

THE SECULAR CITIZEN

(Total pages 24)

A NATIONAL FAMILY WEEKLY

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'Obscene': 8 men own half the world's wealth, says Oxfam

The eight in the report are

1. Bill Gates of Microsoft,
2. Amancio Ortega, Inditex founder
3. Warren Buffett, veteran investor
4. Carlos Slim, of Mexico
5. Jeff Bezos, Amazon boss
6. Mark Zuckerberg of Facebook
7. Larry Ellison of Oracle and
8. Michael Bloomberg, ex-mayor of New York

Priests cannot canvas for polls: Archbishop Filipe Neri Ferrao

MARGAO: Archbishop Filipe Neri Ferrao of Goa and Daman on Sunday frowned upon individual church leaders openly canvassing for a party or candidate for the assembly polls scheduled for February 4.

Speaking exclusively to Times of India, Ferrao said, "The Council for Social Justice and Peace (CSJP) will soon issue guidelines (to the faithful on how to exercise their franchise during the upcoming polls)."

On whether priests could openly canvass for a party or candidate of their preference, Ferrao replied, "He cannot do so. If you are aware, please inform me." Ferrao clarified that the Church guidelines on how to exercise your franchise during the polls do not mention the names of any party or candidate.

Prayer to **St. Expedite** for solving a financial crisis



I call forth the Power and the presence of **St. Expedite** in my time of financial trouble. I offer my body, heart, mind and soul upon your altar of light. I have faith and trust and complete confidence that you will be my strength in this time of need. Quickly come to my assistance.

(State Your Petition) _____

My financial need is urgent. Be my Light and Guide in this situation so that I may live with peace, love, prosperity and abundance and in the Praise of God.

Amen. (Promise Publication)

—J, D'Lima

"Don't be oblivious to Constitutional Privileges" Archbishop Dr. Bernard Moras



Bengaluru,; Archbishop Dr. Bernard Moras who heads a Catholic population of over 4 Million in the Southern City of India inaugurated a Commission for Minorities, Jan 11th at 4.11 pm at Paalana Bhavan adjacent to the official Residence of the Archbishop.

Several Media Persons were present for reportage. The Prelate who rendered a heart-rending speech to the gathering that included superiors from several religious houses and volunteers from various Pious societies said "The poor and marginalized should have the first place in our hearts". Speaking about privileges available to the minority and marginalized the Catholic Head who also leads a combined delegation in Karnataka said "Quite often we are not aware of the privileges available to us".

The Spiritual Head appealed to volunteers to reach the benefits to people in need and go the 'extra mile' in helping people who need guidance. The Archbishop Dr. Bernard Moras also informed the gathering that "The Catholic Church as per established statistics has contributed over 20 percent of the Nation's growth in terms of Education, Health Care and charities"

The Spiritual Leader also informed the gathering "The Church cares for everybody in need and the Catholic church does not discriminate against anybody". In a jovial and kind gesture

the Archbishop invited superiors of a convent to join in the celebrations saying "women have contributed much to society, they should not be left out".

The Commission Office Secretary Fr. Arockisamy Aruldas told media persons in a private interview "It is not happy persons who are thankful but thankful people who are happy" reiterating the need to thank the government for helping minorities. He expressed deep gratitude to the Archbishop for his concerted efforts and plans for the Church in the State of Karnataka.

Financial Administrator of the Archdiocese, Fr. Martin Kumar, Chancellor Fr. AS Anthonyswamy, Advocate and Member of the Christian Development council Mr. Bhaskaran, Estate Manager John Roasrio were present for the inauguration.

—Fr. Adolf Washington
Archbishops House

The Secular Citizen

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'Thought for the week'

Life is a trip. The only problem is that it doesn't come with a map. We have to search our own routes to reach our destination.

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Talent in Mumbai's Weddings & Funerals

by Don Aguiar

If you live in Mumbai then you have something to look forward to. Forget about the get together and normal functions, you are about to get an insight on the rich and famous weddings and funerals – a gigantic leap into commercialization of the system.

It is not a question of sitting silently; it is not a question of chanting a mantra. It is a question of understanding the subtle workings of the mind. As you understand those workings of the mind a great awareness arises in you, which is not of the mind. That awareness arises in your being, in your soul, in your consciousness

I have attended weddings of friends, colleagues or their families I know. I have also been to funerals to grieve with people I know or knew. But there is a completely different world out there. A world that is far more egalitarian that does not breed familiarity but just recognizes commercial interventions. A world which invoices your emotions and pays for your presence.

So in today's demonetized India we are still able to monetize presence at weddings and funerals and there are dolts who specialize in this: mostly from Bollywood which includes actors, past and present; those who may have acquired early fame but are cast always and these are the people who attend weddings and funerals for money: yes if believing that is even possible. So if you are a current star, you can charge Rs 1 crore per wedding; if your last film was in the 1980s you could, if the host has a decent memory get about Rs 2 lakhs and if you are eminently forgettable then just a business class air ticket and stay at some crappy five-star hotel will suffice.

So upon greater investigation this is what I have learnt. There are event management companies that actually manage talent: yes this is what these shameless freeloaders are called. They are the ones who are ferried from wedding to wedding or from funeral to funeral. These event management companies will then brief them as to which side they are from: so a program will be handed out to them so that they don't confuse the bride with the groom's mother. Or for that matter the groom with the local state Chief Minister which is understandable given how intellectually innocent some of this 'talent' is.

So depending on which side you are from, you will either be a baraati or from the girl's side and they will then naturally offer you color coded turbans and / or color coded couture. So once you arrive at the venue, you will be taken right to the middle at the peril of the blokes getting married because as one remembers at any Indian wedding the presence of the groom and the bride is either incidental or hazardous. Once this talent has surfaced in the

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(Contd.. from p. 3)

middle of the party, they will then be introduced as 'family friends' who 'we've known for ages' and 'much before he became such a famous star'. This is the opening act for the evening. The talent will then proceed to get inebriated since how much small talk can you indulge in with someone from Pune who trades in automobiles?

Once inebriated this 'talent' is then encouraged to dance with the family and other sundry animals and one must respect the fact, that the talent does it with aplomb since this is the only acting role they get nowadays: once you've done the token dance and been photographed by everyone and hounded for selfies with some of the ugliest people on the planet, you can safely depart, until of course the next wedding.

Everyone is happy. The out-of work celebrity finally gets to do a job; the star-struck automobile contractor gets to shake his booty with an aging gorgon and all your relatives think you have deep-rooted contacts in Bollywood.

Funerals are more expensive. The 'talent' gets to charge more. Because it's much longer and more arduous and mostly non-air conditioned. Also, there is more physical work. If the chap you've been hired by is a masochist, he may insist that you also lend your shoulder to the carrying of the body. In addition to this burdensome weight you may also have to cry and it's here where you are trapped because it won't be fine form to whip out some glycerin from a bottle which says hand sanitizer: this is where the 'talent' has to fall back on years of experience of crying in some godforsaken films and one has to hand it to them: they do a great job.

I have seen some of them actually invoke their method-acting skills and also wail loudly with the right pitch which is difficult to do when you are inhaling flesh and sandalwood smoke blended into a fine fragrance. Also, funerals tend to be more energy-sapping but then many have a package deal: the simplest package is the funeral; the more complex one is the 'three for-one': simply put this includes the funeral; the prayer ceremony and a home visit so that the building blokes know how close you are to this lot who've lost someone.

So the next time you see 'talent', please be kind. It's a tough life and a hard job and someone's got to do it.

\$\$\$

Annual feast of St. Bonaventure

Over six lakh people from all over Mumbai and its suburbs embarked on a pilgrimage to celebrate the annual feast of St Bonaventure at the historic Portuguese church at Erangal beach, Madh Island in Malad on January 8, 2017. The church is located at a picturesque spot along the seashore. The feast of St Bonaventure is celebrated on the second Sunday in January every year. The St Bonaventure Church is in the ruins of an old Portuguese fort. Currently there are very few East Indian Catholic families residing near this church. East Indians speak Marathi, which is a blend of pure Marathi and Portuguese. The modern generation has started speaking English too. Every year thousands of pilgrims arrive to pray at the historic church during this annual event. They then make their way to the local fair where scores of people sell local produce and other goodies like specialty foods, musical instruments and music CDs.

—Jubel D'Cruz, Mumbai

Thanksgiving



**Thanks To:
Mother Mary,
Infant Jesus, St. Jude,
St. Gabriel,
For the Favours Received
—M.D.S**

Demonetisation is a major assault on poor. PM Narendra Modi and his advisers didn't think of the consequences of note ban, universal basic income could benefit the poor

— Economist Pranab Bardhan

The e-commerce war

The problem for Flipkart is that Amazon has the resources and bandwidth to absorb its higher loss. The Seattle-based e-commerce giant has amassed a \$5 billion war chest for the Indian e-commerce market and more than half of that is yet to be deployed. Flipkart, on the other hand, has not been able to raise fresh capital for over a year. To worsen matters, its valuation, a reported \$15 billion the last time it raised capital, has been repeatedly marked down by a bunch of global mutual funds that own minority stakes in the company.

The First Task of Chandra

The Tata group that Chandrasekaran takes over is under threat—the shadow of Cyrus Mistry will be long and lingering, relationship with Tata Trusts is a challenge

Chandra's first task will be to assuage shareholders and employees made jumpy by Ratan Tata's October move to oust Mistry. The sacked chairman, who had just spent four years in the top job, also happened to be the second-biggest owner of the enterprise: Mistry's family controls more than 18% of the unlisted holding company.

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Prop. B. D'Souza



Personality Issue, Excellent

Congratulations to you and all those behind the “Secular Citizen” on completion of 25 years of dedicated service to Society.

I was particularly pleased to receive a copy of the first Issue of 2017 with Albert W. D’Souza featured as Secular Citizen’s ‘Personality of the Year’. He has rightly earned that distinction having come up in life, from an agrarian background by dint of hard work, perseverance and reaching for the sky. Truly, he has set an example for our youth to emulate.

I have read and heard so much of Albert D’Souza especially in the field of academics in which his contribution is noteworthy because he has made education so accessible, instead of making it a lucrative business source as many tend to today.

I would have like to convey my sentiments to him personally, but unfortunately i do not have his emailing address. If you could provide the same I would like to keep in touch with this inspirational gentleman. Till then, may I request you to forward my good wishes to him.

Once again, thank you for devoting this whole Issue to him through which I have got to know him better and also his contribution to society generally.

—*Irwin Almeidaa*

Modi's Digital Difficulty

Like many others, I too decided to be a part of Modi’s Digital India drive and tried to open an account for my part-time domestic help so that I could pay her online. Armed with a photocopy of her voter ID and two passport-

sized photographs, I took her to a bank and was told by the branch manager that to open an account, she needs to have a PAN number. And in order to obtain a PAN card, one needs to show documents supporting proof of birth which the woman does not possess. At this point, I just gave up.

— *Jubel D’Cruz,*

Organ Donation

During, and in the aftermath of the Year of Mercy, in many places, the Catholic Church seems to be taking the lead in encouraging people to donate organs of their bodies to give life to others, and even to donate their entire body, after death, for medical research. This issue raises several disturbing questions about some of our basic beliefs in matters of the Christian Faith and Morality. It is true that the various organs of the body have been given to us for our use and may, therefore, belong to us. We could thus assume, that it is a service to God to donate them, if we are sure that they will be used to give life to others. However, our faith teaches us that our body, as a whole, does not belong to us, but to God alone, and that therefore, we have no right to donate our entire body after death, even for medical research. Besides, if we claim the right to donate our bodies, the purely mechanistic view of the human body, held by rationalists and atheists, is bound to spread in the Church also. As a result, the human body will soon come to be regarded as a mere machine, which can be bought and sold, its parts removed, and then disposed of as we please. The more such a view spreads, the greater would be the incentive to propose ‘euthanasia’ in cases of terminal illnesses of persons who have donated their body, since the whole body would then be

more quickly available for research. Such an attitude contradicts the Biblical view, expressed by St. Paul in the words, “Do you not know that your body is the temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So glorify God in your body.” (1 Cor 6,19-20). In fact, the whole New Testament emphasizes belief in the resurrection of the body, in order to counter the Greek view that the body is evil and must be cast away.

The body is, undoubtedly, the visible expression of the soul or person (O.T. Hebrew holistic view), and, even after death, represents the person. Hence, it must be accorded all the reverence due to the person. The Church has always stood for this self-evident truth held by all believers, especially in the way in which the funeral service is conducted and the body disposed of. This is very much in keeping with its teaching about the dignity of the human person, upon which all its laws and morality are based. Keeping this fundamental belief in mind, the Vatican has recently issued an instruction which says, “In order that every appearance of pantheism, naturalism or nihilism be avoided, it is not permitted to scatter the ashes of the faithful departed.....nor may they be preserved in mementos, pieces of jewellery or other objects.” In view of this instruction, after medical research has been completed on a body, how will all that remains be disposed of? Will it be treated just like any other organic waste? We could also speculate whether, if given the choice of donating their body organs, Our Lord and Our Lady would even think of donating their bodies for medical research. The very thought is repugnant to us, though we could more easily accept their willingness to donate organs of their bodies to save lives.

Another question one has to consider is whether, in today’s world of highly advanced technology, so many human bodies are really required for research. Technology has made it possible to simulate almost every organ, function and molecule of the

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(Contd.. from p. 5)

body on computers. Also, research work done earlier could be videotaped for the benefit of others. Therefore, why would so many entire cadavers be required? It is possible that there could be pressure on researchers to publish papers in learned journals, in order to further their own careers, make a name for themselves or to serve commercial interests. As a result of technological progress, even vivisection of animals for research is being discouraged in many countries, so as to minimize cruelty to these poor creatures. We, in India, must remember that Mahatma Gandhi always vehemently opposed vivisection of animals for scientific research. In a materialistic world in which everything is commercialized, the need for more and more bodies and organs of human beings, as well as those of animals, is often artificially-created to promote vested interests. We would do well to remember that genuine research findings in Biochemistry and Biotechnology, in particular, which threaten their interests, are often ruthlessly discredited and suppressed by these powerful interests. People who do not know much about scientific research and commercialization, can be easily misled by apparently sugary assurances of seeking to serve humanity with donated body organs and entire bodies. This is why Jesus cautioned his disciples saying, "I am sending you out like sheep in the midst of wolves. So be wise as serpents and simple as doves."

—Joseph M. Dias, S.J.
Andheri (E), Mumbai

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Demonitisation



We've spilt a lot of ink covering the most disruptive economic event of 2016 and the various possible outcomes of the whole demonetisation drive...

But two central questions keep recurring:

Does cash really support the existence of a parallel economy?

How much cash is really needed in an economy?

Let's address the first question first. Take the example of Japan - where more than 80% of all transactions are in cash, yet there is almost no parallel economy. This perhaps is because of their tax system, which taxes most working individuals at pretty low rates! (Note that rates are high, but post the deductions, in comparison with similar wages in India, they are effectively low.)

Clearly, cash does not necessarily cause a parallel economy. Cash is merely a means by which a parallel economy may come into existence, but blaming cash-based transactions for the existence of a parallel economy is wrongheaded.

This leads to our second question: How much cash really is necessary for an economy?

The cash to GDP ratio in the US is around 8%. In India, it's around 12%. Now, you might be tempted to argue that the US has an infrastructure that

better supports a digital economy. But note that around 40% of transactions in the US are in cash. Furthermore, the US dollar is the world's base currency, meaning it is more widespread in terms of both location and users.

Perhaps this indicates that cash levels in the Indian economy had exceeded the right balance, and thus cash was serving purposes other than legitimate buy and sell transactions. Even so, is this enough to justify the unleashing of the demon of demonetisation?

We don't quite know.

What we do know is the demonetisation drive has given impetus to a digital economy. And the government is leaving no stone unturned to promote cashless transactions.

But let us remind you, a large part of the Indian population is still outside the banking system. SBI chief Arundhati Bhattacharya too raised various concerns on this front recently. The disparity in the country is wide, and the gap between the accessibility to services and delivery of them won't be easily filled.

Taking all these aspects into account, would it not make more sense for the government to align its vision of curbing black money with a better tax structure and further reforms, rather than a cashless society?

—Equity Expert

Protect Migrant Children

On January 9th 2017, in an address to the members of the Diplomatic Corps from 181 countries accredited to the Holy See, Pope Francis said, “children and young people are the future; it is for them that we work and build. They cannot be selfishly overlooked or forgotten ...I consider it a priority to protect children, whose innocence is often violated by exploitation, clandestine and slave labour, prostitution or the abuse of adults, criminals and dealers in death.” and further, “I think of the young people affected by the brutal conflict in Syria, deprived of the joys of childhood and youth, such as the ability to play games and to attend school”. His message was loud and clear, a necessary step for security and peace everywhere, is to invest in children and particularly those who are directly affected by the numerous wars and conflicts of our time.

Pope Francis has been consistent in his focus on the painful reality of migrant children. On January 15th 2017, the Catholic Church will once again observe the ‘World Day of Migrants and Refugees’ and in a hard-hitting message for the day on ‘Child Migrants, the Vulnerable and the Voiceless’ Pope Francis writes, “I feel compelled to draw attention to the reality of child migrants, especially the ones who are alone. In doing so I ask everyone to take care of the young, who in a threefold way are defenceless: they are children, they are foreigners, and they have no means to protect themselves. I ask everyone to help those who, for various reasons, are forced to live far from their homeland and are separated from their families”.

There are today innumerable stories on the suffering of children who are in the midst of war or are fleeing war and persecution. From

Syria to Myanmar; from Congo to Colombia; from Afghanistan to Sudan – the plight of migrant children labouring long hours in sweatshops; toiling in fields; begging on streets; or just left to the vagaries of hostile environments could make the coldest hearts thaw. The dead body of Aylan Kurdi, the three-year old Syrian child, which was washed up on a beach in Turkey early in September 2015, will forever be etched in the memory and conscience of anyone who cares.



BY FR. CEDRIC PRAKASH SJ

The UN Refugee Agency (UNHCR) states that, “Over half of the world’s refugees are children. Many will spend their entire childhoods away from home, sometimes separated from their families. They may have witnessed or experienced violent acts and, in exile, are at risk of abuse, neglect, violence, exploitation, trafficking or military recruitment”. Pope Francis reiterates this situation in his message also emphasizing that these children are deprived “of rights intrinsic to childhood as sanctioned by the International Convention on the Rights of the Child”.

Pope Francis calls upon the Christian community and the world at large to respond to the reality of the migrant children by working towards protection, integration and long-term solutions.

He highlights the importance to adopt “every possible measure to guarantee the protection and safety of child migrants, because these boys and girls often end up on the street abandoned to themselves and prey to unscrupulous exploiters who often transform them into the object of physical, moral and sexual violence.” He does not mince words when he says, “if more rigorous and effective action is not taken against those who profit from such abuse, we will not be able to stop the multiple forms of slavery where children are the victims”.

The integration of migrant children is also essential; to have adequate policies and also the necessary financial resources to ensure for their assistance and inclusion. All are aware of how several ‘host countries’ create all possible obstacles to deny refugee children with appropriate formal education, healthcare and even with much –needed recreational facilities.

Finally, Pope Francis makes “a heartfelt appeal that long-term solutions be sought and adopted. Since this is a complex phenomenon, the question of child migrants must be tackled at its source. Wars, human rights violations, corruption, poverty, environmental imbalance and disasters, are all causes of this problem... far-sighted perspectives are called for, capable of offering adequate programmes for areas struck by the worst injustice and instability, in order that access to authentic development can be guaranteed for all. This development should promote the good of boys and girls, who are humanity’s hope”.

A visionary but strong challenge indeed! The moot point, as we observe the World Day of Migrants and Refugees, is to ask ourselves and those in power, whether enough is being done for the voiceless, vulnerable and invisible child migrant of today? And if not, to get involved in more concerted action now!

** (Fr Cedric Prakash sj is a human rights activist. He is currently based in Lebanon, engaged with the Jesuit Refugee Service (JRS) in the Middle East on advocacy and communications.*

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Off The Mark

This title could mean two things (double entendre). Firstly, as in a race, it could mean that one was off the mark in a flash, as the starter called out, "On your marks, get set, go". Secondly it could mean that one had gone off track or missed the mark. I mean both things – taking off and missing the mark; double entendre.

Two Marks come to mind, Rebecca Mark, and Mark Zuckerberg. The first Mark was the stunning blonde CEO of the Enron power project in Dabhol, Maharashtra. Every time she crossed her shapely legs she had the Maharashtra State Electricity Board officials drooling. Writing in the Times of India for Valentine's Day in 2002 columnist S.S.A. Aiyar had this to say, that she was "remembered not for her business acumen, but her looks, clothes and legs. Many Indians dreamed of being her Valentine. Gossip columnists claimed she won the Dabhol contract because of her sex appeal"! Unfortunately, that was not enough to get the project off the mark (first meaning) and it ended up being way off the mark (second meaning).

She has much in common with the other Mark – Zuckerberg. Both are or were CEOs, both are/were fabulously rich and both went to Harvard. There the similarity ends. Zuckerberg is 30 years younger than Rebecca. He is of course the CEO of Facebook (FB). Despite a net worth of 50 billion US dollars he draws a salary of just one dollar. He has pledged 99% of his wealth to charity through the Chan Zuckerberg Foundation, named after him and his Chinese doctor wife, Priscilla Chan.

I am not on FB, as I prefer to meet people face to face, and read or write

books. So what has attracted me to this other Mark, and occasioned this piece? It is a statement he made recently at Christmas time. In his holiday message he wished people a "Merry Christmas and Happy Hanukkah". Somebody responded to his greeting by asking him if he had now become "religious", as he had earlier called himself an atheist?

He reportedly replied, "No, I was raised Jewish, and then I went through a period where I questioned things, but now I believe that religion is very important". It is this statement that got me thinking, and not the other Mark's assets.



by chhotebhai *

Another juicy bit of information came from the Pews Research Centre in America. In 2014 those professing to be atheist, agnostic or religiously unaffiliated rose to 22.8% of the population, from 16.1% seven years earlier. The figures from India are a study in contrast. Unfortunately, the Govt of India has not, till date, released the religion wise figures of the 2011 Census. I fail to understand what the previous UPA Govt and the present NDA Govt are trying to hide from the public. I must therefore fall back on the figures of the previous Census conducted in 2001. It has a

... I still believe that the Catholic Church, despite its many shortcomings, is the best of organised religion. But I also have a growing distaste and disappointment with the way the Catholic Church has withdrawn into a comfort zone of institutions and worldly splendour ...

provision for "religion not stated", which may not necessarily be the same as those claiming to be atheist or unaffiliated. Nevertheless it is something to go by. In a population of 1,028,610,328 the number of such persons was 727,588, or just 7 in 10,000. Their Decadal Growth Rate from 1991 was 75%, as against 23% for the entire population. So we may conclude that such persons grew at more than three times the average growth. It is till a far cry from the figures in the USA.

That being as it may, why is it that an increasing number in the West are professing to be atheist or agnostic, as distinct from the "religiously unaffiliated", that would admit a belief in God but not in any particular religion? I see two reasons for this trend. The first is the declining dependence on Providence. Earlier, if there was no rain a farmer would storm the heavens. Now he simply switches on his tubewell, and gets all the water he needs. So too for the answers to life. One earlier turned to God; now one turns on Google! Has God then become infructuous or redundant?

When the West was inundated with the hippie culture and the unending Vietnam War, the iconic Time magazine published a cover story on 8/4/66 "Is God Dead?" My answer of course is that God is alive and has withstood the test of time (pun intended), though Time's sister publication "Life" is now dead!

It is in this context that Mark Zuckerberg's profession of faith, if I may

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term it that, assumes significance. He is filthy rich and super intelligent. After searching for answers he has apparently found something that makes him publicly admit that "religion is important". I would therefore deduce that he is now a theist, who believes in God, regardless of what religion he professes.

The second reason for people turning away from religion, especially the organised or institutionalised variety, is their disgust and dismay at the hypocrisy of so-called religious leaders. Jesus himself called them hypocrites, likening them to whitened sepulchres (cf Mat 23:27); people who were a stumbling block themselves, and blocked the path for others too (cf Mat 23:13). Jesus did not condemn the drunkards and prostitutes. But he reserved his harshest criticism for the hypocritical religious leaders of his time (cf Mat chapters 6 & 23).

In my 65 years of life I too have been through stages of blind faith, rationalised religion, and now an emphasis on spirituality rather than religion. Yes, I use the breviary and rosary and believe in the Eucharistic Sacrifice; but I give novenas, adorations and Corpus Christi processions a very wide margin.

I believe in the teachings of Sacred Scripture and the prophetic vision of the Second Vatican Council. I still believe that the Catholic Church, despite its many shortcomings, is the best of organised religion. But I also have a growing distaste and disappointment

with the way the Catholic Church has withdrawn into a comfort zone of institutions and worldly splendour. So I am not surprised that many who may not have had the opportunities that I had, to associate with wise and holy persons, have chosen to call themselves atheists etc. I also feel that I have no right to impose my religious beliefs on my adult children. They need to search and find their own answers.

As a social and civic activist I interact with a wide cross section of society. This includes Hindu, Muslim, Buddhist, Parsi leaders (both lay and cleric), Christians from other churches, and even Marxists at the other end of the spectrum. It is impossible to judge who is a better human being or closer to God. I have seen some avowedly atheists who have shown greater love and concern for the poor and needy than so-called "religious" leaders.

But I also suspect that Indian Marxists are not really atheists. I have noticed that most of their leaders are Brahman. Perhaps this is one of the reasons that they could never establish a pan-India footprint. I also find that religion and caste are so deep-rooted in India that they have not left even the Marxists unscathed. I may in passing add that Marx is an anglicisation of the original German name – Ma rks!

I would end this piece with a teenage experience. I had just come out of the swimming pool in the Cawnpore Club (it has retained its anglicised name) and was in the men's dressing room. Near me were two burly young Parsi men resplendent in their manhood. One said to the other, "I don't believe in God", to which the other retorted, "I don't believe what you are saying"! This "locker room talk" has remained firmly etched in my memory for fifty years. Many people may externally express to be atheist. It could be fashionable or politically correct to say so. But deep down in their hearts there could be that spark of the divine that they may not con-

sciously profess.

My dear wife invariably falls asleep in church, especially during boring sermons. She has the gift of wisdom. She says, "So what if I fall asleep? If I am sitting in the sun and I fall asleep I am still receiving the sun's rays". I bow before my wiser half. It lends credence to my credo that even if there is a breed that has no creed, but does good deeds, then God is not dead to them. That is why, concurring with my wife's innate wisdom, Vatican II, in the "Dogmatic Constitution of the Church" unequivocally states, "Nor does Divine Providence deny the help necessary for salvation to those who, without blame on their part, have not yet arrived at an explicit knowledge of God, but who strive to live a good life, thanks to his grace" (LG 16).

So as we begin a new year I see hope in what Mark Z said. I don't know if his legs are as shapely as that of his namesake, but he does seem to have his head in the right place, as he shapes the future of another generation. Truly he is off the mark (the first meaning). With faith in God and hope in humankind let us also do likewise.

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

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‘Obscene’: 8 men own half the world’s wealth, says Oxfam

DAVOS: Just eight individuals, all men, own as much wealth as the poorest half of the world’s population, Oxfam said on Monday in a report calling for action to curtail rewards for those at the top.

As decision makers and many of the super-rich gather for this week’s World Economic Forum (WEF) annual meeting in Davos, the charity’s report suggests the wealth gap is wider than ever, with new data for China and India indicating that the poorest half of the world owns less than previously estimated.

Oxfam, which described the gap as “obscene”, said if the new data had been available before, it would have shown that in 2016 nine people owned the same as the 3.6 billion who make up the poorest half of humanity, rather than 62 estimated at the time.

In 2010, by comparison, it took the combined assets of the 43 richest people to equal the wealth of the poorest 50 percent, according to the latest calculations.

Inequality has moved up the agenda in recent years, with the head of the International Monetary Fund and the Pope among those warning of its corrosive effects, while resentment of



elites has helped fuel an upsurge in populist politics.

Concern about the issue was highlighted again in the WEF’s own global risks report last week.

“We see a lot of hand-wringing – and clearly Trump’s victory and Brexit gives that new impetus this year – but there is a lack of concrete alternatives to business as usual,” said Max Lawson, Oxfam’s head of policy.

“There are different ways of running capitalism that could be much, much more beneficial to the majority of people.”

SUPER-CHARGED CAPITALISM

Oxfam called in its report for a crack-down on tax dodging and a shift away from “super-charged” shareholder capitalism that pays out disproportionately to the rich.

While many workers struggle with stagnating incomes, the wealth of the super-rich has increased by an average of 11 percent a year since 2009.

Bill Gates, the world’s richest man who is a regular at Davos, has seen his fortune rise by 50 percent or \$25 billion since announcing plans to leave Microsoft in 2006, despite his efforts to give much of it away.

While Gates exemplifies how outsized wealth can be recycled to help the poor, Oxfam believes such “big philanthropy” does not address the fundamental problem.

“If billionaires choose to give their money away then that is a good thing. But inequality matters and you cannot have a system where billionaires are systematically paying lower rates of tax than their secretary or cleaner,” Lawson said.

Oxfam bases its calculations on data from Swiss bank Credit Suisse and Forbes. The eight individuals named in the report are Gates, Inditex founder Amancio Ortega, veteran investor Warren Buffett, Mexico’s Carlos Slim, Amazon boss Jeff Bezos, Facebook’s Mark Zuckerberg, Oracle’s Larry Ellison and former New York City mayor Michael Bloomberg.

Fun & Frolic at Emmanuel Community, Bhoomi Park, Annual Fest Mass



With Cheer, laughter and joyous feelings “Emmanulites” – the unit of St. Anthony’s Church, Malwani, a vibrant parish where there is lot of belonging, gathered to celebrate their Annual Feast Mass. The occasion was filled with spirit of a new beginning and to ring out the New Year 2017. Solemn Mass was celebrated by Rev Fr Henry D’Souza. The very presence of the Sisters of Sacred Heart made the entire hall blessed.

The glorified Singing by the choir, bible reading by the youth & every detail of the Holy Mass filled the gathering with the presence of the Holy Spirit. The action song by little kids brought smiles and applause.

The evening brought in the good wishes of birthday and golden wedding anniversary and 38 years of wedding anniversary of our Coordinator Mr. William Menezes.



Singing, foot tapping music and dancing floored the people.

The sumptuous delicacies on the dining table ended the wonderful evening of the Annual Feast.

A big thank you to the coordinators Mr William Menezes & Mrs Savie Minz with their team of animators for the well planned executed evening.

Many blessings to all who have been instrumental in making this day memorable.

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Thanksgiving



Thanks to St. Anthony, St. Jude, Holy Spirit, Our Lady of Perpetual Succor, Sacred Heart and Infant Jesus for favours received. Please continue to bless us.

—A D'Sa & Fly, Mumbai

Mumbai marks longest-serving bishop's centenary

MUMBAI: The Malankara Mar Thoma Syrian Church is hosting the Centenary of its most senior Bishop, Dr. Philipose Mar Chrysostom Mar Thoma Valiya Metropolitan on January 14, 2017 at the CIDCO Exhibition Centre, Vashi, Navi Mumbai. State Chief Minister Devendra Fadnavis and Rajya Sabha deputy speaker PJ Kurian will also be present on the occasion.

Dr. Philipose who will complete 100 years on April 27, 2017 has been a bishop for over 63 of those, which makes him the longest-serving bishop in India. Dr. Geevarghese Mar Theodosius of Mumbai Diocesan says, "This is a great moment for everyone as Dr. Philipose Mar Chrysostom will complete 100 years. This is a long cherished moment as he is the longest-serving bishop in India and the first bishop to reach the age of 100 across the world."

The centenary function of Dr Philipose will see over 3,000 delegates from Maharashtra, Goa and Gujarat attending the grand function to be held on January 14 in Vashi. He was born on April 27, 1917 and began his life journey as Philip Oommen as son of KE Oommen and Mrs Sosamma.



sonality, remarkable for brilliant ideas and born with a sense of humour. He stands on the threshold of his birth centenary celebrations. As a refuge to everyone in distress and sorrow, Thirumeni's special concern for the socially and economically backward is noteworthy."

He added that Dr Philipose is endowed

Dr. Geevarghese said, "Dr Philipose Mar Chrysostom Mar Thoma Valiya Metropolitan is an outstanding per-

with an extraordinary and indescribable talent to mingle with the youth, to enter into a dialogue with them, imbibing modern views and pulses. His presence is sought not only in Church gatherings, but also at various religious and cultural organizations, which demand his advice and blessings, DNA reported.

Dr Geevarghese said, "The Mumbai Diocese Mar Thoma community has significant milestones marking its path of leadership and initiative. In this part of Western India, especially in the states of Maharashtra, Gujarat and Goa, comprising more than 6,000 members, play a pivotal role in the development of social, educational, political preview at national and local levels of the community." Under Dr. Geevarghese Mar guidance, several new projects are undertaken for uplifting of rag pickers, commercial sex workers, transgender, tribals, intellectually challenged children, and various integrated programs.

—matters india

Thanksgiving



Thanks to Sacred Heart of Jesus for the favours granted

—Ms. B. Menezes, Mangalore

Thanksgiving

Thanks to St. Francis Xavier for the favours granted. Praying for more favours.



— Mrs. Maria S. Pereira, Bandra

Thanksgiving



Thanks to Fr. Agnel for the favours granted

— G. Nunes, Pune

Sr. Christobel Fonseca of Mother Teresa's Roses is no more

Sr. Christobel Fonseca of Mother Teresa's Roses, breathed her last and went up to God on 12th January 2017 at 3.15pm at Shanti Avedna Sadan, Bandra after facing a long battle with cancer. Her funeral service held at St. Peter's Church, Bandra on Friday the 13th January 2017 at 9.30 a.m. and the Cremation of body at Shivaji Park on the same day.

Mother Teresa's Roses works with the most vulnerable in Mumbai and Goa. The little group of sisters, under the leadership of Sr Christobel, has had huge success, largely due to the hard work of the dedicated team of volunteers who go out onto the streets ever day, cleaning and healing the sick and the dying.

Sister Christobel was miraculously healed herself by Mother Teresa when she was dying of cancer. She brings a particular passion and personal touch to her work, and has the ability to enthuse the sisters and volunteers with a deep compassion for those under their care.

Volunteers placed with Sr Christobel cannot fail to gain a new outlook on life from this truly inspiring nun, and you will surely find joy in the humble work of bringing a little comfort to those suffering on the streets of Mumbai. In Goa, Sr Christobel has two orphanages and, here again, we give you the chance to bring joy to the lives of people who need it so much. The children love to play and study with new people, especially if they bring stories, songs and games from abroad. Just seeing the smiles on their faces makes all your hard work worth it.



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Godparents are Guardians for the Faith



The concept of godparents at a christening is oftentimes confused, and frequently taken for granted. The faithful should be properly focused on this subject, and truly concerned for a candid understanding of its spiritual and mundane attributes.

The priest at the baptism fount, in the presence of the child's parents, asks the catechumen or godparent, "What do you ask of God's Church?" The response is "Faith". (CCC. 1253/168).

God gives the baptized child His grace. Baptism is a sacrament of faith, which, a good Catholic godparent must be aware of, as faith forms a community of believers. Couples have a moral duty when they take on the responsible cloak to be godparents: to help the orphaned child grow in the Christian faith. The Code of Canon Law (No. 872) reflects their role.

At this point of reflection we must realize the honest nature of godparents as documented in the apostolate of the Church; is to reveal the effective functioning of their duties only when the child's parents are unable to assist in the growth of body, mind and faith of their progeny. The need to have a good practicing Catholic is

essential for a godparent. Let us bear in mind that only a Catholic can be a godparent and not a Protestant. An Orthodox or Protestant can be a witness to a baptism.

Holy Mother the Church has confirmed evident principles of her efficacious apostolate for all humankind to enjoy and have peace of mind. Godparents are chosen as "back-up", and rightly so.

As guardians it is their duty and obligation to inculcate the Catholic faith, protect and care for their godchild. We live in a brutal world, and to take on the role of godparents at times of crises is indeed demanding and also, rewarding. In such cases the mercy and love of godparents are always gratifying, heart-warming and ambiguous. The Code of Canon Law (No. 873) states that one sponsor can serve the purpose, male or female, their maybe in most cases two sponsors or godparents.

At least as important as a godparent is the youngster, who receives the assurance of security and stability, love and comfort he might have lost in a family tragedy. The rescued child reignites the Catholic faith by humane closeness to grandparents – not as an adopted child, but, a godchild.



BY MELVYN BROWN

Parents, focused on the baptism of their offspring are not always mindful of choosing the right kind of godparents. We are all aware of Planned Parenthood – and the long hours spent at the marriage preparation courses. From an investigation I fail to come upon any course on "Planned Godparents"

In the midst of this perplexity, I launched a think-tank with an agenda to prepare a small footage on the quest for a good godparent. When I use the word "good" I mean a bag of positive traits such as: a stable and secured person, Roman Catholic, still young, a sincere believer, educated, with a long – term trust in the work he does and with a spark of humanity. Does this make you feel uncomfortable?

Don't be floored by the flash-thought of, it's not possible to find such a man or couple; with God nothing is impossible. A true media person, a teacher or a priest will agree. To be a godparent is to take on a demanding role.

The moment has been captured in your mind. Keep it there and work on the possibilities. Don't make this project a debate. Innovation can be personal and it will be the key for your peace of mind. After all, it is a big deal – it is your child – the one you love. And for love and the babe's future, you can do it. Say this to yourself, and believe that God can help you. Remember the words: Jesus, I Trust in You. Godparents should be close in relationship with the parents as well. They act as a supporting parent and makes certain that the child is living a Christian life in union with the Church.

The overwhelming gesture given to accept the gift to be a godparent is an experience for pride. The basic and essential fact to being a godparent remains an open truth: no child of Christian and Catholic faith should be lost, even if the biological parent is no more or not able to fulfill their commitment, Holy Mother the Church encourages her followers to step in and be the spiritual and mundane life-godparent of the growing youngster.

Realising A Dream

On Martin Luther King Jr. Day, today it is important to celebrate his memory, to pay heed to the rich legacy he has bequeathed to us and to see how best we can realise his dream in our world today!

'MLK' as he was fondly known, was a true champion of civil rights. He was unable to accept the injustices that were heaped on his fellow blacks. He was convinced that, "injustice anywhere is a threat to justice everywhere." He left no stone unturned to be visible and vocal in his quest for a more just and equitable society. He emphatically stated that "our lives begin to end the day we become SILENT about things that matter". He reminded those who were afraid to take a stand that, "in the end, we will remember not the words of our enemies, but the silence of our friends."

MLK was never afraid of the 'powers' and 'vested' interests that controlled the destinies of his people. His was a prophetic and selfless leadership; it also put him at great risk; for him, "the ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy;" and further, "there comes a time when one must take a position that is neither safe nor politic nor popular, but he must take it because his conscience tells him it is right." He did not spare those who were unable to deal with the truth, "nothing in the

world is more dangerous than sincere ignorance and conscientious stupidity." Ultimately, "we must come to see that the end we seek is a society at peace with itself, a society that can live with its conscience."

Non-violence was the strategy, which King adopted; he always acknowledged the inspirational role of Mahatma Gandhi in his life. In 1964, when he accepted the Nobel Peace Prize he said, "non-violence is the answer to the crucial political and moral questions of our time; the need for man to

overcome oppression and violence without resorting to oppression and violence. Man must evolve for all human conflict a method, which rejects revenge, aggression and retaliation. The foundation of such a method is love."

There is no denying that MLK was deep in his Christian faith and in the values enshrined in the Gospel. "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. Faith is taking the first step even when you do not see the whole staircase."

He desired a society in which people were able to trust one another, "People fail to get along because they fear each other; they fear each other because they don't know each other; they don't know each other because they have not communicated with each other." He also wished for a society, which is founded on mercy, "we must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies." A society in which we can truly be of service to one another, "everybody

can be great ... because anybody can serve. You do not have to have a college degree to serve. You do not have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love."

Martin Luther King had a dream, which he shared with all, "I have a dream that one day this nation will rise up and live out the true meaning of its creed. I have a dream a state sweltering with the heat of injustice sweltering with the heat of oppression will be transformed into an oasis of freedom and justice.

I have a dream that my four little children will one day live in a nation where they will not be judged by the colour of their skin but by the content of their character; that one day little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers. I have a dream today

I have a dream that one day every valley shall be exalted every hill and mountain shall be made low, the rough places will be made plain and the crooked places will be made straight and the glory of the Lord shall be revealed and all flesh shall see it together."

In our world today, we experience an upsurge of xenophobia and jingoism; of racism and casteism; of discrimination and divisiveness; of hate and violence. In several countries today, we have rulers who have institutionalised and mainstreamed attitudes and practices that go against cherished human values and even the most basic of civil behaviour.

MLK challenges every one of us today to have the courage to realise his dream and for what he epitomised in his lifetime!

* (Fr Cedric Prakash sj is a human rights activist. He is currently based in Lebanon, engaged with the Jesuit Refugee Service (JRS) in the Middle East on advocacy and communications.



BY FR. CEDRIC PRAKASH SJ

Home Remedy For Tired Eyes



One of the simplest home remedies for tired eyes would be to place two spoons in the freezer. Take them out when they are cold and place them under the eyes to reduce puffiness. Do not freeze the spoons.

Another effective method would be to dip cotton balls in tea water. Place the cotton on the eyelids and leave it there for sometime.

Take a cucumber and cut it into slices. Place the sliced cucumber on your eyelids, to get relief from the puffiness.

An effective option would be to wash the eyes regularly with cold water. This would help the eyes relax and also remove any kind of tiredness.

In a small bowl of cold milk, dip a cotton ball and place it over the eyelids. This would remove all the puffiness.

In a bowl of water, add a few drops of lavender oil. Soak a cotton ball in this and place it over the eyelids.

Soak a cotton ball in a bowl, containing water, and a few drops of perfume. Keep the soaked cotton on your eyelids, for a few minutes.

Place a strawberry, kept in the refrigerator for a few minutes, on the eyelids. This will be beneficial in treating tired eyes.

Boil 2 cups of water. In it, add a small amount of boric acid. Once cooled, use the solution to wash the eyes for quick relief.

People Can Be Creative Like This

I went to ***Genesis*** hotel through ***Exodus*** road. On the way, I saw ***Leviticus*** recording the ***Numbers*** of people at ***Deuteronomy***, while ***Joshua*** was waiting at the Beautiful gate for ***Judges*** to see ***Ruth*** calling loudly ***"Samuel*, *Samuel***. At a stage, the ***first and second Kings*** of ***Chronicles 1 & 2,*** were coming to visit ***Ezra*, *Nehemiah*** and ***Esther*** for the misfortune of ***Job*** their brother. They started singing ***Psalms*** and teaching children ***Proverbs*** concerning ***Ecclesiastes*** and ***Songs of Solomon***. This coincided with the period that ***Isaiah*** was engaged in ***Jeremiah's* *Lamentations*** together with ***Ezekiel and Daniel*** their friends. By that time, ***Amos*** and ***Obadiah*** were not around. Three days later, ***Hosea*, *Joel*** and ***Jonah*** travelled in the same ship with ***Micah*** and ***Nahum*** to Jerusalem. ***Habakkuk*** then visited ***Zephaniah*** who introduced him to ***Hag-**

gai* a friend of ***Zechariah*** whose cousin is ***Malachi***.

Immediately after the tradition, ***Mathew, Mark, Luke and John*** got involved in ***Acts*** of the ***Romans*** who were behaving like the ***1st Corinthians*** group because the ***2nd Corinthians*** group were always at loggerheads with the ***Galatians***. At that time too, they realized that the ***Ephesians*** and ***Philippians*** were close to the ***Colossians***, and a suggestion for the ***first Thessalonians*** visit was made, and that on their ***second Thessalonians*** visit, they should first of all see the ***first and second of the Timothy*** brothers who had gone to the house of ***Titus*** to teach ***Philemon*** his younger brother how to read and write in ***Hebrew***. On hearing this, ***James*** asked ***Peter*** twice to explain to him how the ***three Johns*** have disclosed to ***Jude*** the ***Revelations*** of this journey.



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14-year-old signs 50-million-rupee deal for anti-landmine drone

Ahmedabad: A 14-year-old boy in Gujarat has signed an agreement worth 50 million rupees to explore the possibility of commercial production of a drone created by him which can help in detecting and defusing landmines in war fields.

Harshwardhan Zala, who is studying in Class 10, started work on the prototype of the landmine-detecting drone last year after reading in newspapers about high army casualties due to landmines.

Hundreds join first organized pilgrimage to Jharkhand's basilica

Ulhatu: Around 200 people, including priests and nuns, on January 14 attended the first organized but restricted pilgrimage to the only basilica in Jharkhand, eastern India.

The pilgrimage to the Basilica of the Divine Motherhood of Our Lady in Ulhatu was jointly organized by the priests of Ranchi archdiocese and the local unit of the Conference of Religious India (CRI).

Quran reading at cathedral sparks debate on interfaith relations

Glasgow, Scotland: The leader of the Scottish Anglican church has said he was deeply distressed at the widespread offence caused by a reading from the Qur'an at a service to mark the feast of the Epiphany at St Mary's Cathedral in Glasgow.

David Chillingworth, the bishop of St Andrews, Dunkeld and Dunblane, and primus of the Scottish Episcopal Church, said in a statement: "We also deeply regret the widespread abuse

which has been received by the cathedral community." He has launched a review of interfaith work.

His comments followed a row over the inclusion in the service of passages from the Qur'an read in Arabic from the cathedral's lectern by a local Muslim student. The cathedral said it was part of efforts to build relationships between Christians and Muslims in Glasgow.

The student, Madinah Javed, 19, read from the book of Maryam, which tells the story of Jesus's birth. It includes the Islamic teaching that Jesus was not the son of God. Muslims, however, revere Jesus as a prophet.

ucanews.

Global Church meet pledges for unity among Christians

Damoh: Church leaders from 30 countries, including India, have pledged to break the walls of differences between denominations and nationalities to work together to spread the "kingdom values."

The decision came on January 15 at the end of a four-day global gathering at the ancient central Indian town of Damoh, Madhya Pradesh state.

More than 3600 delegates including 260 from abroad, attended the ecumenical gathering that began on January 12 evening with a plenary session held in a beautifully decorated specially erected tent with a large banner as the backdrop depicting the theme, "God Breaks Down Walls to Build Bridges – for a brighter future of the world focused on the teaching of Jesus Christ."

Bishop Thomas K Oommen elected CSI moderator

Kottayam, Kerala: Bishop Thomas K Oommen was elected as the Mod-

erator of the Church of South India (CSI) on Saturday 14th January 2017. He was elected on the first day of the 35th Synod of the CSI being held at the CSI retreat centre.

The Bishop Council of the CSI which was held prior to the elections had recommended the name of Thomas K Oommen for the supreme post of the church. He will assume office of the Moderator at a function here on Tuesday 17th January.

If you're tempted to gossip, 'bite your tongue,' Pope Francis says

Vatican City, : Pope Francis traveled to a parish on the outskirts of Rome where he visited a priest suffering from a severe form of ALS and celebrated Mass, warning parishioners, as he often does, of the harm gossiping does to a community.

When we read the Gospels, we see that "we have a lot of sins," including betrayal and jealousy, "but there is one I don't find: they weren't gossipers, they didn't talk bad about others, they didn't speak badly about each other. No," the Pope said Jan. 15.

"In this, they were good. They didn't pluck at each other," he said, lamenting how often the sin of gossip, "to remove the skin from one another, to talk behind their backs, to believe yourself better than others while talking badly in secret," is present in parish communities.

However, "in the Gospel they didn't do this," he said, adding that if they want to have a "perfect parish" it doesn't mean not sinning, but rather eliminating the sin of gossip.

He then invited parishioners to make a commitment to hold their tongues whenever they feel tempted to gossip, because "a parish where there is no gossip is a perfect parish. It's a parish of sinners, yes, but of witnesses, and this is the witness given by the first Christians."

GUJARAT

Intolerance On Rise

On that black July 11th 2016 five youngsters - all Dalit were mercilessly beaten up by "you rakshaks"- all of (so called) 'high castes in an open market, in the presence of the police.... The speechless spectators witnessed the devilish scene in Great Gandhi's Gujarat.

The BJP - ruled Gujarat is fast becoming intolerant in many ways. Minorities - Muslims and Christians - are the easy targets for the fearless cronies of the ruling BJP. The ghastly incident at Una village in Gujarat was flashed all over the world. The BBC men came to Una and sent a detailed report. The NBC of America too covered the entire incident.

This is Modi's home state Gujarat! The BJP and RSS dandis are 'proud' of their 'excellent' achievement. Gujarat is fast becoming intolerant. Here are the factual data:

Districts	No. of Incidents
BanasKantha	1,133
Junagadh	830
Suredranagar	756
Ahmedabad	693

According to a dalit social worker, in most cases the local police does not register the complaint from the victim "The police is worse than the criminal!" says the social worker. Often the cow protector criminal considers a living human being (a dalit) of less important than a cow! This is Modi's Gujarat now!! A police raj... The BJP calls 'Gujarat', "Progressive Every third day we have full-page advertisements, glorifying the BJP rule in the state....



by Ignatius Dabhi
Sr. Journalist

No Muslim, Christian or Dalit- even by mistake! -gets selected (or even elected!) for any lucrative or glamorous post. If one of the marginalized has to be appointed, the so called high caste 'men act as if they were doing a big favour!

No dalit can take out a marriage - procession in many villages. "How can a dalit come out in an open village with a D.J and music band?" says the village chief? - a high-caste man! People of valmiki samaj have no right to live happily in Gandhi's Gujarat....

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Inspiration!

Don't let your emotional baggage define you...

The term 'emotional baggage' is used to refer to the unresolved emotional pain that a few people have been carrying in their unconscious mind. These are the feelings you have about your past and the things that have happened to you, which often have a negative effect on your behaviour and attitudes. However, you must know to combat this unwanted baggage and let it go

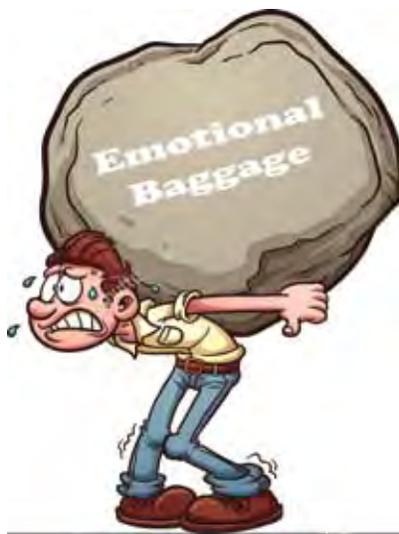
We often refer to our thoughts as our "masseters". What we mostly think about is what owns us- if we constantly concentrate on the negative sides of our lives, how would we be able to find the strength to become stronger versions of ourselves? If our minds are clogged by negativity, we won't be able to do any good in our life. But if we make the effort to choose the positive thoughts

over the negative ones, we would be a step closer to unleashing our full potential. This is only one of the reasons why letting go of our emotional baggage is worth it. Before we move on to the ideas on how to get rid of the emotional heaviness, here are some of the ways it can mess with you

Over-protective: Always bearing in mind past negative experiences, you become so protective over your emotions that you deprive yourself of sharing them with other people. This behavior may lead to emotional "numbness", and you forgetting when you lastly felt anything at all.

Projections: When communicating, you tend to treat people badly if they remind you of a person who had hurt you in the past.

Indecisiveness: Whenever you



are facing a choice you have to make, it takes significant effort and time for you to decide what to choose.

Comparison: You spend too much time thinking how much better your life had been before, or how much worse it is than someone else's.'

How to get rid of the emotional baggage? : Ditching the emotional heaviness may take some

of your time because it is not a one time thing but a really long process. You have to be willing to work on changing your mindset, the way you look at things. If you are persistent enough and believe in yourself, you will witness how the world around you changes slowly, but surely.

Create some effective rituals: What could really help if you are trying to let go of the emotional heaviness is writing your feelings down on a sheet of paper and burning it or just throwing it away. Just like you want to throw the excess baggage away. Another helpful ritual is a breathing exercise- breathing in only positive things and breathing out all the negative ones. You can come up with your own personal ritual. Choose whatever helps you best.

Learn the lessons: When recalling past experiences, think about what you can draw from them. There is a lesson behind almost every bad experience, you just have to look more carefully to find it and understand it. That is a way using your past can improve your life.

Take some time-out: You can hardly predict when the emotional heaviness will take over your mind. But what you can do in order to decrease the pressure when that happens is to simply take a time out. Don't judge yourself for feeling that way. Try becoming aware of the origins of these emotions: what made you feel like that? Is it of that big of a significance? How can you not let that happen again? How can you resolve the issue that has been bugging you? Ask yourself these questions, but don't pressure yourself with unnecessary judging the way you feel.

Don't subdue your emotions: Depriving yourself from letting your feelings out can only make matters worse in the long run. Don't act like you can just stop feeling anything. Let it out and let it go.

Be patient: Don't pressure yourself. Change takes time. One of the things that matter the most is your effort. If you feel like it's too hard to be done, just keep going. Don't quit. You will see that hard work, persistence and strong will pay off. And remember that thoughts are just... thoughts. They come and they go, don't hold on too tight to them because you'll miss the present moment. Which "the now" is everything we have.

Steps to deal with emotional baggage

- Write an honest list of the thoughts, beliefs, and behaviors that weight you down.
- Reflect on each item and identify the source of the thought of belief.
- Find at least one positive in each hurtful experience or situation.
- Practice patience and mindfulness.
- Create affirmations to foster change and counteract negative thoughts.



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6597. MUMBAI : Goan Roman Catholic Bachelor, (Born in April 1978), Ht. 5' 4", Wt. 68 kgs, Wheatish Complexion, Edn. B.Com., working as a Customer Support. Contact email : augustinelobo_78@yahoo.com

6558. KUWAIT : Goan Roman Catholic 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

6553. GERMANY : German Roman Catholic Bachelor, (Born in August 1980), Ht. 175 cms, Well built, Fair Complexion, Edn. Normal School Cheff. Working as a Cheff. Contact email : evascherrmann@yahoo.de

6552. GERMANY : German Roman Catholic Divorcee, (Born in October 1952), Ht. 183 cms, Well built, Fair Complexion, Edn. Mechanic Engineer, having own business. Contact email : evascherrmann@yahoo.de

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

6549. MUMBAI : Tamilian Roman Catholic Bachelor, (Born in December 1983), Ht. 5' 10" Wt. 72 kgs, Tan Com-

plexion, Edn. MBA (ICFAI), working as a AVP in Citi Group Chennai. Contact email : ponsil@rediffmail.com

6547. MUMBAI : Keralite + Mangalorean Roman Catholic 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.

6544. MUMBAI : Mangalorean Roman Catholic 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

6541. MUMBAI : Mangalorean Roman Catholic, (Born in January 1969), Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn. SSC, having own business. Contact email : allwynsequeira@gmail.com

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

6539. MUMBAI : Mangalorean RC Bachelor, (Born in February 1982), Ht. 5' 8", Wt. 65 kgs, Fair Complexion, Edn. B.Sc., MBA., working for Bank in DUBAI. Seeks a Mangalorean educated, homely girl. Ready to settled in Dubai. Contact email : roshandsouza5in@gmail.com

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

6533. MUMBAI : Goan RC Bachelor,

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(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

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

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

6521. MUMBAI : Goan RC Bachelor, (Born in December 1976), Ht. 6', Fair, Handsome, Edn. B.Sc., MBA (HR) full time, working as Manager in MNC. Well settled. Seeks alliance with Goan RC Spinster. Contact email : alliancedec2@gmail.com.

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

6510. MUMBAI : Mangalorean RC Divorcee, (Born in February 1981), Ht. 5' 10", Wt. 80 kgs, Fair Complexion, Edn. Masters in Computer, working as a Sr. Tech. Anyl in Bank. Contact email : melwyngdsouza@gmail.com

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6392. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in May 1989), Ht. 5' 3", Wt. 54 kgs, Fair Complexion, Edn. MBA in Pharma Management, working as a Senior Process Associate at TCS. Seeks a well educated and well settled bachelor. Contact email : zenalobo89@yahoo.co.in

6402. MUMBAI : Goan Roman Catholic Spinster, (Born in Auguts 1978), Ht. 5' 2", Wt. 60 kgs, Wheatish Complexion, Edn. Post Graduate working as a Support Analyst in Airlines. Contact email : erminda3561@gmail.com

6448. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1985), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, beautiful, Edn. B.Com., working as an Asst. HR Officer. Contact email : genesalis@yahoo.com

6591. MUMBAI : Maharashtrian Roman Catholic 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

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

6563. MUMBAI : Mangalorean Roman Catholi 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

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6560. MUMBAI : Mangalorean Roman Catholic 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

6557. BANGALORE : Mangalorean Roman Catholic 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

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

6550. PUNE : Mangalorean Roman Catholic 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

6548. MUMBAI : Tamilian Roman Catholic 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

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

6543. MUMBAI : Maharashtrian Protestant Spinster, (Born in August 1977, looks much younger to her age, Ht. 5', Wt. 50 kgs, Fair Complex-

R.C. Parents (Father Goan-Mother East Indian) of daughter 24 years, B.Com., 5' 4", presently studying in Canada. Seek alliance from suitable boy who is Humble and having good family background. Caste no bar. Contact - 98202-31920

ion, Edn. T.Y. B.Com., working as an Account Assistant. Contact email : sonali_waghchoure@yahoo.com

6542. AUSTRALIA : Mangalorean Roman Catholic Spinster, (Born in September 1988), Ht. 159 cms, Wt. 57 kgs, Fair, good looking, Edn. Masters in Biotechnology from University of Queensland, Australia, working as Scientist (Research) in Australia, Seeks qualified and godfearing boy settled in Australia, US and Canada. Contact email : patsynazareth123@gmail.com

6538. MUMBAI : God fearing Mangalorean RC Spinster, (Born in January 1980), 5' 6", from good family working for a MNC seeks groom. Reply with recent photo to innlo@hotmail.com

6536. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in April 1991), Ht. 168cms, Wt. 64 kgs, Beautiful, Fair Complexion, Edn. Master in Dental, studing PG in Doctorate, Dactor by profession. Contact email : kcmcs@gmail.com

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Novena to the Sacred Heart of Jesus

Almighty arms of Jesus, before you I come with all my faith begging you for comfort in all my difficulties. Do not forsake me, Good Jesus.

Open your doors in my way that your Almighty Arms will open and close as you design to give me that tranquility that I so desire (make your petitions for three difficulties).

Oh my Jesus, receive that supplication from a wounded heart that is always fighting for me, with



your divine power, never let me scramble for want of help. Almighty Jesus assist me to find a shelter in your celestial country ever AMEN.

Kindly note: This prayer start on Friday and must continue for 15 days. Make 4 copies and give away. Each day light a candle while praying and then put it out. Only one candle to be used for 15 days. Thank you my Lord for helping me in all my difficulties and special favours granted.

-Lucas D'Mello

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Starring : *Joy Paladka *Betty Naz - Bandra *Julie Vas - Marol,
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**78th Show: on Friday 3rd February, 2017, at 6.30 p.m.
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**79th Show: on Saturday 4th February, 2017, at 6.30 p.m.
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**80th Show: on Sunday 5th February, 2017 at 6.30 p.m.
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