in the warmth of it's

hottest rays there is brightness and a duel to fight the dark is continuous.

The present moment is when you are to be happy. You are in possession of the 'now' of this moment as you read this article. Be happy right now. Cultivate a happy disposition towards the presence of the 'now'. Do not settle for anything less than the 'now'. Choose to feel the way you want to feel 'now' Right 'now'. And the secret is you will be able to attract everything that you want as you achieve the manifesting power which is your secret and the modus operandi to get to it is entirely your copyright.

The secret now extends itself in meaning. The person being you, yourself, is in tandem with the time you are living in and that is the 'now' You are an emotional human being as you are meant to activate the process of wanting or not wanting and the only moment you have is the 'now'. The secret becomes more mature and dynamic in application as you manifest first in the emotional of the 'now' and then

See how it proclaims itself in the outer world as if by magic. You are the magician. You are now at liberty to have an audience as the show must go on. Make happiness a box office hit, Do it in the NOW.

Thanksgiving



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

—Mrs Maria S. D'Souza, Dadar



Vodafone Foundation

Pope Francis met with directors of "Vodafone Foundation" (a telecom. giant) on Tuesday Oct. 4th, 2016; and gave a 'thumbs up' to the group's initiative – "Instant Schools for Africa"! This is the largest philanthropy in the company's 25-year history. UNESCO research found that 59 million children aged 06-11 years were out of school in 2013, with 30 million of them living in Sub-Sahara Africa.

Digital learning materials provided via mobile networks offer a cost-effective alternative to conventional teaching aids, such as textbooks, exercise sheets and classrooms. In March 2015, Vodafone announced the creation of the "Instant Classroom – Digital School in a Box" - a portable unit!

"Vodafone Foundation India", recognizes the power of mobile technology to address some of India's most pressing challenges relating to education, health, women's empowerment and agriculture – "We are committed to enable people to dream innovations, dissipate knowledge and derive shared values to improve lives. We work in partnership with key charitable organizations, development agencies, NGOs and government structures, to drive social change on a large scale. As part of our social investment programme we also focus on disaster relief and employee – employer relationships.

As part of its community propaganda, the 'Vodafone Foundation' has published a Coffee Table Book – which relates the incredible stories of "60 Women of Pure Wonder" – from rural and urban India. Vodafone director, Andrew Dunnett revealed: "Education is a powerful antidote to poverty." And if I may supplement: "Train up children in the way they should go; then even when they grow old, they will not depart from it" (Proverbs 22:6).

—Dr. Trevor Colaso

Christian leaders pledge to support Indian government

New Delhi: Indian Christian leaders have extended their support to the Hindu nationalist federal government to help in the country's development.

Some 1,000 Christians leaders told the Indian federal Home Minister Rajnath Singh Oct. 14 in New Delhi that the community did not indulge in any kind of "forced or fraudulent" religious conversions, that Hindu extremist groups cite as reason for anti-Christian violence.

Singh assured them that "religious persecution will not be allowed in India at any cost" and that the government cannot ignore the Christian community's contribution to the country.

Goans Celebrating World Goa Day in Doha on Oct 21

The Goan Welfare Association (GWA), one of Qatar's leading and most notable community associations, all set to celebrate World Goa Day 2016 with traditional pomp and splendour at the Mercure Grand Hotel, pool-side area on 21st October 2016 from 12.30 pm onwards. The Goans and Konkani speaking community members of all ages and classes will be celebrating Goa with culture, cuisine, customs, music and language on World Goa Day 2016, thus making the annual event a huge success as always.

Priest donates \$250,000 prize money to Catholic school

West Virginia, US: A Catholic priest donated the \$250,000 prize he won

on the show Who Wants to Be a Millionaire to the Catholic school that he himself studied in. Serving as the parish priest of All Saints Catholic Church in Bridgeport, Father Bill Matheny had been trying to get on the show for 17 years. Last summer he got his shot to be a millionaire. Fr. Matheny made it to the \$500,000 question, but was unsure of the answer and chose to instead walk away with \$250,000. Later, the show revealed he would have been correct had he guessed. However, Fr. Matheny is far from disappointed. The priest is happy he can still donate a sizable amount to his childhood school, St. Francis of Assisi School in St. Albans, West Virginia.

Where Marriages are made by Aadhar Card...

Aadhar card is mandatory for several govt schemes these days. Now, a temple in Almora has taken it a step further. Anyone who wants to get married at Golu Devta temple will now have to first show his or her Aadhaar card to the priests. The move, say temple priests, will help them check incidents of child marriage at the temple. "Driving licence or PAN cards don't work here because, Aadhaar cards provide more background info about a person", the priests says. The temple is extremely popular with young couples and at least six marriages are solemnised here every day and nearly 400 every year. In such a scenario, priests say, it gets extremely difficult to carry out a background check on each and every couple. That is why they are insisting on Aadhaar cards. Youngsters from Nepal, mostly underage, come to this temple to get married. Now, that producing an Aadhaar card is mandatory, the temple believes it'll be able to check this trend.

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How long one can live?

Humans are unlikely to live longer than 125 years old and even advances in medical sciences will not break through the barrier, a huge study has concluded.

Since the 19th century average life expectancy has risen almost continuously, with a baby born today expected to live until 81, compared to just 50 years in 1900.

The march of improvement in longevity led many scientists, such as Harvard's Prof David Sinclair, to speculate that there is no upper limit on how long humans can live for.

But a new study suggests that the upward trajectory does have a ceiling, and we have already hit it.

Scientists at the Albert Einstein College of Medicine, in New York, believe that human life expectancy probably peaked in

1997 with the death of the world's oldest woman Jeanne Calment, who died age 122.

In the last two decades, the age at which the oldest people die has largely plateaued around 110, and, despite astonishing scientific advance, nobody has beaten Calment's record. The oldest person alive today is Emma Morano, 116, an Italian who was born in 1899 although an Indonesian man claims to be 145.

The researchers believe that imperfections in the copying of genes will always mean there is finite limit to human life. The claim that 125 years is the limit of human lifespan and the chance of a supercentenarian passing that is just one in 10,000.

"Demographers as well as biologists have contended there is no reason to think that the ongoing increase in maximum lifespan will end soon," said senior author Dr Jan Vijg, professor of genetics at Albert Einstein.

"But our data strongly suggest that it has already been attained and that this happened in the 1990s.

"Further progress against infectious and chronic diseases may continue boosting average life expectancy, but not maximum lifespan.

"While it's conceivable that therapeutic breakthroughs might extend human longevity beyond the limits we've calculated, such advances would need to overwhelm the many genetic variants that appear to collectively determine the human lifespan.

"Perhaps resources now being spent to increase lifespan should in-

stead go to lengthening healthspan - the duration of old age spent in good health."

Dr Vijg and colleagues analysed information from the Human Mortality Database, which compiles mortality and population data from more than 40 countries.

Since 1900, the number of people surviving past 70-years-old has been increasing which has led to a surge in life expectancy. But when the researchers looked at survival improvements since 1900 for people aged 100 and above, they found that gains in survival peaked at around 100 and then declined rapidly, regardless of the year people were born.

The team then looked at data from Britain, the US, France and Japan from the International Database on Longevity, and focussed on those who lived till 110 or older.

Age at death for these supercentenarians increased rapidly between the 1970s and early 1990s but reached a plateau around 1995 at 110. This plateau, the researchers note, occurred close to the death of Calment in 1997.

The age that Calment died, 122, is very close to that predicted by the Hayflick Limit, which suggested that there was a finite number of times that a normal human cell population could divide before stopping.

In 1960 US anatomist Leonard Hayflick said that humans could not live beyond 120 based on the speed at which telomeres - the protective caps on the end of chromosomes de-



"Keep a quiet heart, sit like a tortoise, walk sprightly like a peacock and sleep like a dog." This is the advice the 256 year old man (Li Ching Yuen) gave a few months before his death.

teriorate.

However Prof Sinclair, of Harvard University, who is renowned for saying there is no upper limit to human life, said that science was moving so quickly that it still may be able to live far longer.

"New technologies to enhance our body's defences against aging have been made in labs throughout the world that could break through this apparent limit to human lifespan," he said.

"In 1900, it would have been difficult to predict the impact of antibiotics."

Prof David Melzer at the University of Exeter said the limit appeared 'sensible.'

The new research was published in the journal Nature.

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Inspiration!

Amazing Benefits of Clapping

“Clapping” a Simple Striking of Hands but it’s much more than you Think. Normally People clap to Appreciate others for their Good works and achievements or when they are in mood of Joy. People also Clap while Singing songs.

Clapping” isn't a Simple Striking of Hands but it’s much more than you Think. It is Scientifically proven that Clapping is very effective Exercise to cure many Human Diseases. Clapping activates the Receptors in the Palms and cause activation of the large area of the Brain which leads the improvement in Health.

Clapping is associated with all good things in life – promotions, good grades, celebrations, and more.

Clapping therapy

There are 39 different Acupressure points for almost all Organs on our Palm which are activated by Clapping and this action improves Your Health slowly but effectively. These points have direct connections to different organs of the body, which means we can stimulate these pressure point to alleviate pain in different body organs.

Acupressure points

Five points are triggered while clapping:

- * Hand valley point
- * Base of thumb point
- * Wrist point
- * Inner gate point
- * Thumb nail point

Health Benefits

- Gout is a common problem with Old age People and can be easily cured by Clapping.



- Helpful for Patient of Low Blood Pressure.
- Clapping removes the obstacles from the Main and Collateral Channels and keeps You Fit and Healthy.
- Provides relief from back, neck and joint pain.
- Clapping is an effective Medicine for the Person who suffers from Digestive Disorder.
- Half an hour of daily clapping helps those suffering from diabetes, arthritis, hypertension, depression, chronic headaches, common cold, insomnia, eye problems and hair loss.
- People living in air-conditioned houses and working in offices who do not sweat at all should practice clapping therapy as it would help blood circulation in the body and cleanse it fully.
- Clapping hands will help you a lot to get relief from heart disease and asthma related problems.

An important tip
One should apply coconut, mustard oil or a mix of both oils on the palms so it will be absorbed by the body. Wear socks and leather shoes to prevent any leaking of the energy waves generated in the body. Clap at least for 10 to 20 minutes everyday for a naturally improved health.

- It helps a lot in nerves which connects heart, liver, lungs and so on, if you clap your hands it helps nerves to work better.

- It boosts your immunity because it strengthens the white blood cells in your body; these protect your body from any kind of illness.

- It helps to increase skills in children and improve their academic performance. It improves their handwriting and reduces spelling errors.

- Clapping stimulates blood circulation and removes all obstructions in the veins and arteries, including bad

cholesterol.

- Clap your hands every day for an hour after meal. You will feel warmth and may be even sweat on both your hands and feet.

Clapping Technique

Strike both hands against each other, right to left, keeping them straight facing each other and the arms a little loose. Fingertips and the palm of each hand should strike each other. This therapy is advisable in morning hours to get maximum results.

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6605. MUMBAI : Gujarati RC Divorcee, (Born in June 1963), Ht. 5' 11", Wt. 85 kgs, Wheatish Complexion, Edn. B.Com., working as a Sr. Accountant. Contact email : parmar777@gmail.com OR 9987050500

6584. MUMBAI : Mangalorean RC Divorcee, (Born in October 1978), 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.

6583. MUMBAI : Mangalorean RC Bachelor, (Born in June 1987), Ht. 5' 6", Wt. 70 kgs, Wheatish Complexion, Edn. MBA Finance, Working as an Asst. Manager in reputed private bank. Contact email : alliancesraph@gmail.com OR 9619370997.

6544. MUMBAI : Mangalorean RC Bachelor, (Born in June 1986), Ht. 5' 11", Wt. 80 kgs, Fair Complexion, Edn. B.Com., + Diploma, working on Cruise Ship. Contact email : roshandsouza412@yahoo.com OR 8652883768

6581. MUMBAI : Goan RC Bachelor, (Born in July 1981), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, 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

6579. MUMBAI : Roman Catholic Bachelor, (Born in August 1985), Ht. 5' 9", Wt. 72 kgs, Wheatish Complexion, Edn. HSC., & Diploma, Working as a S. Bartender. Contact email : rahulf28@yahoo.com OR 8424807835

6576. MUMBAI : Mangalorean RC Bachelor, (Born in october 1966), Ht. 5' 8", Wt. 69 kgs, Wheatish Complexion, Edn. SSC., having own business. Contact email : pauld'souza@ccicindia.com OR 9821865220 / 9821651505

6575. MUMBAI : Goan RC Bachelor, (Born in May 1973), Ht. 6' 4", Wt. 98 kgs, Wheatish Complexion, Edn. HSC., working as a Steward in Oil Tanker - Foreign Ship. Contact email : 285vvictor@gmail.com OR 9145030628

6567. MUMBAI : Mangalorean RC Bachelor, (Born in April 1977), Ht. 5' 11", Wt. 70 kgs, Fair Complexion, Edn. MBBS, DNB, Orthopaedic Surgeon Doctor by profession. Seeks a suitable match preferably Doctor. Contact email : roshan.nazareth@gmail.com OR 9323541575 /

9892820018

6551. MUMBAI : Goan RC Bachelor, (Born in February 1959), Ht. 5' 7" Wt. 60 kgs, Fair Complexion, Edn. SSC., having own business. Contact email : pearlfernandes81@yahoo.in OR 9869557072 / 8291403075

6540. MUMBAI : Mangalorean RC Bachelor, (Born in July 1980), Ht. 160 cms, Wt. 59 kgs, Wheatish Complex ion, Edn. MBA Finance, working as a Asst. Manager in Bank. Contact email : h.austin.saldanha@gmail.com OR 9833280399

6549. MUMBAI : Tamilian RC Bachelor, (Born in December 1983), Ht. 5' 10" Wt. 72 kgs, Tan Complexion, Edn. MBA (ICFAL), working as a AVP in Citi Group Chennai. Contact email : ponsil@rediffmail.com OR 7829388114

6547. MUMBAI: Keralite+ Mangalorean RC Widow, (Born in July 1959), Ht. 5' 11", Wt. 75 kgs, Wheatish Complexion,Edn. SSC, working for Dimond Company as a Assorting Diamond. No encumbrance, having own Flat. Seeks a simple and poor girl. Contact Mob: 9821078194.

6564. DUBAI: Mangalorean RC Bachelor, (Born in November 1987), Ht. 179 cms, Wt. 78 kgs, Wheatish Complex ion, Edn. Mechanical Engineer, working as an Engineer. Contact email : godfreyjoelfernandes@gmail.com

6562. MANGALORE : Mangalorean RC Bachelor, (Born in November 1981), Ht. 5' 7", Wt. 58 kgs, Wheatish Complex ion, Edn. PUC + Computer diploma, having own business in **ABROAD**. Contact email: melvin6680@gmail.com OR 0546934687

6561. MUMBAI : Mangalorean RC Bachelor, (Born in June 1983), Ht. 5' 8", Wt. 71 kgs, Wheatish Complexion, Edn., M.Sc., working as an Account Manager in **ABU DHABI**. Contact email : proposal.ashish@gmail.com OR 9819707542

6559. MUMBAI : Goan RC Bachelor, (Born in July 1985), Ht. 5' 8", Wt. 80 kgs, Wheatish Complexion, Edn. XII, working on Cruise Ship. Currently he his in Mumbai Contact immediately. Contact email : mascarenhas_k@ymail.com OR 9867331248

6558. KUWAIT : Goan RC Divorcee,

(Born in January 1982), 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

6534. MANGALORE : Mangalorean RC Bachelor, (Born in March 1980), Ht. 5' 8", Wt. 69 kgs, Handsome, Fair Complexion, Edn. B.A., Having own business and accommodation. Contact email : proposal564@gmail.com OR 9535051204

6533. MUMBAI : Goan RC Bachelor, (Born in April 1983), Ht. 5' 8", Wt. 69 kgs, Fair Complexion, Edn.B.Com., Wheatish Complexion, Working with Disney Cruise line, Well settled. Contact email : joseph_almeida15@yahoo.in OR 9892581515 / 98338 31515

6531. POONA : Tamilian RC Bachelor, (Born in May 1975), Ht. 6', Fair Complexion, Handsome, Edn. M.Com., Having well established business. Contact email : tony137@rediffmail.com OR 9552148871

6526. DOHA QATAR : Mangalorean RC Divorcee, (Born in September 1982), Ht. 5' 10", Wt. 75 kgs, Wheatish Complexion, Edn. MBA, PGDM, having decent job. Contact email : secondsairik2016@gmail.com OR Phone: 0097466710060

6515. MUMBAI : East Indian RC Bachelor, (Born in June 1989), Ht. 5' 7", Wt. 64 kgs, Wheatish Complexion, Edn. P.G.D.B.M., working as a H.R. Contact email :leo.rglobus@gmail.com OR 9324900279

6508. MUMBAI : Mangalorean RC Bachelor (Born in October 1986), Ht. 5' 10", Wt. 80 kgs, Fair Complexion, Edn. B.E.. working as a Asst. Manager in German Company. Seeks a tall, well educated homely Mangalorean girl. Contact email : colind.3010@gmail.com OR 99200 63946 / 98203 73826

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6606. MUMBAI : Mangalorean RC Spinster, (Born in September 1989), Ht. 5' 5", Wt. 55 kgs, Fair Complexion, Edn. BDS., MDS., Doctor by profession. Contact email : florinelobo26@gmail.com OR 9892458811

6604. MUMBAI : Mangalorean RC Spinster, (Born in 29-11-1981), Ht. 5' 5", Wt. 70 kgs, Wheatish Complexion, Edn. S.Y. B.Com., working in Dubai. Contact Mob.: 9820733952

6603. MUMBAI : Roman Catholic Spinster, (Born in 26-5-1975), Ht. 167 cms, Wt. 55 kgs, Wheatish Complexion, Edn. B.A., & Diploma in Export, working as an Export Admin. Secretary, Contact email: sindhupatil75@gmail.com OR 9967587925

6602. MUMBAI : Mangalorean RC Spinster, (Born in 2-7-1981), Ht. 5' 3", Wt. 68 kgs, Wheatish Complexion, Edn. B.A., working as a Trainer. Contact email : charlottesimpleindian@hotmail.com OR 9819319016

6601. MUMBAI : Mangalorean RC Spinster, (Born in 29-3-1989), Ht. 5' 2", Wt. 62 kgs, Fair Complexion, Edn. ICWA, Working for Finance Industry. Contact email : jenniferabreo29@gmail.com OR 9819425214

6600. MUMBAI : Mangalorean RC Spinster, (Born in 15-8-1989), Ht. 5' 3", Wt. 60 kgs, Wheatish Complexion, Edn. MBA, working as a HR Executive. Contact email : britto_leena@hotmail.com OR 9819518290

6599. MUMBAI : Goan RC Spinster, (Born in 15-9-1980), Ht. 5' 5", slim, young and good looking, Edn. B.A. + Music Exams, Teacher by profession. Seeks a well settled tall bachelor. Contact email : septsmile3@gmail.com OR 9819161604

6592. MUMBAI : Mangalorean RC Spinster, (Born in October 1989), 5' 3", Wt. 50 kgs, Wheatish Complexion, Edn. M.Sc. Microbiology working for Pharmaceutical Company. Contact email : mili.ferns123@gmail.com OR 9769545791

6591. MUMBAI : Maharashtrian RC Spinster, (Born in October 1988), 5' 4", Wt. 58 kgs, Wheatish Complexion, Edn. Master of Management Study, working as an Asst. Professor. Contact email : geo8747@gmail.com OR

9533194951

6582. MUMBAI : Mangalorean RC Spinster, (Born in October 1990), 5' 1", Wt. 56 kgs, Wheatish Complexion, Edn. B.Com., working as Coordinator, Seeks a suitable match. Contact email : btorres756@gmail.com OR 9920799596.

6580. MUMBAI : Mangalorean RC Spinster, (Born in January 1982), 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

6578. MUMBAI : Goan RC Spinster, (Born in May 1985), Ht. 5' 5", Fair Complexion, Edn. Under graduate, working as a Customer Support staff. Contact email : jasgemini2011@hotmail.com OR 8806747942

6577. MUMBAI : Roman Catholic Divorcee, (Born in April 1989), Ht. 4' 10", Fair Complexion, Beautiful, Edn. Dip. in HM & Bakery, working as a Cashier / Ordertaker. Contact email : nshksp@gmail.com OR 9833845074

6574. MUMBAI : Mangalorean RC Spinster, (Born in September 1990), Ht. 5' 5", Fair Complexion, Beautiful, Edn. B.Com., MBA, PGDM, working for Multinational Company. Contact email : roshanmehra@hotmail.com OR 9920730516

6570. MUMBAI : Mangalorean RC Spinster, (Born in December 1991), Ht. 5' 3", Wheatish Complexion, Edn. BBI, P.G.D.M. (H.R.), working as an Asst. Manager H.R. Contact email : venita.sal@gmail.com OR 8108113888

6569. DUBAI : Mangalorean RC Spinster, (Born in May 1985), Ht. 5' 2", Wheatish Complexion, Edn. MBA - Finance, working as an Accountant in a private sector firm in DUBAI. Looking for a RC alliance preferably working in UAE. Contact email : saldanha.leena7@gmail.com OR 00971-526649919, 0091-9967816258 / 0091-9167361924

6568. NEWYORK : Mangalorean RC Spinster, (Born in December 1990), Ht. 157 cms, Wt. 60 kgs, Fair Complexion, Edn. M.S. in Computer Science (USA), working as a Software Engineer. Seeks a similar qualification, having HIB Visa and working in USA below 30 years. Contact email : joymachado312@gmail.com OR 9869064165

6566. DUBAI : Mangalorean RC Spinster, (Born in September 1986), Ht. 5' 5", Wt. 55 kgs, Wheatish Complexion, Edn. M.S. in HR, working as a Admin. Exec. (HR) seeks a Mangalorean bachelor preferably Postgrad./MBA/BE., Contact wedd_prop@hotmail.com OR 9892656367

6565. MUMBAI : Mumbai broughtup Keralite Anglo Indian Spinster, (Born in May 1988), Ht. 5' Wt. 48 kgs, Wheatish Complexion, Edn.

B.Com., working as a Computer Operator. Contact email : elenarosedcosta@gmail.com OR 9881422683

6563. MUMBAI : Mangalorean RC Spinster, (Born in August 1990), Ht. 5' 5", Wt. 60 kgs, Fair Complexion, Edn. MBA Marketing, working as an Analyst, Contact email : noreen13nov@gmail.com OR 9004572793.

6560. MUMBAI : Mangalorean RC Spinster, (Born in December 1986), 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

6557. BANGALORE : Mangalorean RC Spinster, (Born in August 1989), 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

6556. BANGALORE : Mangalorean RC Divorcee, (Born in July 1988), Ht. 5' 5", Wt. 55 kgs, Fair Complexion, Edn. M.C.A., working as a Software Engineer with Reputed IT firm. Contact email : dsoupri@gmail.com OR 9740552806

6554. MUMBAI : Goan RC Spinster, (Born in May 1987), Ht. 5' 4", Wt. 75 kgs, Wheatish Complexion, Edn. MBA (HR), Contact email : joaquimropose82@gmail.com OR 9869940730

6550. PUNE : Mangalorean RC Spinster, (Born in November 1989), Ht. 5' 5", Wt. 85 kgs, Wheatish Complexion, Edn. MBA in Human Resources, working as a HR. Contact email : mdsouza22@hotmail.com OR 09850056631

6548. MUMBAI : TAMILIAN RC Spinster, (Born in December 1986), Ht. 5' 5", Wt. 66 kgs, Wheatish Complexion, Edn. PGDBM NMIMS, working as a Manager. Contact email : prabha.nadar@hotmail.com OR 9819818741

6545. MUMBAI : Mangalorean RC Spinster, (Born in October 1989), Ht. 5' 8", Wt. 65 kgs, Fair Complexion, Edn. MBA Finance, working as a Financial analyst. Contact email : elveera.26@gmail.com OR 9004982464

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Unfailing Prayer to St. Anthony



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

—Mrs J. Sequeira,
Santa Cruz (W)

PRAYER TO THE HOLY SPIRIT



“Holy Spirit, thou who makes me see everything and shows me the way to reach the ideal. You who gives me the divine gift to forgive and forget the wrong that is done to me and are in all instances in my life with me. I, in this short dialogue want to thank you and confirm from you once more that never want to be separated from you, no matter how great the material desire may be. I want to be with you and my loved ones in your perpetual glory. Amen”.

— M. S. F.

Altina Awards Function 2016

Altina Securities as a part of its corporate social responsibility (CSR) has been playing a very active role in focusing on its twin objectives of promoting financial literacy and entrepreneurship both at the start up level and scale up level.

The primary objective is to educate aspiring entrepreneurs about entrepreneurship and motivate them to establish their own ventures. The mentoring sessions organized are addressed by eminent entrepreneurs and industry leaders encouraging aspiring entrepreneurs to pursue the path of entrepreneurship

An entrepreneur’s journey commences with a small investment, the vision to dream big and the courage to face seemingly impossible hurdles. There are entrepreneurs who

have made the impossible possible and have translated big dreams into reality and also have the potential to create world class enterprises.

The Altina award function 2016 held in Mumbai recently was aimed to felicitate chosen entrepreneurs who deserved the honor to be showcased as role models to aspiring entrepreneurs.

The Altina Entrepreneur Excellence Awards 2016 was awarded to Harshad Thakkar- Ashapura Intimates Fashion Ltd, Thomas Pinto- Seven Islands Shipping Ltd., Nisha Lobo - Alex Machine Tools Pvt Ltd, R.K Rubin - Transcon Freight System Pvt Ltd., Arun Monga - Monga Strayfield Pvt Ltd., Vincent Mathias - Vel-Vin Packaging Pvt Ltd and C.A Anto - Terminal

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16th Bi-Annual North East Diocesan Fraternity Meet

“Priests are expected to be **Role Models** to their people. By being so, they can transform the lives of their people, particularly the Catholic youth, more especially of the North East region,” said Mr Ronnie V. Lyngdo, Minister for Urban Affairs, Arts & Culture, government of Meghalaya. He was speaking as the Chief Guest, at the inaugural session of the 16th General Convention of the Diocesan Fraternity of North East India (DFNEI), held at Nongstoin, with the theme: **Diocesan Priest-- An Apostle of Mercy in Pastoral Ministry.**

Founded in 1980, with the goal of promoting solidarity and fraternal concern among the diocesan Priests of the region, and to assist them in their journey towards priestly holiness, the DFNEI members meet bi-annually in one of the N.E. dioceses.

Nearly 120 Priests from the different dioceses participated in the Convention, which began on 4th October and ended on 6th inst. The inaugural session, this year, was a feast to the eyes and ears to the Catholic Community of Nongstoin, which came together

to felicitate and to pray for their pastors, as various cultural items were presented by the Catholic youth of the town. Most Rev. Victor Lyngdo, Bishop of Nongstoin welcomed the gathering. Present were also Archbishop John Moolchira (Guwahati), Bishop John Thomas (Ita Nagar), Bishop James Thopil (Kohima), Bishop Andrew Marak (Tura) and Bishop Thomas Pulloppillil (Bongaigaon).

On the second day, Fr Linus Neli, Rector, Oriens Theological College, Shillong, and Fr Kevin Ward, Divine Savior Church, Nongstoin, addressed

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(Contd.. from p. 22)
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With a view to identify aspiring entrepreneurs every year Altina Securities organizes an essay contest on subjects pertaining to entrepreneurship. This year in its 7th edition the topic was on The Power of Brands

The jury consisted of eminent personalities which included – Glen Saldanha - Chairman & Managing Director – Glenmark Pharmaceuticals Ltd., Ashish kumar chauhan - Managing Director & CEO- BSE Ltd, Manguirish Pai Raikar - Chairman ASSOCHAM– National Council for SME, Amit Khanna- Former Chairman- Reliance Entertainment Ltd ., Clifton Desilva – Director- Altina Securities Pvt. Ltd.

The first prize of Rs 30,000 was awarded to Desiree Gonsalves, the second prize of Rs 20,000 was awarded to Royden Sequeira and the third prize of Rs 15,000 was jointly shared by Jinessa Ved and Nikita Dsouza.

Mr Ambi Parmeshwaran - Brand Strategist presided over the function.

Altina Awards Function 2016



Another focus area of Altina Securities is financial literacy wherein the company continues to play a major role through initiatives like seminars, conferences, workshops etc. Also financial literacy is achieved through publications of articles on investment in leading investment publications.

Altina Securities till date has organized over 1000 investment seminars ,pub-

lished over 1000 articles on investments , organized several full day workshops on wealth creation as well as industrial tours to leading companies such as Tata Motors (Pune) Siemens (Nashik) Piaggio _ Vespa (Baramati) Flamingo Pharma(Taloja) to name a few. All these initiatives are free of cost to the participants.

16th Bi-Annual North East Diocesan Fraternity Meet

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the priests. While Fr Linus spoke on “New Challenges in Pastoral Orientation” often quoting from *Amoris Letitia*, Fr Kevin compared the diocesan Priest to an “Archetypal Choir Master,” against the context of the Papal document *Misericordiae Vultus* Special highlight of the day was a panel discussion where representatives of the laity were invited to share with the priests, their expectations of the Pastoral Clergy.

— Fr Alfonso Elengikal, ssp



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