

THE SECULAR CITIZEN

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JANUARY



वन्दे मातरम्
Uplifting

&

Downgrading



BCS Celebrates 'Sabha Day 2016'



The Bombay Catholic Sabha (BCS) Celebrated Its 27th Annual 'Sabha Day' 2016, on 24th Jan. 2016 at St Paul's School Ground, Dadar (East), Mumbai. It was a grand day for the BCS as several Sabha Units from different Parishes from the entire diocese participated.

The event began with the welcome address by the BCS President, Gordon D'Souza.

The event was graced by 'Mr Justice Ferdino I. Rebello', a former Chief Justice Of Allahabad High Court as Chief Guest. And 'Mr Albert W. D'Souza', the chairman of the 'Aldel Education Trust' as Guest of Honour.

The program included presentations of the Star Unit and Challenger Unit of the Deanery Awards, the Safarosh Unit awards and the BCS

'Power of One' Awards. The awards distribution was done by the Chief Guest and the Guest of Honour.

The programme included cultural items: The thematic song and dance performances and short acts which were performed by the Vikhroli and the Thane Unit.

A Souvenir book was released by the Guest dignitaries on the occasion.

Mr Gordon D'Souza, the President of the BCS gave a warm welcome to the Chief Guest, the Guest of Honour and all the invites. The host of the event was Mr Benito Lobo and Ms Shipra Patel. Mrs. Rita D'Sa the Vice President introduced the Chief Guest, while Adv. Raphael D'Souza, another Vice President introduced the the Guest of Honour. Later Mr Anand

Castelino, the Secretary General speeched out the Annual Report of the Sabha. The Vote of thanks was given by Dr. (Mrs.) Jane Rodrigues, the Jt. Secretary of the Sabha as the closing act of the event.

The Bombay Catholic Sabha is the largest lay organisation, represents the entire Archdiocese of Bombay. Its membership crosses the 50,000 mark. The Sabha is involved in various Socio-economic-political issues in the Archdiocese. It represents the community with the government at State level.

The Sabha undertakes various activities through their parish units and involves in raising civic issues. The Vikhroli Unit is the shining example most active and result oriented in the civic needs.



'Thought for the week'

The happiest people don't have everything, but they make the best of what they have

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Catholic Church launches new initiative to prepare leaders

Bengaluru: In a path-breaking initiative, the Catholic Church has embarked on a mission to identify, nurture and promote young talents for leadership roles in society in diverse fields such as civil services, professionals, media and fine arts as well as entrepreneurs and even political life through Career Advance Programme (CAP) India.

The CAP India initiative, which was formally inaugurated by the Archbishop of Bangalore Dr Bernard Moras, who is also the President of Karnataka Region Catholic Bishops' Council, by symbolically lighting the lamp at the sprawling National Biblical, Catechetical and Liturgical Centre (NBCLC) campus of the Catholic Bishops' Conference of India (CBCI), is being managed by the Youth Activ8 Foundation of the CBCI Youth Council.

The Archbishop later inaugurated the Bangalore office of CAP India at the NBCLC campus along with Bishop Vincent Mar Paulose of the Syro-Malabar Eparchy of Marthandom and member-Bishop of CBCI Youth Commission, which incidentally is headed by Bishop Henry D'Souza of Bellary Diocese, the brain and guiding spirit behind the ambitious programme, Daijiworld reported.

The CAP India initiative, which is now being made available to students of Karnataka starting from Standard VII to Graduation level in nine different grades with two semesters in each year and proposed to be extended to the national level in due course, will have an elaborate syllabus modelled on the National Science Talent Search (NSTS) Programme along with those of CBSE and ICSE as well as the State besides a special focus on ethics and current affairs. The candidates, who will have to register themselves online by payment of a nominal fee, will have to prepare themselves based on the subjects and text books mentioned the CAP India website and appear for two tests to be conducted online at specified centres.

The details and procedures will be mentioned in the CAP India website, www.capindia.co. Top scoring students in each grade with marks of 95 % and above will be eligible for a cash prize and certificate besides the possible opportunity to enrol themselves for intensive training and coaching at specialised centres after the degree level.

The dynamic and energetic Bishop Henry D'Souza explained the broad outline, aims and objectives of CAP India and said: "Preparing tomorrow's leaders, today, for leadership roles and positions in society, spiritual, professional, political, media, fine arts as well as entrepreneurial class is the need of the hour. We have to identify and groom young talents to become leaders, achievers and transformers of society."

Retired IAS Officer and former Secretary to the President of India, Dr Christy Fernandez, who is the founder chairman of Kerala's renowned Triune Excell Career Academy, and Archbishop Bernard Moras warmly appreciated the challenging task undertaken by Bishop Henry and felt such initiatives were necessary if Catholics and Christians have to make their presence felt in a multi-religious and diverse country like India.

Dr Fernandez said promised his full support for whatever help and guidance that may

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be required as CAP India initiative is truly a great challenge, a lofty dream and daunting mission. The target of enrolling 5,000 students for different grades in the next six months, when the first semester examination is proposed to be conducted, can be realised with massive efforts, meticulous planning and motivation at different levels of the Church from the parishes and educational institutions. Identifying and preparing the students and providing them with specialised coaching to crack the civil services examinations or simply in entrepreneurship requires dedicated effort and wholehearted support from all sections of the community, he said.

Archbishop Moras said the KRCBC had taken up career advancement programme in Karnataka twelve years ago and the effort was continued. The CAP India initiative conceived and executed under the leadership of Bishop Henry is a massive exercise on a larger scale, he said assured his support, prayers and blessings.

The newly appointed Bishop of the Syro-Malankara Diocese of Mandya Rev Anthony Kariyil, Msgr S Jayanathan, Fr Faustine Lobo, PMS National Director, Mangalore MLA J R Lobo, Karnataka Konkani Sahitya Academy Chairman Roy Castelino, FKCA Chairman Edward D'Souza, Business leader and educationist Antony D'Souza, Film Federation of India National Vice President Thomas D'Souza, ICYM National Council's Raymond D'Souza, former FKCCI Chairman Jacob Crasta, leading philanthropist Michael D'Souza and many other dignitaries were among the large cross-section of the audience.

The first batch of 10 students from different schools in the city came forward to enrol themselves and were accorded a cheerful applause.

Alan D'Souza, founder and CEO of Vavia Technologies Pvt Ltd, gave a presentation on the salient features of CAP India initiative. Fr Deepak Thomas, National Director ICYM, proposed a vote of thanks.

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Power for the Growth

There are following powers needed for the growth and to strengthen our community (as explained by Mr Albert D'Souza) in his address as Guest of Honour on BCS Annual Day.

- 1. Business power needed.** However Business alone can not sustain without other three powers needed for us Christians to grow in business. Dimensions, CCCI, AND FEW others are trying to do their best.
- 2 Social power.** This role has been played by association like BCS, The Secular citizen. Few others and we need to support vice versa. I salute those who work tirelessly years together and doing a lot.
- 3. Political power.** We have few amongst us in the community in politics. Let us support them vice versa. We must begin with Cor-

poration elections. Our people whichever party they belong, having winning combination must be supported. When our people attain political position they will support us.

- 4. Bureaucratic power.** We have had people in the top Govt. position, we can seek their support to get out our youngsters to crack civic examinations. There is advantage.

When there is giving and helping each other to grow, support the one who take lead, then only we can say we are Christians, and our community will grow like other community , not otherwise.

What I expressed is my personal feeling after listening to the speaker.

—Freddy Mendonca

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Thanksgiving



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

—A Devotee



Challenges Facing Women In The Workplace

An international seminar on, “Women and Work”, organized by the Pontifical Council for Laity, took place in Rome on 04-05, Dec. 2015. About 100 participants discussed the challenges facing ‘professional women’ trying to balance the demands of their careers and their family life. The seminar will be especially looking into the gender pay gap, as well as innovative solutions to help women overcome discrimination in the workplace.

Pope Francis expressed his hope that the symposium will help to affirm the indispensable role of women in the family, in the formation of children, as well as the essential contribution of women workers in the building up of economic structures, and a politics worthy of humanity.

One renowned Australian publication in 1999, “Women and Man: One in Christ Jesus”, by Donella Johnston, notes that women out-participate men in all areas of Church life except in the Ordained Ministry. In education, healthcare and social services, it revealed that women perform respectively around 70%, 80% and 90% of the labor.

Ms. Donella pointedly remarked that in India, Bishops now also have a remarkable gender policy. Several goals of the report have yet to be achieved, but the vision is there. And if I may add, for Scripture does not differentiate: “... There is neither male nor female, for we are all one in Christ Jesus” (Galatians 3:28).

—*Dr. Trevor Colaso, Banda (Now at Memphis, TN, USA)*

Banks Only

Custodians Not Owners

Nowadays, we have noticed that there are a lot of unwanted debits in our Savings account, without any rhyme or reason. When we approach the particular bank for the reason of unwanted debits, the Manager says that: It is just a nominal amount, just ignore it. Who gave the authority and permission to these Banks for eating up and robbing people’s hard earned money like this, that too without any reason and permission? When an accountholder withdraws money from his account, that particular bank usually sends a withdrawal SMS to the Accountholders Mobile number. But the question is: Are Banks authorized to charge the Accountholders for such withdrawal messages? The answer is no. Such Banks must be collectively earning crores of Rupees on a daily basis, that too without providing any useful service to the Accountholders, isn’t it? Even after bringing this to the notice of the particular bank regarding such unwanted debits, such banks keep on stealing and robbing people’s hard earned money, just to earn more and more profits. Please don’t get me wrong: I am not speaking bad about anybody.

People are talking about Corporate Governance and Corporate jargon, but in reality, it exists only on paper.

On top of that, even highly educated Bank Managers are shamelessly telling lies that after the account closure, the balance amount cheque has been couriered to your address, but in reality, the cheque was lying with the Bank.[I would not like to name this Bank and the Bank Manager] What kind of nonsense is this? Why are they troubling and cheating the Accountholders like this on a daily

basis, without any reason and permission? With due respect to their Authority, All Banks should follow good guiding principles and A Code of Conduct in their Operations, isn’t it? Have these Banks become so Money-minded so as to do cheating and robbing of money like this, that too on a daily basis, that too without any reason? Such Bank Managers should realize that there is no shame and harm in accepting their own mistakes and say sorry for doing cheating on a daily basis and telling lies to accountholders like this. These Banks should also compensate the accountholders and credit double the amount to their accountholders account, for doing cheating on a daily basis and telling lies to them. How would these Bank Managers feel if they are at the receiving end of such cheating and robbing of money? How would these Bank Managers feel if they are subjected to such lies and financial loss on a daily basis, that too without any reason and permission? All these cheating and robbing activities done like this can be classified as Financial crime because it involves stealing and robbing of Money and it needs to be reported to EOW (Economic Offences Wing) and RBI (Reserve Bank of India) The RBI should exercise some corrective action and remedial measures to stop such unwanted activities and repeated mistakes. Banks should not play around and fool around with people’s hard earned money like this that too on a daily basis, isn’t it? The overall Banking system should realize that: They are only the custodians and safe keepers of Public Money, and not the owners of the same. Everyone will agree to the same.

—*Agnel Dmello*

Padma Awards must recognize real merit

This Republic Day, Padma awards were conferred on 112 persons excelling in the arts, literature, culture ,medicine, social service, sports etc. The majority of those selected are well known names in their own fields and they deserve their awards .But

(Contd.. on p. 18)

Uplifting & Downgrading

This piece is being written the day after I saw the Republic Day Parade (RDP) on TV in the morning, and the movie "Airlift" in the evening. One was truly uplifting, and the other the complete opposite – totally downgrading or derogatory, as far as the country is concerned.

The RDP took me all the way back to 1958, the only time I ever saw it live in Delhi. We were the guests of Gen. Thimayya, the then Chief of Army Staff. He had invited my father, who had partnered him in golf, by virtue of being the Captain of the Golf Club in my hometown Kanpur. Memories of that RDP have faded, but as a proud Indian I take legitimate pride in the RDP. This year, fortunately, I was able to view the entire parade. Critics of this jamboree say that the days of showcasing one's military might are long over. But I am a sentimental fool, and become very emotional when I watch the parade. Tears well up in my eyes when I see the smart precision of our marching contingents and military bands.

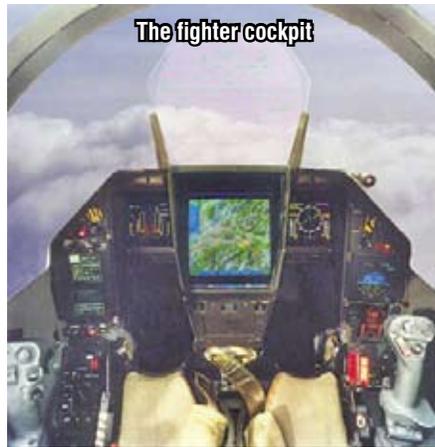
This year the comparison, or contrast, with the 35th Infantry Battalion of the French contingent was glaring. In front of our smart and colourfully attired, lean and mean marching units, the French paled into insignificance (pun intended). We red liveried Indians could actually call them "pale faces". Never mind their complexion, or drab

uniforms, they were plain overweight and clumsy. They had to be kicked up to the front of the parade because their marching speed of 107 steps per minute was much slower than the Indian army rate of 120.



by chhotebhai *

It also got me thinking. Is the army just a showpiece, with colourful traditions? How useful are such traditions and raw courage in today's high tech battlefield? Modern warfare is not about hand to hand combat. It relies heavily on the strategic use and deployment of sophisticated electronic gadgetry. Have the French already come to terms with this change, and



The fighter cockpit

given ceremonials the bye?

Battle worthiness apart, as an animal lover, I enjoyed the animals on parade. The army's dog squad was a novel addition. The Labradors' beseeching looks are second only to a Cocker Spaniel's. A far cry from the ferocious Alsatians that the Gestapo employed. I also love horse riding, and enjoyed their regal gait. There was talk that camels would not be seen this year, so I was thrilled to see these gaily-carapasoned ships of the desert.

Where I found this year's parade wanting was in the camera work and commentary. It was nice to see a commentator using sign language for the benefit of the hearing impaired. How-

ever, I missed the rich intonation of somebody like Rene Simon. There were quite a few gaffes. The Prime Minister's motorcade was referred to as a carcade, and the chargers of the President's Bodyguard were called Shetland Ponies!

The tableaux, by their very nature, are limited by time and space. They were largely unimaginative and insipid; beginning with Goa in the lead, perhaps because we have a Goan as the Defence Minister. Gujarat highlighted the Gir lion, and Madhya Pradesh the tiger (the models were pathetic). This was an unwarranted duplication. The use of toilets and brooms for the Swatch Bharat and Panchayatiraj floats were a counter witness. The floats that appealed to me were those of Karnataka (on coffee production), Bihar's choice of Gandhiji at Champaran, and that of the Election Commission. The one on Digital India was more manual than digital.

As an afterthought I wondered if it had not been better to hire professional event managers or stage managers from Bollywood to make the tableaux more exciting? Yoga would surely have been an eye catcher. Have we ever highlighted Amul's White Revolution? I was also reminded of a recent stunning performance of dance on wheelchairs by specially abled persons. Maybe it will find a place next year.

Last year Barak Obama was the big chief in the wigwam. The only thing he gave a thumbs up to was the acrobatic motorcycle display. After that he rapped Namon on the knuckles on religious intolerance. This year we made bold to have Francois Hollande. Here too we only got an assurance for the Rafale fighters, nothing concrete.

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Commenting on the Rafale deal Maj Gen Ashok Mehta (Retd) said on TV that the negotiations had begun in 2007, and the deal is not yet clinched. He roundly blamed the bureaucrats for this inordinate delay, and felt that the present regime, though it had raised high expectations, was no different from the UPA Government when it came to defence related issues.

The deal for 124 Rafales was actually struck in 2012, because they costed Rupees Twenty Crores less a piece compared to their nearest competitor, the Typhoon Eurofighter. This multi role delta wing, twin engine combat aircraft can carry 9 tons of armaments, including nuclear weapons. Ironically, not a single Rafale has been sold outside France. So are we again chasing a mirage (no pun intended this time).

The euphoria of the RDP in the morning dissipated in the evening when I went to see the movie "Airlift". It was purportedly about the evacuation of 170,000 Indians from Kuwait, after it was captured by Saddam Hussain on 2nd August 1990. V.P. Singh was the then Prime Minister, and I.K. Gujral the Foreign Minister. Air India operated 488 flights over 59 days to execute what the Guinness Book of Records describes as the biggest evacuation in history. This feat won laurels for the Government and the country, even though it may be forgotten today. So I was really keen to see the heroes of that time immortalized in a movie.

That was not to be. The movie was a gross distortion of truth, just a Bol-



lywood tamasha, glorifying the hero (Akshay Kumar), who is portrayed as single-handedly effecting this operation. The Government of India is portrayed in exceedingly poor light, as one of tea drinking babus and ministers busy attending meetings. The Indian embassy in Kuwait is shown as abandoned, and the Indian ambassador in Baghdad is more interested in selection of the Indian cricket team, rather than the plight or flight of his countrymen in Kuwait. In the credits at the end of the movie, when the audience is scampering to get out, it is stated that the movie is based on the real life initiatives of a Malayali called Mathew. In the movie he becomes a Punjabi called Ranjit. This is just symptomatic of the fictional account "based on facts".

I myself recall that on that fateful day I was actually meeting Prime Minister V. P. Singh at his residence in Delhi. The CBCI had organized a protest rally at the Boat Club Lawns against the Gajraula rape case. I was the newly elected National President of the All India Catholic Union. They wanted me to address the rally in Hindi, and then to be in the delegation that met the PM. The historical truth is that at that time the PM was having a Cabinet Meeting, the one in which he dismissed his deputy PM, Devi Lal.

But V.P. Singh left such an important meeting to receive our delegation and immediately instructed the UP Chief Minister Mulayam Singh in our presence. I also used the occasion to complain to him about one of his MLAs in my hometown Kanpur, who had locked the gates of one of our convent schools. The PM immediately advised the CM to take action and get the MLA to apologize; which the latter actually did. So I was livid

when I saw the distorted and jaundiced view about the Government of India, as portrayed in the movie. Unfortunately V.P. Singh and I.K. Gujral have no political legacy, so there is nobody to challenge this willful distortion of truth. But my pen will speak, for whatever it is worth.

Mercifully or cunningly, Airlift does not name any of the Indian ministers. The only historical character portrayed is Tariq Aziz, the Foreign Minister of Iraq, a Maronite rite Catholic. Disturbed by this portrayal, I checked out with my old friend Captain Vijai Pratap, who was a commander with Air India and actually operated several Airbus A310 rescue flights to Amman in Jordan; from where the airlifts were operated. He said that they had to operate from Jordan because the Kuwait airport had become in operational. He was categorical in stating that such a mission could never have been successfully undertaken without the active support and involvement of the Government of the day. I would rather accept this testimony than that of the "hero" of the movie.

The only positive impact of the movie is the reminder of the brutality of war, and how women and children are the worst sufferers. Another side effect is the reminder to religious fanatics that this was an instance of one Muslim nation attacking another. The only credit I would give the movie in the acting of Akshay Kumar and his wife Nirmat Kaur. The unfolding tragedy transforms stud bull Akshay into a good shepherd ready to lay down his life for his sheep. And yes, Nirmat's acting prowess far excels her stymied role in The Lunch Box.

So Republic Day 2016 was indeed for me both an uplifting experience and an occasion to challenge those who denigrate our country by distorting history. Wonder who will be the Chief Guest in 2017? The Emir of Kuwait, did you say?

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





by Ladislaus L
D'Souza

Socio-Political Dimension Of Consecrated Life

From the hermeneutics of mystics like Paul of Tarsus, Benedict, Augustine and Francis whereby our fathers in Faith removed themselves from the hustle and bustle of busy city life to the present-day reality of religious being virtually surrounded by both rural and urban life, religious life per se has undergone a sea change that continues to throw up surprises of every kind, and these include challenges never faced before! Whereas formerly, living the religious life was a challenge that consisted of the lack of communications media, today it is a challenge that comprises every element of the media along with modern day comforts not known in earlier times. What then does the conclusion of the YEAR OF CONSECRATED LIFE purport to do or convey on the one hand to the religious themselves and to lay folk in general?

“A pure heart create for me O Lord, put a steadfast spirit within me” (Ps 51:10)

According to the apostle Paul (cf 1 Cor 7:34-35) and Pope Saint John Paul II (cf Vita Consecrata 1), the very purpose of consecrated life is to devote oneself to the Lord with an undivided heart. With the media having shrunk the world to the size of a global village where contact is instant and constant, how do religious do this? Time was when a person entering religious life did so with the clear consciousness of the fact that its goodbye to the family—until Vatican II happened and changed all that. The situation where religious never ever moved out of their dwellings without their clerical or religious garb has long changed to one where civic garb has become the norm. This of course has proved beneficial to women religious in particular,

if one can imagine the plight of nuns of certain congregations having had to wear something like a 13-piece habit in hot and humid climates in countries like India! Likewise, the times when religious never went home, no matter what, not even on the death of a parent, have changed to home now becoming like a place next door, regardless of the distance in actual terms. What then happens to the “undivided heart” aspect of religious life? Frankly, religious life has reached a stage where the commitment one makes to the state of life chosen, based on and guided perforce by the Ecclesiastical Counsels, involves the needs of the world in evidence all around. Slowly but surely, religious life is getting so merged with life in the world as to have religious actively involved in the world’s affairs in relation to human rights and justice. That

in some instances the religious concerned are literally paying for such involvement is reflective of the depth of understanding of the Ecclesiastical Counsels and redounds to the credit of the individuals concerned and to the glory of the Trinity.

The Social connection

While religious life came to be a life lived away from the world, a life lived right in the midst of the world today cannot be said to be entirely alien to religious life, examples for which are evident in the life of Jesus himself and in the case of the founders of certain religious orders/congregations. The Wedding Feast at Cana in Galilee which went on to become one of the Luminous Mysteries of the Holy Rosary during the papacy of Pope Saint

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John Paul II is a case in point. The Lord and his Blessed Mother were attendees at the celebration. And the act of the changing of the water into wine became in effect the cornerstone of Jesus' ministry to the world vis-à-vis the Proclamation of the Kingdom, for it was a miracle that changed ever the fortunes of a newly established family, Jesus becoming the third person in the marriage with Mary as the mediator. The Family being the nucleus of human society, Jesus' action needs to be seen in a wider perspective. That He, Emmanuel, God-with-us, the Word made flesh at Christmas, acted promptly poses a challenge to those who choose to follow him so closely as to do so with undivided heart to integrate themselves in the lives of his people by being directly and deeply involved in the affairs of the world. Jesus' entire 3 year-long ministry demonstrates this reality. It is a reality that is made all the more poignant by the fact that despite being actively involved in the lives of those who followed him everywhere he went, he never neglected the need for constant connectivity with the powerhouse of prayer that kept him in continuous touch with the Heavenly Father whose will alone he strove to fulfil on earth. Significantly, it wouldn't be too far-fetched to say that religious life cannot but be part of the general social ethos.

Political perspective

Jesus' ministry had him cross swords with the establishment when the 'kingdom of God' aspect started gaining ground in his preaching and healing ministry. Wherever he went, it ruffled the feathers of both religious and political authorities alike, in effect posing a threat to the positions of those in power. We see this in the life of the Lord's mirror image, the one and only inimitable saint of all times, Francis d'Assisi, the only one to have been acclaimed by the Church as 'the most perfect image of Christ' (Benedict XV) and 'alter Christus' (Pus XI). For Francis, who often told his friars, "Preach the Gospel - if necessary, use words", preaching Christ meant living

the Gospel, in effect living Christ himself. A bigger challenge no saint has thrown at his followers after the Lord's own injunction: "If anyone wishes to follow me, let him take up his cross and follow me" (Mt 16:24). For Francis taking up the cross and following Jesus not only meant rebuilding San Damiano at the cost of his father's merchandize risking being abused by his father, a severe thrashing thrown in for good measure, but striving to rebuild the Church both by living the Christian Faith and by way of preaching it fervently to believers and non-believers alike. Indeed, so filled was he with love for his crucified Lord that he did this by going fearlessly into the camp of the Saracens with the express permission of the Sultan himself and daring to stand before him preaching Christ! The medium of communication between the saint and the Sultan is not known—that was up to the Spirit! And yet, that Francis failed to convert the Muslim ruler is not of import here, what matters being the extent to which his own heart was on fire for the Lord, living his consecration to the hilt!

Inevitable link

The truth is religion and civic life cannot really be separated as is evident from Jesus' ministry. After all, man lives by religious guidance on so many fronts. In fact, Christianity is a religion which ennoble man. In the general concept of the ancients, work—especially manual work—was looked upon with contempt, more as a sign of inferiority than as a source of sustenance, bringing into existence two classes of humans, the free and the slaves. This was the concept of Plato, Aristotle, Xenophanes and even Cicero. Christianity revolutionized man's thinking and taught him the dignity of labour. To Blessed James Alberione, the initiator of the media apostolate and founder of the 10-branch Pauline Family, God's call is a precious gem, a treasure hidden in the heart for a threefold reason: it gives immense and eternal glory to God; it is a source of grace and particular merit for the person chosen; and it is God's great gift to a human being and to the world.

In conclusion....

What then is the message the world in its totality must needs take from the Church's observance of a year of consecrated life? Whichever way one looks at it, seen in a wider context, consecration per se is embracing the world in Jesus, in whom alone is the fullness of life itself. Those consecrated to the Lord, whether as bishops, priests or deacons, as members of religious orders/congregations or secular institutes or as consecrated virgins, are called from the world to belong to the Lord albeit in the world, first, and then in the life to come. And being of the Lord, their life cannot be said to be complete without being concerned about his people and being involved in their lives. Indeed, for the consecrated themselves, the Year of Consecrated Life will be just another year to have been observed and then forgotten unless what follows is an ongoing self-introspection in relation to one's involvement in the world. This involvement is already taking place in a myriad ways, some of which bring them into conflict with the establishment as is clearly evident in our country and the world over, proving so eloquently Jesus' own words to the Father: "I have given them your word and the world has hated them, for they are not of the world any more than I am of the world" (Jn 17:14).

Consecrated life is increasingly coming to be seen as a challenge to which those called need to rise equal – tackling unemployment and illiteracy with zeal; attacking corruption and pollution with head, heart and hand; ensuring the safety of women and children on the one hand and of the environment on the other; meddling with politics without being drawn into the vortex of its evil; upholding the hand of justice in every sphere of life, particularly in relation to lay folk in their employ; and, indeed, being the leaven that raises the dough of probity that in turn has us all sing with Francis d'Assisi and his namesake, Francis Bergoglio, "Laudato si (Praise be to You)!"

(Fr. Cedric) Prakash Leaves 'Prashant'

Relentless Modi critic, human rights activist Father Cedric, Prakash (65), soft-spoken Jesuit, leaves for Beirut (Lebanon). 'Prashant' has been the centre for human rights from where Cedric Prakash gave a tough fight to Modi and Hindu extremists 15 glorious years of fight...

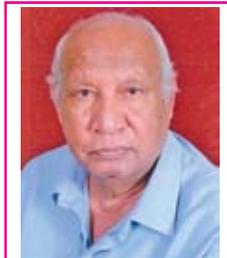
For 43 long years of self-less service to the poor and the riot-victims, Father Cedric has been a fighter. Court cases and legal intricacies surrounded him and his mission throughout. He founded the Jesuit centre for human rights in 2002 in Ahmedabad. Communal riots in 2002 had been the first BJP war of hatred and a clear sign of intolerance under Modi in Gujarat. This was the first blow by Hindu extremists on peace loving minorities of Gujarat. Muslims have been the worst sufferers of this communal intolerance. Father Cedric has been an untiring spirit and force to combat Hindu extremism, chiefly in Gujarat.

Father Cedric went on fighting against illegal role played and headed by the then chief Minister Narendra Modi in Gujarat. Father Cedric's testimony in June 2002 before the U.S. Commission for International Religious Freedom (USCIRF) in Washington forced, so to say, the U.S. Government to deny U.S. visa to Modi. Cedric spearheaded the campaign against the BJP-ruled Gujarat's anti-conversion law. The Gujarat freedom of religion Act 2003 in 2009 was challenged in the High Court.

Readers should be aware that Modi had been harsh against Muslims and Christians in Gujarat. The entire government machinery and even the judiciary (it has been often heard) had been under the firm grip of Narendra Modi ! It has been a 'Police Raj' so to say. This is the Gujarat model ! Father Cedric stood firm and fearlessly went on fighting. And then comes this news.... (Fr.) Prakash leaves

Prashant !!! In his new mission, Father Cedric will be coordinating the 'universal mission' of Jesuit Refugee Service (JRS) for Syria, Jordan, Egypt, Palestine, Israel, Sudan and Chad. Lacs of refugees of these western Middle-East countries the rights guaranteed by the 1951 Geneva Convention.

Father Cedric has been the recipient of several national and international awards, which include the Kabir Puraskar by the President of India in 1995 for communal harmony and peace, Chevalier de la Legion Honneur (Knight of the Legion of Honour) by the French President in 2006 for human right causes as well as Minority Rights Award by the government of India.



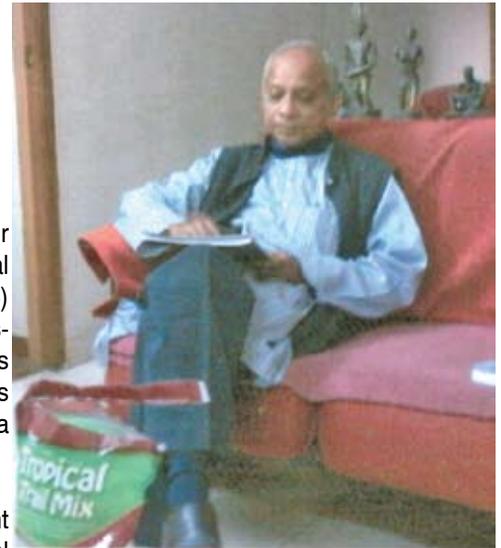
by Ignatius Dabhi
Sr. Journalist

Back in 2015, during his visit to Lebanon, Father Cedric made-up his mind to leave 'Prashant' and move to Beirut - Lebanon. Father Cedric issued a good - bye note on 20th January - the very evening he was heading for Beirut. Here are some abstracts from his own note:

In the early hours of August 22nd , the Feast of the Queenship of Mary I finally said "yes" totally, willingly and cheerfully to go and to work in the Lebanon. It was certainly an important decision in my life, a very difficult one in every sense of the word.

I Have been assigned the responsibility of doing advocacy work JRS in the Middle East and North Africa region (MENA). I will be based in Beirut, Lebanon and while this responsibility is for the next two or three years, it is in fact open ended. My responsibilities sounded to me are challenging indeed!

I enjoyed being here in Gujarat and particularly for the last fourteen years working on issues related to human rights, justice and peace. Ever since friends



and colleagues heart of my imminent departure, there has been no end of visits, phone calls, emails and massages. I truly value and feel good with all the appreciative things being said. Many have expressed feelings that I will be missed. I too will miss each one of you... !

Many also say how 'shocked and surprised' they are about my going wondering whether it was an overnight decision. Well it was not! It was kept under-wraps: very few knowing about it till very recently. Above all, no one is forcing me to go away...!

I humbly request your prayers for me, for my new responsibility and very particularly for those whom I have been called to serve.

What will happen to all these unfinished court cases? Who will run 'Prashant' ? There are endless questions ! Looking at this writer, with tears in his tired eyes, Fr. Cedric said: 'God is great. He will continue His mission in Prashant... I am not indispensable .. Never good lord worked through me... He will continue to work

Father Prakash's last hours in 'Prashant' ... The Chief Secretary of Gujarat State Mr. Pandeyan, was there to see him. They have been good friends...

Just before I retired at night, I sent an SMS to Father Cedric at 4.22 a.m. of January 2016, Father's reply was 'Thank you so much'.

Are Gods allergic to women?

Discrimination against women is not a recent phenomenon. It has been in existence for centuries. No wonder many renowned social reformers of the yester years tried to change things. Not that it was eradicated but they showed the way and after long struggles evil practices like sati were done away with. Widow-remarriage also gained legitimacy. Unfortunately, the gender bias in our society is so deep that the struggle will go on and hopefully by the end of this century, women may be better placed in life.

The one issue which did not receive enough attention was the discrimination against women in matters of worship across all religions. They are not allowed anywhere near the sanctum sanctorum. The places of religious worship have been dominated by the men who assume God willed it so. They frame rules to suit them despite the existence of conflict of interest. This issue is raked up by a determined young woman Trupti Desai who challenged the Shani Shignapur temple authorities by deciding to enter the 'forbidden area'. The 1500 strong protestors were stopped some 70 kms away – a sure sign of panic on the part of the trustees. Taking a clue from this, the Muslim women demand entry into the Haji Ali Dargah. The trustees say they have a special enclosure for ladies for their own safety. Good intentions! Even in buses and trains there is segregation for safety sake. But if women choose to occupy the space meant for men, nobody can stop them. That choice should be available to all women. Those who want to be protected will opt for the protected area. When you tell them they must be confined to the protected area only, you are imposing your will. This is the crux of the whole issue.

There has been a gradual shift from the orthodox approach in all religions including Christianity. Earlier, there was a time when girls were not allowed to serve at the Holy Mass. They were kept away. Today women are Extraordinary Ministers of the Eucharist. After all, God is not really allergic to women. If He was, then there would have been no place for them even in Heaven. Maybe He would have had a

VIEWS on NEWS

separate space for women in Heaven like the cemeteries which, until recently, had a separate area for un-baptized new born infants. Was it called 'limbo'? Things are changing fast. We may soon have women Deacons as well. FOOD FOR THOUGHT - Is it not ironical that men with a misogynist mindset, who also happen to be products of motherhood, actually find women [own mothers] inferior and impure.

Campus Rumpus

The recent rumpus on the campus in Hyderabad University centered around one man – Rohith Vemula who committed suicide ostensibly because of his rustication. This cut short his goal of securing his PhD degree. Though the suicide note did not really blame any one, everybody jumped in to make noises and create an atmosphere of a perceived caste divide – between the upper and the lower caste. The atmosphere continues to be volatile with some of the professors joining the students who are demanding justice.

Undoubtedly, this is a typical case of a simple incident made complicated by the uncalled for intervention of the HRD ministry headed by none other than Smriti Irani whose other name is controversy. She has courted enough controversies and that is the only thing she has achieved. She is believed to have received a complaint from her fellow minister about the wrong doings in the university campus which she thought must be attended to on a priority basis. While this is in line with the guidelines for such complaints, the repeated reminders were unwarranted. Does she remind for all other such complaints which she must be receiving? Well things simply do not add up Ms Irani.

These reminders put undue pressure on the university management and compelled them to act in haste which resulted in expelling the students who were considered anti-national and criminals. They were also thrown out of their hostels. The suicide gave a handle to all the politicians who like vultures gathered at the campus. Each one wanted to extract maximum advantage especially those whose are generally pro-dalits in their ideology. There were demands



by Marshall Sequeira

for the resignation of the HRD minister and promptly the Vice Chancellor was shown the door. A replacement was brought in and he has proceeded on leave. What a mess! The HRD minister, though, remains glued to her seat. Rajnath Singh was right. He had said, 'We are not UPA. Our Ministers do not resign'.

The rustication of the surviving students has been revoked. Does this mean that they were wrongly penalized? Now the judicial inquiry has been ordered and one hopes that the learned judge will go into the whole gamut of issues which directly or indirectly led the young scholar to end his life. There can be no worse tragedy than this. Elsewhere three girls in the South committed suicide – again mysterious. Someone has been sacked.

When it comes to the dalits and other backward classes, they are always at the receiving end. They are treated worse than the blacks in South Africa during the apartheid. When this Rohith matter was at its peak, a dalit was beaten up and even made to drink urine. How mean can those who think they belong to the privileged class be. This is not an incident in isolation but a matter of daily life particularly in the northern region.

Some, including Sushma Swaraj, went into Rohith's antecedents and it has been widely published that he was actually not a dalit. Perhaps they wanted to tell the world that there was not atrocity against a 'dalit'. SC/ST Chief disagrees though. They however forget that whatever treatment was meted out to him was based on the assumption that he was a dalit. The campuses have become breeding grounds for politics so much so that there are groups with diagonally opposite political views. This leads to frequent fights especially during the elections on the campus. It is time the students are spared by our politicians and allow them to pursue their studies.

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The 'Golden' Moorthy's Of Malad!

5 February 2016 marks the completion of 50 golden years since the match Cupid struck sealed the love between Stephen and Rita Moorthy in the Sacramental bond of Matrimony for aye!

As mixed marriages go, the marriage of Stephen and Rita Moorthy is one love story that defies stereotypes, enduring as it has the test of time, triumphing many divides and boundaries! Stephen was a Brahmin Tamilian named Krishna who so smitten by Rita, also called Maggie, a staunch Mangalorean Catholic born in Sri Lanka, as to convert to Catholicism! At a time that is seeing innumerable marriages land on the rocks, here's one that has come up trumps what with the two partners beautifully ingratiating themselves in the culture and language of the other. At the celebration held at Flag's in Lokhandwala at Andheri on Rita's 72nd birthday, 17 January 2016 (following the Eucharistic celebration at Our Lady of Lourdes, Orlem), it was a delight to see the bond that has blossomed between the lovebirds in the course of the last 50 years manifest itself so vividly in their every look and word and movement, a love that is here to stay as an example for succeeding generations of the family to come!



by Ladislaus L D'Souza

It was at Holy Family Church at Chakala, Andheri East that the Moorthis had their nuptials blessed by Italian Jesuit, Father J Calvio who also administered the Sacraments of Baptism, Confirmation and Eucharist to Stephen. The couple has a son named Edward and a daughter, Janet, both of whom are well settled in life. A second son named Clifford became Heaven's favourite in an accident involving the bicycle he was riding as a 10 year-old and a BEST bus. Curiously, this sudden passing of her younger son into eternity was to be a life-changing event in Rita's life. She went on to become a mother



and a grandmother rolled in one to children of working parents. Those kids, as adults today, as well as their parents, reminisce with joyful pride the love experienced in the care taken of them by Rita who opened the doors of her heart and home to them, not for the need of money but for the fulfilment of the love of a lost child.

Stephen is a small-time businessman who has made it good in his field while Rita continues playing the role of homemaker to the hilt. A family of simple means and lifestyle, both Stephen and Rita are extremely down-to-earth in that they are so human in their attitude as to be other-centred as both neighbours and family hastened to talk about or discuss during the Jubilee celebrations. Their grandchildren, Zenia, Andre, Andrea and Le-ann who had jointly organized the event, outdid each other in not only professing their love for their doting grandparents but in sharing in vivid detail the unforgettable expressions of love and concern they themselves have so greatly benefitted from! Sorely missed at the celebration

was the eldest grandson of the family, Ernesto, who on his return home from New Zealand for his annual vacations never fails to bring his darling grandpa a huge jar of his favourite white wine!

That laughter is the spice of life came through with amazing clarity when Stephen and Rita laughed their hearts out at the sight of the lovely cake placed before them to cut – a nice little house with an ageing couple sitting on the verandah, the old man in a moondu and the old lady with a nice little hair-bun aka Stephen and Rita! Truly, this charming jubilant couple can give younger couples a run for their money!

As the Moorthis embark on a new phase of their married life, marching steadily towards the day when gold will be crowned with rubies, here's wishing them a deepening of their marital love as a reminder of the sacramental permanence of Christian Marriage! Congratulations, Stephen and Rita Moorthy! Ad multos annos!!

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'Doors of Mercy'

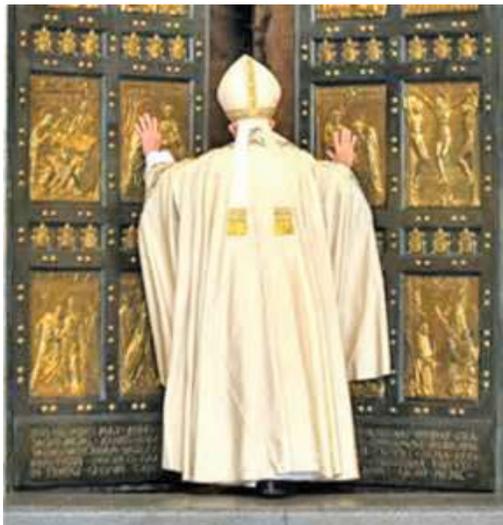
A fact-file

The clarification issued by the Archdiocese of Bombay regarding the message 'Doors of Mercy' circulating on WhatsApp, was timely. Catholics and even people of other faiths are being misled into thinking that merely by walking through the designated doors they will obtain forgiveness of their sins.

The Holy Year of Mercy, also known as Jubilee Year is normally held every 25 years, the last being in the year 2000. Until then, people had to make a pilgrimage to Rome for the Holy Year. Pope Francis has called for an Extraordinary Year of Mercy. The pontiff was keen that everyone should benefit from God's mercy and hence has directed every diocese in the world to open at least one Holy Door.

By walking through a Holy Door during the Holy Year (Dec 8, 2015 to Nov 20, 2016) one may obtain a plenary indulgence which implies 'complete' remission of all sins committed. In the sacrament of confession the confessed sin is forgiven but the temporal punishment attached to the sin still remains. This in simple terms implies spending 'time in purgatory'. Plenary indulgence wipes out all such temporal punishment or time in purgatory. This can be better understood by a throw back to the olden days when there were certain prayers or works carrying 200 or 300 days' indulgence, implying that many days in purgatory would be erased from one's account. This is also known as partial indulgences. However it cannot be over emphasised that confession is absolutely necessary for obtaining a plenary indulgence.

There are certain conditions that must be fulfilled for received a plenary indulgence: i) Confession ii) Holy Communion iii) Praying for the Pope's intention. iv) intention to not sin again.



The above requirements may be undertaken immediately before or after walking through the Holy Doors but it is expected that the person is in a state of grace while doing so. The prayer for Holy Father's intention is usually an Our Father, Hail Mary and the credo but not necessarily so.

Additionally doing corporal and spiritual works of mercy are encouraged. The corporal works are: to feed the hungry, give drink to the thirsty, clothe the naked, shelter the homeless, visit the sick and imprisoned and bury the dead. Spiritual works of mercy include: to counsel the doubtful, instruct the ignorant, admonish sinners, comfort the afflicted, bear wrongs patiently, forgive willingly and praying for the living and dead.

For the sick, elderly and house bound, the Holy Father has decreed that they can obtain plenary indulgence by living their sickness and suffering as an experience of the closeness to the Lord. They may observe the other requirements to the best of their abilities.

For those in prison the Holy Father has decreed that Plenary Indulgence may be obtained by passing through the threshold of their cells and observing the other requirements. Thus

Holy Father has ensured that no one is excluded from the mercy of God.

Only one Plenary Indulgence may be obtained per day. The indulgence may be obtained for self or for a departed soul (one per day) but not for another living person. Confession is not necessary condition for obtaining plenary indulgences on subsequent days so long as one is in a state of grace.

Footnote: As the Holy Father is keen that everyone should receive God's mercy it would be appreciated if parishes organise buses on Sundays 'at cost price' to transport parishioners to the designated Holy Doors. Nearby parishes may organize walking pilgrimages to the designated Holy Doors as 'pilgrimage' is an integral part of the Holy Year during which the pilgrim walks through the Holy Doors symbolically leaving his past behind and beginning anew.

—Prof Robert Castellino
Orlem

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Home Remedies for Burns

1. Yogurt: The full fat yogurt can be applied on burn after 30 minutes. Its cooling effect eases the burning sensation and provides immense relief.



and the acidic properties of lemon lightens the burn mark.

2. Baking Soda: Baking soda is found effectual in treating burns. Simply, mix some baking soda with water and apply it on the affected area. Keep it for a couple of minutes and rinse afterwards.

3. Honey: Raw honey has antiseptic properties that fastens the healing process and reduces the burning sensation. Apply some honey on the burn, it will kill any bacteria present on the skin and prevent the formation of scar. You can also apply honey on a gauze pad and place it on the burn. Wrap it up with another bandage and leave it on for a few hours. Do it three times a day.

4. Black Tea Bags: Black tea contains tannic acid that helps reduce the pain and heal the burn quickly. Simply soak some tea bags in cold water for a couple of minutes and dab them gently on the burn and wrap them with a bandage.

5. Raw Potato: Take a raw potato and cut it into half. Now rub the potato slice lightly on the burn. The juice released from potato slice has soothing and anti-irritating properties which aids in treating minor burns.

6. Wheat Flour: Wheat flour absorbs the moisture on the burnt skin and starts the healing procedure. Take grounded wheat flour and apply it on the affected part. It is a natural band-aid that protects skin from external irritants.

7. Coconut Oil and Lemon Juice: Mix a tablespoon of coconut oil and a teaspoon of lemon juice, and apply it on the burn. The vitamin E and fatty acids present in coconut oil work as anti-oxidizing, anti-fungal and anti-bacterial agent that heals the burn,

8. Milk: Pour a few teaspoons of milk on the burn mark or apply a gauze pad dipped in milk on the burn mark and leave it on for 15 to 20 minutes. The protein in milk soothes the burn and fastens the healing.

9. White Vinegar: The acetic acid found in white vinegar fastens the healing process and relieves pain associated with burns. Pour some vinegar on the cotton ball and dab it on the burn. Besides, vinegar also prevents any kind of infection.

10. Salt: The antibacterial properties of salt help treat moderate burns. First of all, wash the affected area with cold water and apply salt on it. Besides healing, it combats bacterial action as well.

11. Mint Toothpaste: This is an excellent choice for burn relief especially in case when you touch something hot. Apply a thin layer of any mint toothpaste on the burn and let it dry.

12. Oats: Add some oats to a bowl of water and then dip the affected area into the bowl or you can add the oats to a bathtub of water and soak your body in it for 20 to 25 minutes. Air-dry the area so that only a slight layer remains. Oats are particularly useful when your burn is healing and you're tempted to scratch it

13. Onion Juice: Onion juice contains quercetin and sulfur compounds that relieve the pain. Peel and cut a few onion slices. Now apply the slice on the burn and keep it there for a while. It may sting initially but the pain will soon vanish. Do it several times a day.

14. Banana peel: Simply put the banana peel on the burn until it becomes black. It is really effective in healing burn injuries.

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Thanks to Divine
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and St. Anthony

—Ms Annie M. Fernandes,
Mahim

20 Things TO DO And NOT DO at Mass

1. Fast before Mass. It is required that one fasts for at least 1 hour before receiving Holy Communion. The only exceptions are medicine, water or unless someone is ill and needs to eat sooner.

2. No Food and Drink in Church. The only exceptions would be milk for infants, water for the priest or choir (if discreet) and water for those who are ill. You may sip water just before you enter the church.

3. Men take your hats off. It is impolite to wear a hat into any church for a man.

4. Never chew gum in church! It breaks your fast and it's distracting!

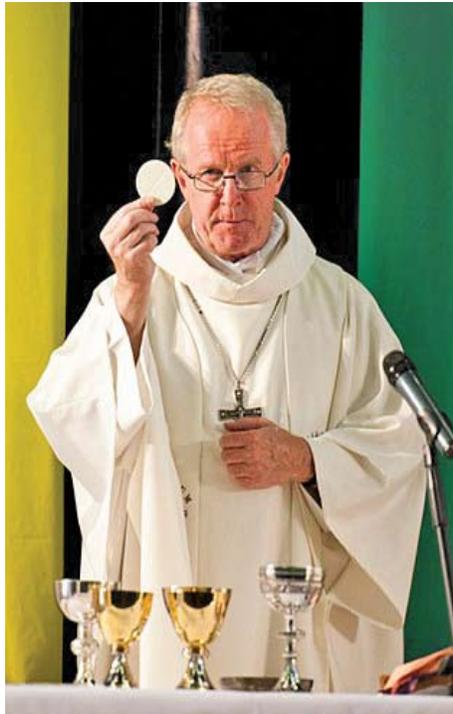
5. Cross yourself with Holy Water on entering and leaving the church. This is a reminder of our Baptism, which made us members of Christ's Church.

6. Dress modestly and appropriately. Wear your Sunday Best. As Catholics we believe that God comes down to meet us at every Mass. Won't you dress well to meet a king? That said remember that the mass is not a fashion show. And Christmas and Easter masses are not Milan Fashion week. Dress in a way that gives witness to your faith.

7. Show up at least a few minutes early and try coming as close to the altar as possible. If you can't be on time, then sit in the back so you don't disturb others.

8. Cell phones should never be used in Mass for calls or texting. The ONLY exceptions are emergencies (big ones, not everyday ones) and if you are using the phone for readings the lectionary or the said prayers/ responses.

9. Gentlemen offer their seats to a any lady who is standing. Some churches get packed.



10. When we enter and leave Church, genuflect (bow your knee) toward the Tabernacle. Christ is present for our sake. By allowing our right knee to hit the floor, we acknowledge He is our Lord and God. If someone is physically unable to genuflect, then a bow is sufficient. During Mass, if you pass in front of the altar or tabernacle, bow reverently.

11. Sit quietly while in church. If you must talk do so as quietly and briefly as possible. Remember that your conversation might be disturbing someone who is in prayer. Sssshhhhhhhh.

12. Take loud children to the back. Every parent knows that sometimes the baby is going to have a bad day. Parents with young kids should sit on the end of a pew, if you can, so that you can take the kid to the back quickly. There is no reason to be embarrassed about having to quiet your child, take the child to the back of the church immediately. It is worse to allow them to disturb others during Mass.

13. Prepare your offering before Mass. Christ tells us not to let your left hand know what your right hand is doing

when you make your offering. Keeping the basket while you get your wallet out can be quite a scene. Digging the basket for change is a big no no. Come to mass with your offering prepared.

14. No bulletin reading during Mass. Imagine if you invited a guest to your house and before dinner (or during) they decided to read a magazine instead of talking to you.

15. Respect the worship. Stand during the gospel reading and other set time during worship. Kneel at the consecration, it is part of worship. The only exceptions are for the sick, people with knee problems, aged and those with infants. If you can't kneel occupy a pew that does not obstruct the view of the Lord from those who do kneel.

16. Bow before receiving Holy Communion Remember that you are before your Lord, show your respect with a profound bow from the hip.

17. Do not receive from the chalice if you are sick. This is an act of charity. Try to receive communion on the tongue. If you insist on receiving on the hand, check your hands after receiving the Lord so that no crumbs may fall to the ground.

18. Do not leave early. We should stay to the end of the recession and the hymn that accompanies it, if there is one. Remember who left the last supper early (Judas).

19. Pray after Mass, if you can. It is a good custom, though not required, to offer a prayer of thanksgiving after Mass is over.

20. Leave quietly. We encourage you to visit others especially your priests as a part of Christian fellowship, but once you are outside of the main sanctuary of the church so you won't disturb others who are praying.

—Fr Kiran Fernandes

(Contd.. from p. 5)

for every one of those well known persons selected, there are scores of equally deserving persons who work behind the scenes but never get recognition. Take the case of Kailash Satyarthi, Nobel prize winner in 2014. Prior to receiving this coveted award he received over a dozen international awards from US, Germany, Italy, Spain and other countries. But he did not receive a single Padma award! If other countries were able to identify the good work of Satyarthi which culminated in the Nobel prize, why were we unable to do so?

The govt must set up a mechanism for identifying those doing yeoman service to the nation in the field of social service, poverty alleviation, rural upliftment, women and child welfare and other 'non-glamorous' fields. Moreover, ours is an agricultural country. Just how many farmers figured in the Padma awards?

—Prof Robert Castellino
Mumbai

Whist Drive for Seniors

Reviving nostalgic memories of the 60's, the Senior Citizens' Association (BASCA), Orlem unit, Malad, Mumbai conducted a 'Whist Drive', on Republic Day. It was very heartening to see the hall teeming with silvery-haired youngsters, keen on participating, with the oldest being young Mr Robert Miranda, just two years shy of 90!

For the uninitiated, whist is similar

to 7-hands. Each whist table (which is numbered), consists of two pairs each consisting of a gent and lady. All 52 cards are dealt out. Trumps are announced by the organisers and the games begins simultaneously on all tables and goes on till all 13 hands, known as 'tricks' are completed. Each player has a score card in which to write the score which is counter-signed by the opposite pair. The winning pair leaves the table with the lady moving up to the next higher table while the gent moves to the lower numbered table. The losing pair remains seated except that the gent changes his position so that both players get new partners. At the end of 12 rounds Tency Gonsalves and Rufus were declared winners.

The beauty of the game lies in the dignity and discipline with which it is played—pin drop silence, except for the shifting of chairs after every round. After every game, players move around in a methodical manner as per rules of the game—sheer poetry in motion

The game is an object lesson in wholesome entertainment for today's youngsters, brought up on a diet of TV serials, computers and smartphone games. For the seniors, the whist drive was a vicarious trip to the 'good old days' when life was simple and uncomplicated and when family values were rock solid.

—Prof Robert Castellino
Orlem

My Ailments Cured

I have been visiting the St Jude Thaddeus Shrine at Jhansi since the last 15 years. Known as the patron saint for desperate cases, St Jude Thaddeus is credited for working miracles among his innumerable devotees who keep visiting the shrine throughout the year. The shrine which contains the saint's relics has been built with the help of contributions from devotees. When I visit the shrine, I experience peace and joy and whatever ailments I have gets miraculously cured. Such is the power of the saint.

— Jubel D'Cruz, Dombivili



My heart felt thanks to
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for the favours granted

—Mrs Ami L. D'Souza, Thane



Thanks to **St. Alphonsa**

for the favours granted

—George K., Chembur

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Inspiration!

Boost And Radiate Confidence Everyday

Self-confidence is not a static quality; rather, it's mind-set. It must be practiced and mastered just like any other skill. Once you master it, you will be changed for the better. So keep on reading if you want to know what you can do to boost your self-esteem in order to find many ways to radiate killer confidence

When an attractive person walks by, heads turn. And that attraction doesn't just have to be because they have a beautiful face. Confident people are just as irresistible as beautiful people. When you stand tall, walk with a sense of purpose, look polished and smile, people want to make eye contact with you. The outward reflection of your confidence and self-esteem makes you appealing. Here are some key techniques for improving your confidence

Respect all

One of the best ways to radiate confident is to treat all those around you with the utmost respect. The kindness that you show to others will reflect back on you in the warmth and respect that you receive in return. This atmosphere of positivity will do wonders for boosting your confidence and making your personality really attractive to all those around you.

Take action

There's much more to being confident than just how you look or dress up yourself. You must act the part as well. Walk up to a stranger at a networking event or accept a project you'd normally reject. Practice being self-confident and soon it will become second nature. Once you put more energy into your positive traits, your confidence will start to shine through.

Avoid small talk

If you can, try to avoid engaging in too many extended periods of small talk. It's no fun for either person involved in the conversation and most of the time ends up being an awkward mess. Getting straight to the point in a matter of fact but friendly way certainly radiates an air of confidence both in yourself and in the person you are



Learn to be confident

Stay away from negativity and bring on the positivity
Change your body language and image

Empower yourself with knowledge
Know your principles and live them
Accept compliments and compliment yourself

Believe in yourself. Have faith in your abilities. Without a humble but reasonable confidence in your own powers you cannot be successful or happy.

When you have confidence, you can have a lot of fun. And when you have fun, you can do amazing things.

If you have no confidence in self, you are twice defeated in the race of life.

talking with. Not having to skate around a subject before you bring it up is a good show of character.

Don't try too hard

Natural, easy confidence is all about not having to try too hard. If you find yourself really pushing your personality on a person, it will come across as aggressive and needy rather than confident. A truly confident person should be comfortable in their own skin and not have to impose themselves too severely on a group to be recognized and respected.

Focus on others too

A classic trait of somebody who possesses an irresistible confidence is their authentic interest in others over them-

selves. You should spend less time concerned with what others think about you, and more time engaging and conversing in a meaningful way with people. Ask open-ended questions to get discussions flowing, and your peers will really enjoy the fact that you are interested in what they have to say.

Be presentable

Though it is a highly superficial component, there really is something to confidence being discovered through dressing the part. If you feel good about yourself from an aesthetic fashion point of view, then this self-confidence will spread to your whole personality and will definitely be noticed by those around you. Be classy, be elegant, wear casual with an insouciant air ... wear your clothes, don't let them wear you.

Be willing to help

A person with irresistible confidence will always be willing to help out a friend or colleague when they are in need of an extra hand. This willingness to help others gives you a boost of self-confidence and makes your friends even more confident in you to be a great ally in their times of need. This may not necessarily mean always being the first to get involved, but more cementing the message that you are always willing to do what you can.

Smile

Sometimes the easiest solutions are the ones that get overlooked! It cannot be underestimated just how much difference having a smile on your face can make, both to you and to the people with whom you are interacting. The old adage that it takes more muscles to frown than to smile is popular for a reason. People like to surround themselves with positive energy, and smiling is the starting point of that. The more you smile, the more people will smile back, and an air of confidence can be built from this.

Grooms



MATRIMONIALS

MUMBAI : Protestant Christian Bachelor, aged 49 years, looks much younger to his age, Ht. 5' 4", Wt. 60 kgs, Wheatish Complexion, Edn. DMLT., working as a Section Technical Coordinator. Contact email : shashibsd_d@yahoo.co.in OR 9869117823 (Regd No.6253)

MUMBAI : Mangalorean Roman catholic Widower, aged 53 years, Ht. 5' 7", Wt. 65 kgs, Wheatish Complexion, Edn. HSC, having business and accommodation. Contact email : albertlobo19@gmail.com OR 9820695110 (Regd No.6251)

MUMBAI : East Indian Roman Catholic Bachelor, aged 40 years, Ht.5' 8", Wt. 76 kgs, Wheatish Complexion, Edn. B.A., working as a Manager. Contact email : cardoz.clint@gmail.com OR 9833563182 (Regd No.6250)

MUMBAI : Goan Roman Catholic Bachelor, aged 31 years, Only Child, Ht. 5' 8", Wt. 75 kgs, Wheatish Complexion, Edn. SSC., 2 yrs. Dip. in Trade of Fitter + MEC-3 Marine Engineering Course from New Zeland, working for Merchant Navy. Currently in Mumbai contact email : allwynb2011@gmail.com OR 9930225262 / 9930611534 (Regd No.6248)

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 31 years, Ht. 6' 2", Wt. 95 kgs, Wheatish Complexion, Edn. 12th English Medium, working as a Foreman in Qatar. Contact email : fmalcolm15@gmail.com OR henryfernandes@mannai.com.qa OR 9820743446 (Regd No.6237)

MUMBAI : Goan Roman Catholic Divorcee, aged 60 years, looks much younger to his age, Ht. 5' 10", Fair Complexion, M.Sc., IT, worked in Australia as a Programmer. (Regd No.6236)

MUMBAI : Goan Roman Catholic Bachelor, aged 34 years, Ht. 5' 4", Wheatish Complexion, Edn. B.Com., working as a Bank Officer. Contact email : savio-anthony.dias@sc.com OR 9820379835 (Regd No.6231)

MUMBAI : Goan Roman Catholic Bachelor aged 32 years. Ht. 5' 7", Wt. 57 kgs., Wheatish Complexion, Edn.

HSC, working as Food Production. Contact email : vaz.dominic@yahoo.com (Regd No.6229)

MUMBAI :Mangalorean Roman Catholic Bachelor aged 41 years. Ht. 5' 8", Wt. 69 kgs., Wheatish Complexion, Edn. S.S.C. A/C Tech. Course, working as a A/C. Technician in U.A.E. Contact Email : lawrencedias321@gmail.com OR 9594678829 / 7208825574 (Regd No.6228)

MUMBAI :Tamilian Roman Catholic bachelor, aged 32 years, Ht. 165 cms, Wt. 67 kgs, Wheatish Complexion, Edn.B.E. (Civil), working as a Structural Engineer (Associate). Contact email : winall2891@gmail.com OR 9920045798 / 9167710057 (Regd No.6222)

MUMBAI :Goan Roman Catholic Bachelor, aged 35 years, Ht. 5' 6", Wt. 72 kgs, Wheatish Complexion, Edn.MBA Graduate, working as a Manager. Contact email : benson_fernandes@yahoo.co.in OR 9819633378 (Regd No.6221)

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 29 years, Ht. 5' 8", Wt. 82 kgs, Wheatish Complexion, Edn. H.S.C. + P.G. Diploma, working on Cruise Ship. Contact email : stanlyboba@yahoo.com OR 9869332407 / 22836151. (Regd No.6220)

MUMBAI : Goan Roman Catholic Bachelor, aged 46 years, Ht. 5' 8", Wt. 55 kgs, Wheatish Complexion, Edn. SSC, working as a LIC Agent Assistant. Contact : 9819266107 / 28954378 (Regd No.6219)

AMBERNATH : Roman Catholic Bachelor 18th June 1983 Born, Educational Three and Half years Diploma in Hotel Management and Catering Technology, Height 5'8" smart Charming with own accommodation. Working in Hotel Industry As Asst. Manager in Mumbai Father Govt. Pensioner, Mother I.C Nurse in Govt. Hospital Seeks Alliance from Catholic Spinster Contact: Mrs. Severine

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

Dias Ambernath : 9960582206 (Regd No.6218)

MUMBAI :Mangalorean Roman Catholic Bachelor, aged 35 years, Ht. 5' 11", Wt. 67 kgs, Wheatish Complexion, Edn. H.Sc. + Shipping Course, working as a Chief Officer in Ship. Contact email : veigasterrance@yahoo.com (Regd No.6215)

MUMBAI : RC Goan bachelor, 36 yrs, 5' 9", 58 kgs, wheatish complexion, youthful, pleasing personality, working as Senior Customer Executive seeks alliance from spinstrs below 35 yrs. Contact email : greenarch644@gmail.com OR 9833930211 (Date of Birth 10-12-1977) (Regd No.6214)

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 33 years, Ht. 5' 7", Wheatish Complexion, Edn. PGDRM,working as a Manager. Contact email : laron316@gmail.com OR 9819068603 (Regd No.6213)

AJKOT : Anglican Protestant Bachelor, aged 31 yeas, Ht. 5' 6", Wt. 63 kgs, Wheatish Complexion, Edn. B.Sc., MBA working as a Manager. Contact email : evie100984@gmail.com OR 9662671103 (Regd No.6211)

MUMBAI : Goan Widower, aged 45 years, Ht. 5' 6", Wt. 65 kgs, Wheatish Complexion, Edn. SSC., HSC, Working Mechanical Technician in Abroad, having 9 years daughter. Currently in Mumbai. Contact email : colamick@yahoo.com OR 9702148869) (Regd No.6210)

DHARWAD : Goan RC Bachelor aged 37 years, Ht. 6', Wt. 79 kgs, Wheatish Complexion, Edn. Masters (Navitical Science), working as a Merchant Navy Chief Officer. Having a flat in Mumbai. Contact email : ephremf@gmail.com OR 9768153407 (Regd No.6205)

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MATRIMONIALS

K.S.A. : Roman Catholic Spinster, aged 32 years, Ht. 160 cms, Wt. Normal, Wheatish Complexion, Edn. B.Sc. in Chem/ PGDMLT, Pathology Lab Technician (Instructor) in **KSA** since 10 years, well settled, seeks a suitable match. Contact email : mathew_680@yahoo.com OR 8652531726 (Regd. No. 6482)

MUMBAI : Mangalorean RC Spinster, aged 34 years, Ht. 5' 3", Wheatish Complexion, Edn. B.Com., working as a Supervisor in Airport. Seeks a well settled bachelor. Contact email : linnet_r@rediffmail.com OR 9892327916. (Regd. No. 6481)

MUMBAI : Mangalorean RC Spinster, aged 39 years, Ht. 5' 5", Wt. 55 kgs, Wheatish Complexion, Edn. MBA, PGDM, working as a IT Engineer, Seeks a suitable match. Contact email : 2016onlyforyou@gmail.com OR 9819194352 (Regd. No. 6479)

RAJASTHAN : Roman Catholic Spinster, aged 28 years, Ht. 5' 3", Wt. 65 kgs, fair and goodlooking, simple, loving, very understanding girl, Edn. M.A., B.Ed., CTET, Teacher by profession. Contact email : arleen_sunni@yahoo.co.in OR 8239871729 (Regd. No. 6469)

MUMBAI : Parents of R.C. Goan innocent divorcee, 1st marriage annuled by the church, 35/5' 2", looks much younger to her age, Only daughter, working in Muscat as a teacher, seeks preferably working and living abroad. Contact email : carvalhovanessa28@yahoo.com OR 8308932277 (Regd. No. 6468)

MUMBAI : RC Spinster 30 / 5'2", MBA (F) working as Manager HR seeks alliance from Qualified Bachelors having a good family background. Reply with details and photo to maryline.sebastian7@gmail.com (Regd. No. 6464)

MUMBAI : East Indian Roman Catho-

lic spinster, aged 26 years, Ht. 5' 2", Wt. 49 kgs, Fair Complexion, Edn. BMS., MMS (Mum. Uni.) working as a Data Analyst. Seeks well educated and working and setted abroad, preferably dubai. Girl willing to relocate any city in the world. Contact email : melwyn_dsilva@hotmail.com OR 9224258001 (Regd. No. 6462)

MUMBAI : Parents of R.C. Mangalorean Spinster, 27/5' 1", Only daughter, very fair, B.Com., seeks professionally qualified, well settled bachelors of good character and family background, preferably working and living abroad. Contact email : pashana72@gmail.com OR 91- 6759 7766 (Regd. No. 6461)

BANGALORE : Goan Roman Catholic spinster, aged 28 years, Only child, Ht. 5' 4", Wt. 55 kgs, Wheatish Complexion, Edn. Masters in Library & Information Science, working as an Asst., Librarian, seeks a boy preferably working in Bangalore. Contact email : gracefreitas@rediffmail.com OR 9731866341 (Regd. No. 6460)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 25 years, Ht. 5' 5", Wt.55 kgs., Wheatish Complexion, Edn. B. Pharm, working as a Project Engineer. Contact email : zarina_zeena@yahoo.co.in OR 9833352185 (Regd. No. 6459)

AURANGABAD: Parents invites alliance for their Roman Catholic spinster daughter aged 31 years, Ht. 5' 2", slim, fair and good looking, B.E. (I.T.), seeks well settled and well educated bcahelor. Contact email : timothy.anthony@ymail.com OR 9823891561 (Regd. No. 6457)

MUMBAI : Goan Roman Catholic Spinster, aged 30 years, Ht. 5' 4', Wt. 68 kgs, Wheatish Complexion, Edn. M.A., B.Ed., Teacher by profession. Contact email : valerie.fds@gmail.com OR 9819714445 (Regd. No. 6456)

NAGPUR : CNI Protestant Spinster, aged 31 years, Ht. 5' 3", Wt. 57 kgs, Wheatish Complexion, Edn. M.Sc., Biotechnology. Contact email : shikhanath@yahoo.com OR 9422300753 (Regd.

No. 6383)

NEW DELHI : Mangalorean Roman Catholic Spinster, aged 27 years, Ht. 5' 7", Wt. 70 kgs, Fair, good looking, Edn. B.A., LL.B., LL.M., Legal Executive in MNC. Contact email : judith_m@outlook.com OR 9560242263 (Regd. No. 6382)

MUMBAI : Goan Roman Catholic Spinster, aged 31 years, Ht. 5' 3", Wt. 58 kgs, Wheatish Complexion, Edn. M.Com., working. Contact email : soareskaren14@gmail.com OR 9967297756 (Regd. No. 6381)

MUMBAI : Innocent divorcee 35 years, MBA (F), works for a bank in Mumbai as an Asst. Manager. Short marriage dissolved and annulled. Seeks a suitable groom from good family background. Contact Mob.: No. 09052872253 (Regd. No. 6379)

MUMBAI : Mangalorean RC Spinster, aged 31 years, Ht. 5' 4", Wt. 58 kgs, Wheatish Complexion, Edn. M.Sc., writer and editor of Science Research Publications. Contact email : tnmdfg@gmail.com OR 9619428279 / 8879452467 (Regd. No. 6378)

USA : Mangalorean Roman Catholic Spinster, aged 31 years, Ht. 5'4", Wt. 54 kgs., Fair Complexion, good looking. Edn. M.A., MBA., working as Sr. Manager in USA. Seeks well qualified bachelors working in USA. Contact email : divineword121@gmail.com (Regd. No. 6377)

6160. MUMBAI : CSI Protestant Spinster, aged 40 years, Ht. 5' 3", Wt. 60 kgs, Wheatish Complexion, Edn. B.Com., Computer Teacher. Seeks a suitable match. Contact email : george_bhagya@yahoo.com OR 9819206366 / 9545978761 (Regd. No. 6160)

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MUMBAI : Roman Catholic Spinster, aged 31 years, Ht. 5' 5", Wt. 75 kgs, Wheatish Complexion, good looking, Edn. B.Com., MBA Diploma in Jewellery, working as a Manager. Seeks educated, established, from good family background. Contact email : philu159@yahoo.co.in OR 9823910490 (Regd. No. 6297)

MUMBAI : RC Goan Spinster, B.E. - Computer Engineering, studing Executive MBA, Working for reputed MNC in Pune but has permanent residence in Mumbai. 26 yrs., 5 ft., wheatish, homey with good family background. Career minded and willing to relocate abroad. Please send details and photo to email : ashil2628@gmail.com (Regd. No. 6296)

MUMBAI : Goan Roman Catholic Spinster, simple and decent, aged 30 years, Ht. 5' 2", Wt. 62 kgs, wheatish complexion, Edn. M.Sc., B.Ed., Teacher by profession. Seeks a well educated and well settled bachelor. Contact email : fritzydsouza@gmail.com OR 9833952113 / 8976343556 (Regd. No. 6295)

MUMBAI : East Indian Roman Catholic Spinster, aged 25 years, Ht. 5' 5", Wt. 60 kgs, Fair Complexion, Beautiful, Edn. Graduate, BMS., working in Mumbai as a Hairstylist in Paris Company. Seeks well settled bachelor, preferably NRI. Contact email : pereiragladys1@gmail.com OR 9820169008. (Regd. No. 6293)

MUMBAI : Tamilian RC Spinster, aged 26 years, Ht. 5', Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., Working in Hospital in Administrative. Contact email : anharichard@gmail.com OR 9769277062 / 9819315925 (Regd. No. 6291)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 1", Wt. 54 kgs, Fair Complexion, Edn. M.A., working as a HR & Admin., Contact email : pearlcfri@gmail.com OR 9867118077 (Regd. No. 6288)

MUMBAI : Roman Catholic Spinster, aged 30 years, Ht. 5', Wheatish Complexion, Edn. Masters in Life Sciences Working as a Manager in a leading Pharmaceutical MNC. Contact : 9869959289 OR email id : nmd2612@yahoo.in (Regd. No. 6287)

LONDON : East Indian Roman Catholic Spinster, aged 38 years, Ht. 5' 2", Wt. 55 kgs, Fair Complexion, good looking, Edn. B.Pharm (Mumbai), M.Sc. (London) working for MNC in London. Due for U.K. Citizenship. Visiting India every six months. Seeks a handsome, well settled and educated any Roman Catholic Bachelor. Contact email : blossomcolaco@yahoo.com OR 9326463210 / 9011869244 (Regd. No. 6286)

PUNE : Maharashtrian RC Spinster, aged 29 years, Ht. 5' 1", Wheatish Complexion, Edn. BHSC, B.Ed., Post graduate, Teacher by profession. Contact email : cyrilmntode@gmail.com OR 9850978699. (Regd. No. 6374)

MUMBAI : Mangalorean Roman Catholic Widow, aged 46 years, Ht. 5' 3", Wt. 55 kgs, Wheatish Complexion, Edn. 12th std., Housewife. Seeks a suitable match. Contact email : benedicta43@gmail.com. (Regd. No. 6371)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 27 years, Ht. 5' 2", Wt. 54 kgs, Wheatish Complexion, Edn. B.Com., Dip. in (HR), working as a French Analyst. Contact email : selmamasca88@gmail.com / malmasca@rediffmail.com OR 9702111899 (Regd. No. 6368)

MUMBAI : Mangalorean Roman Catholic Spinster, Only Child, aged 24 years, Ht. 5' 2", Wt. 45 kgs, Fair Complexion, Edn. B.Com., working as HR. Contact email : staceydsouza95@gmail.com OR 9930276885 (Regd. No. 6367)

MUMBAI : Mangalorean Roman Catholic Spinster, Only Child, aged 30

years, Ht. 5' 6", Wt. 65 kgs, Wheatish Complexion, Edn. Post Graduate (Marketing & HR), studied and working in **SYDNEY-AUSTRALIA**. Contact email : sydn2020@gmail.com OR 9892112703 (Regd. No. 6366)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 30 years, Ht. 5' 3", Wt. 50 kgs, Wheatish Complexion, Edn. MBA (Finance), working as a Finance Manager in Dubai Seeks a well settled boy in Dubai or Mumbai. Contact email : lobocindrella@gmail.com OR 971501663159 / 9867375554 (Regd. No. 6169)

MUMBAI : Goan Roman Catholic Spinster, aged 40 years, Ht. 5' 2", Wt. 44 kgs, Wheatish Complexion, Edn. B.A., working as a Manager in Bank. Seeks a suitable match. Contact email : musikin@yahoo.com OR 9820023114 (Regd. No. 6165)

MUMBAI : Roman Catholic Divoree, 1st marriage is annuled by the church, having one grownup son, well settled, Ht. 5' 3", Wt. 60 kgs, fair complexion, pretty, aged 55 years, looks much younger to her age, Edn. SSC., Hair Styling and BeautyCare by profession. Seeks a suitable match having a good personality and good health. Contact email : psvaz23@hotmail.com OR 9821970719 (Regd. No. 6162)

6161. PUNJAB : North Indian Roman Catholic Spinster, aged 29 years, Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. Post Graduate in Nursing, **Position** : Nurising Tutor (Clinical Instructor), Calm, quiet, intelligent, Seeks a suitable match from respectable family, and well settled. Contact email : shephalitigga04@gmail.com OR 0164-2272549. (Regd. No. 6161)

6159. BOISAR : CNI Protestant Spinster, aged 34 years, Ht. 5', Wt. 58 kgs, Wheatish Complexion, Edn. BE Com, PGD in Textile Designing, working as a Textile Designer. Contact email : jackson.reena@gmail.com OR 02525-284872 (Regd. No. 6159)

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