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a Visual Stimulant...

*addressing
pornography
in youth ministry*



India Nepal gets new Vatican Ambassador



Mumbai: Pope has appointed Archbishop Giambattista Diquattro as the new apostolic nuncio to India and Nepal.

The 62-year-old Italian prelate is currently the nuncio to Bolivia, a country in central South America.

The formal announcement was made at 12 noon in Rome (4:30 pm in India), on January 21.

The new nuncio is expected in India mid-February, sources in the apostolic nunciature told Matters India.

Archbishop Diquattro, who was ordained a priest 35 years ago, has been a bishop for 11 years.

He took over as the nuncio to Bolivia on November 21, 2008.

He was on March 18, 1954, in Bologna, the capital and the largest city of the Emilia-Romagna region in northern Italy. It is the seventh most populous city in Italy.

He was ordained priest on August 24, 1981, for Ragusa diocese in Italy and ordained bishop on April 2, 2005.

He was appointed apostolic nuncio to Panama on April 2, 2005.

On January 19, Cardinal Oswald Gracias, a papal adviser, told Matters India that the Indian government had cleared the nuncio's name.

India has been without a Vatican ambassador since early October when Archbishop Salvatore Pennacchio, who was the Apostolic Nuncio to India and Nepal for six years, left for Poland.

The new nuncio is taking over at a time when India is preparing to receive Pope Francis, who has shown interest in visiting the country.

Best Educationist Award conferred upon Madam Grace Pinto



The Ryan International Group of Institutions had yet another reason to celebrate when its Managing Director, Madam Grace Pinto was conferred upon "Best Global Educationist Award 2017" by Prof. P. J. Kurien, Deputy Chairman of the Rajya Sabha at the august ceremony organized by Kashmir to Kerala Social Foundation on 15th January 2017 for her immense and noteworthy contribution to the education sector. The event rightly recognized prodigious heroes and leaders from different sectors in the country, celebrating their spirit of leadership and excellence in their respective fields. The award was presented in the presence of Justice Kemal Pasha - Kerala High Court, Justice Kulashekharan - High Court, Chennai, Mr. Rajesh Gawande IFS - Undersecretary, External Affairs

Ministry, New Delhi, Mr. Mubarak Gul, Former Assembly Speaker, Kashmir, Prof. S. Sivakumar, Law Commission of India, New Delhi and other top dignitaries, investors, business icons from India.

While receiving the award, Madam Grace Pinto said, "I thank our Lord Jesus Christ for this recognition; He is the cornerstone of all our works. This award is for the hard work of the entire Ryan Fraternity for having remained consistent and committed to excellence in education. I am also grateful to K&K Social Foundation for this recognition and greatly commend all their social endeavours for the uplift of the society." This is yet again a remarkable achievement for the Ryan Group as they add another prestigious award to their tally.

Thanksgiving



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

—Ms Priya G. Mascarenhas, Goregaon

'Thought for the week'

To start a day is - just like painting. Draw the lines with prayers; Erase the errors with forgiveness; Dip the brush with patience; And colour it with love

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PORNOGRAPHY a Visual Stimulant....

by Don Aguiar

Pornography is a visual stimulant. Is it bad? Well it's like alcohol... A few pegs don't harm until you get addicted

Pornography is like watching a Rajnikanth movie.. The actions performed are good visuals. Not realistic. But this explanation is never given to a child.

Some take pornography as a medium of expressing sexual freedom while others ask what's so bad about pornography that we are not ready to accept it as a mode of expression?

Some would say it's a great way to stimulate your senses like a movie but it's not a medium to express sexual freedom. The reason being that pornography is an industry. And for the benefit of trade, only that is shown which can be sold. A medium for sexual freedom should include emotional and physical expression in the true meaning of the word.

It is clear that pornography cannot be a source of sexual freedom at all. But, there is a catch-22 situation over here. Since society itself has got 'infected with an unnatural and distorted attitude towards sex, then what can be expected from the parental guidance? Can parents really 'guide' their children in these matters? How can one victim guide another victim? What's their real role?

Parental guidance should be not to hide pornography, but explain what it really is. Also help children understand their body changes, and sexual changes. Parents can guide their children by being open about sex and by giving them true and quality knowledge about sex. A victim who gets true knowledge about sex can help educate others

Unfortunately, pornography phenomenon has risen along with lowering sexual satisfaction in society. Even though we may claim to be a sexually free society, the level of sexual satisfaction is far lower than what used to happen many years back.

What is the reason? - Manipulation, cunningness and power games have entered the mind of our present generation, which has caused premature ejaculation (for men) and lack of orgasm (for women). So imagine, on one hand people are so much exposed to porn, on other hand they have lesser means to feel sexual satisfaction. Such a split is truly dangerous for society

The guilt for sex is such a disease, that it has entered in deep psyche of our society. In fact, non recognition of sexual identity of their children is the first reason, why the distance develops between parents and children.

(Contd.. on p. 4)

(Contd.. from p. 3)

If pornography was about aesthetics, It would not be opposed. Pornography is vulgar and it is far away from erotic art. Question is, what is the difference between the erotica as portrayed in kama sutra / khajuraho and the pornography prevalent in modern times?

If you look at erotic arts of khajuraho, you will find the deep peace on the faces of the characters. You would feel, as if they are in some kind of worship. Looking at them, can make you feel serene. Do you get excited and full of desire after going thru the temple of khajuraho? Off course, the answer is NO. On the contrary, one may feel inspired to attain the same serenity, which can cause the sex energy to move up the chakras and hence moving towards deep experience of joy.

Pornography not only awakens the desire which is going to remain unfulfilled, it also reinforces wrong fundamental about what the sexual pleasure is. Pornography deals sex as a purely physical matter and such an approach can never satisfy a person, when imitated. The beauty of sex is in deep love and this fact is totally forgotten in pornography

Man is a composition of body, mind & spirit. Some techniques would work on the level of body and the mind while others work on the 'being' level. So we can sum up by saying that in order to disentangle the youth and elders from this monstrous addiction called 'pornography', society should see to it that, not only are the young children trained to develop a healthy body, but also a healthy mind and spirit. Psychoanalysis can go a long way, however true spirituality would make the journey much smoother. A spiritually healthy society is one who respects and develops true love and compassion. Such a society would develop a naturally matured outlook towards women and sex. Then there is no question of developing any addiction in the first place

The Bombay archdiocese has taken note of this and has started an online survey to understand the viewers of pornography with an aim to help young people out of their addiction.

"At present, we hear a lot of things about pornography. While there are studies being done on porn and its effects outside India, nothing has been taken up here. We have not done any study on porn users, and hence, we wanted to do one," said the director of Snehalya Family Service Centre, who has started the year-long survey.

It was in the counseling centers — where

the Church looks to ensure that marriages last — that they realized the need to study the porn issue closer. The Church stands for saving marriages unless there was some pre-existing problem that was not known and due to which a marriage needed to be annulled.

It was noted that during counseling session couples spoke of "more and more cases of erectile dysfunction, partners fulfilling their need by watching porn, husbands forcing their wives to watch porn and also enact steps. All this was leading to breaking of marriages..

The study will also look at figuring out addiction among women. Women addiction patterns are different. They are not so much into graphic but more into literature, The other



aspects of the study will be place of access of porn, how deep the users go into it, the genre, role of porn in marriage and life, post-porn effects, methods tried to de-addict, being open about watching porn, money and time spent, inclination towards religion and the self-esteem of the person.

Pornography awakens desire, which remain unfulfilled. Sexual energy can also become creative energy, if it finds deeper acceptance, but it rather creates conflict as one is not able to handle it because of shame associated with it.

Pornography fills you with desire, which is normally unfulfilled, which is quite dangerous. If you normally look at the characters of porno films, it appears that they have no connection to the joy of spirit and are just trying to throw away their own inner stress

The actions performed are good visuals. Not realistic absolutely true. These days there are more and more cases where divorces have happened just because the wife was not able to enact the scene from a porno which the husband expected her to!

This is becoming a very common problem because many men take upon pornography as the manual for sex. Things like:

- i. sexual position
- ii. Performance time
- iii. Usage of sex toys
- iv. Even dresses during sexual intercourse are defined by pornography

Unfortunately most of the actions performed are by professional artists and people fail to understand that.

There is n number of cases, where men want to last 30min in bed. On being asked do their wives want the same... a 30min sexual intercourse? The simple answer is. She has to comply for my pleasure. There are men, who have performed anal intercourse with their wives. Unfortunately, they didn't understand that an enema was required prior to it and got the shock of their life.

Just a few days back, I had been to a nearby Cyber-café and what I saw there was really shocking. A small kid not more than 10 or 11 years old was curiously glued to a porn site. Why do we get attracted to pornography? And why is the age of watching the first porn decreasing day by day?

Medically pornography leads to the following type of stimulations:

Biological- audio-visual stimulation leading to generation of positive chemicals like dopamine and pleasure-center activation in the brain. This stimulation also stimulates sexual organs, which reinforces this behavior. Psychological it stimulates the repressed sexual desires of an individual, giving it a vision and sound.

With the increased easy availability of porn, taboo about sex, this makes it more adventurous to watch, if any adult at home or nearby vicinity is involved in the same, a curiosity to imitate the elderly male figure.

Why do we get attracted to pornography? - because of the sick attitude for sex and nudity. Our society has so much guilt for our own bodies that it becomes something to be hidden and then there are elements who take advantage if it by being in the business of pornography.

There is a certain age around 13 – 14, that a boy or a girl becomes suddenly aware of the sexual changes occurring in the body. There is a wave of emotional and sexual tur-

(Contd.. on p. 18)



About SNEHA

SNEHA (Society for Nutrition Education and Health Action) is an organization co-founded by Dr. Armida Fernandez. Dr. Fernandez is an Ashoka award winner for her outstanding philanthropic work.

Drs. Rui & Armida Fernandez lost their only child, Romila, to cancer. This tragedy spurred the indefatigable Armida to launch a new initiative, 'Romila Palliative Care', through SNEHA. This center seeks to address the needs of home bound cancer patients entirely free of cost. 'Romila Palliative Care' will be launched on 27th January 2017 and will be operating from the premises of Holy Family Hospital Bandra. The team will consist of a doctor, nurse and counselor and will be supported by a team of volunteers. Some of the services provided would be providing treatment options, assisting in pain relief, providing counseling and emotional support to the patient and his/her caregivers, providing a reference point for services such as physiotherapy and legal aid, assisting in running errands, reading to the patient.

SNEHA is having a fundraiser for the new center on the 19th of March 2017 from 12 noon to 4 pm at the Hard Rock Café, Mumbai. Those interested in supporting this cause may contact Ms Sharmila Kher, Manager, Fundraising, SNEHA at mobile no. 9820548215, or phone no. 6614488 extn. 25 or by email at shama@snehamumbai.org.w at Memphis, TN, USA)

—**Monica Fernandes**

Is demonetisation a rational move?

PM Narendra Modi has mastered the art of playing to the gallery and appealing to the poor who have been

waiting for a Messiah. That's not all. Modi is such a consummate orator that even his staunchest opponents, rich or poor, cannot help but cheer vociferously at his rallies. Such is his oratorical skills that people are willing to stand patiently in long queues at ATMs and Banks believing that salvation is near.

Assuming that ex-PM Manmohon Singh had imposed the same demonetisation 5 years ago would these people be willing to stand in long queues with the same patience?

So is demonetisation a rational move or an oratorical coup?

—**Prof Robert Castellino, Orlem**

“Global Common Good”

On Saturday 14th January, 2017, Pope Francis received participants of the 'Rome Roundtable' – a local unit of the 'Global Foundation' based in Melbourne, Australia; and which is a worldwide network of concerned citizen-leaders in various fields. They discussed and worked to enable people from many walks of life, in addressing especially the United Nation's 'Sustainable Development Goals'!

The motto of the two-day conference was: “*Together We Strive For The Global Common Good!*” The Holy Father commended this universal profound maxim!

“You have gathered to discern just ways of attaining a globalization that is 'cooperative and positive', as opposed to the globalization of indifference ... I would restate my conviction, that a world economic system that discards men, women and children, because they are no longer considered useful or productive, is unacceptable and inhumane ...”

“Mother Teresa of Kolkatta represents and recapitulates efforts at local globalization! She bent down to

comfort the poorest of the poor, recognizing their God-given dignity! She accepted every human life, whether unborn or abandoned ...”

Therefore, I encourage everyone to also draw constant inspiration from the seven 'Social Teachings of the Church'! – Dignity of the Human Person; Community and Common Good; Care of God's Creation; Civil Rights and Responsibilities; Preferential Option for the Poor; Importance of Work and the Laborer; and Solidarity!

And if I may complete; Jesus Christ fulfilled these social standards: “Just as the Son of Man did not come to be served, but to serve and give His life as a ransom for many” (Matthew 20:2

—**Dr. Trevor Colaso, (Bandra (West), Mumbai).**

Law of abstinence

This refers to the letter “Clarification sought” By Dilip Pinto (Secular Citizen, Jan 16). Fr. Eugene is not wrong in stating that every Friday is a day of abstinence from meat for Catholics, going by Canon 1251 which makes it obligatory for Catholics to abstain from meat on all Fridays of the year. Fr. Eugene was well known in Abu Dhabi parish for his extreme views and orthodoxy. I had an experience of this at the christening ceremony of my grandson in January 2000, when Fr Eugene refused to baptize one of the babies because he was named Cain and did not have a saint's name. I also remember that during my schooling days in Bombay we used to religiously observe all Fridays as meatless days. Surprisingly during my holidays in Goa we were told that we were free to eat meat on Fridays because of a certain privilege/ exemption granted by the church in Goa during the Portugese rule to those families that paid 'bulas' (annual fee) to the church every year. This practice is no longer in existence, and so it is not known yet whether Catholics as a rule are expected to abstain from meat on all Fridays. Probably it is the prerogative of the bishop of each diocese to decide.

—**A. F. Nazareth, Alto Porvorim, Goa.**

“A Delightful Senior Citizens Day Out”

The Diocesan Council of Catholic Women (DCCW), an organisation under the Archdiocese of Mumbai has completed fifty-two golden years of dedicated, charitable hard work reaching out to people from all walks of life with a generous heart of love and compassion.

The DCCW had organized a Fellowship Mission Visit on Saturday, 12th November 2016 to the St. Joseph's Aged Home, recently built in very tranquil surroundings near Vikramgad, a village in Palghar. The trip was well organized, keeping all our 50 seniors busy with different kinds of activities, which included the Home's residents who joined in the fun-filled games.

Here are extracts of what our fellow members from Mahim and Kalina had to say:

- Senior Citizens from different Parishes in Mumbai joined together at St. Andrew's Church in Bandra - around 50 including couples and singles. They left at 8am in an arranged bus to Vikramgad. Many were picked up at different points during the exciting journey, and they reached St. Joseph's Home at around 10.30am.

The journey started with prayers, followed by breakfast served in the bus. On the way to Wada, we

had to introduce ourselves so we could get to know each other, also enjoying the scenic beauty on the way. Many of us became good friends.

- I thoroughly enjoyed the trip that you had organized to St. Joseph's Home. The best thing about the place is the clean air as compared to the polluted air of Mumbai. This is what gives one a healthy appetite and I ate so much more for lunch than what I would normally do. The facilities provided to the residents are excellent, the rooms well furnished and there is no restriction on personal items like TVs, computers, mobile phones, etc. The charges for all this are nominal since it includes full board, house-keeping and laundry. All the residents I met were very happy and did not seem to miss their folks or their original homes. This is probably due to the clean surroundings coupled with the sisters' loving care. The layout of the home is well designed, secure, and has a pretty balcony facing a flowing stream. There is also a beautiful Chapel within the premises. I would definitely recommend it to anyone looking for a place for their aged relatives.
- Hats off to Phil Fernandes, the former President of DCCW, and her dedicated team of organisers who

spear-headed the entire outing, looking into every minute detail from boarding the buses to returning home. They planned games where winners were awarded useful gifts. They also arranged a donation cheque of Rs.50,000/- towards funds for completion of building of the first floor, and hope people will monetarily help to complete their project.

Sr. Sebi, in charge of the Home welcomed those interested to stay overnight or for a few days. She said this place can be used as a Resort or a Holiday Home for relatives or friends to enjoy the surrounding beauty. Charges would be Rs.600 per person for food and accommodation. Those interested may contact Sr Geeta on 9049171442 or 28375396. Sr Sebi also informed us that the Vasai diocese have visited this Home which is under their jurisdiction. Thereafter, all of us left in a joyous mood, asking the organisers to have this programme more often.

St. Joseph's Home can be reached by rail from Vasai Station (Western Railway), then by bus going to Jawah. You alight at Zадpoli Crossing. You may also take the bus to Wada from Virar Station (Western Railway) and take the connecting bus to Zадpoli Crossing.

—Ossie D'Cruz, Mahim
Marian Furtado, Bandra

THANKSGIVING

May the Sacred Heart of Jesus be Praised, Adored, Glorified and Loved today and everyday throughout the world now and forever. Amen!!

Ask St. Clare for three favours two impossible and say nine Hail Mary's and the above prayer for 9 days with a lighted candle and publish on the 9th day your request will be granted no matter how impossible it is.

—Mrs. V. Fernandes, Byculla.

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Good and Evil

“The righteous is not innocent of the deeds of the wicked.”
Kahlil Gibran

There is a wealth of wisdom in these words of Kahlil Gibran. We think in terms of two distinct types of people – good and evil. Obviously we think we belong to the first category – for most of the time at least. Perhaps we are right for we are not criminals. We pay our taxes. We abide by society’s rules. Are we indeed in anyway responsible for the evil in society?

It would be great to live in a deserted island, far from the madding crowd. But the fact is human beings are social animals. Society can be likened to the human body. There is the brain, vital organs like the stomach, kidneys and liver, hands and legs. If the hand hurts, a message goes to the brain and the person feels pain. Likewise if a section of society is marginalized, everyone in that social group is affected. The oppressed are like a rumbling volcano about to erupt at any time. This is evident in bloody revolutions such as in France.



by Monica Fernandes

When the ‘head’ of a social body is followed blindly, this could lead to the so called ethnic cleansing, an euphemism for mass murder. The annihilation of six million Jews during World War II was not just because of the crazy, megalomaniac, evil leader Adolf Hitler but his followers who believed his myth of Aryan superiority. Some were in it for personal gain.

Many of us may have watched the movie ‘Schindler’s List’. Schindler, himself a Nazi, could not bear to see his fellow Nazis ruthlessly killing the Jews. He used his own personal wealth to save thousands of Jews from going to the gas chambers, claiming



he needed them to work in his ammunition factory. He took a great risk in saving the Jews but this did not deter him from pursuing the path he believed was correct.

President Barrack Obama, in his signing off address to the nation, told the citizens of USA not to “accept only information, whether true or not, that fits our opinion.” That is the crux of the issue. He implied that we should not follow racist leaders just because we could benefit from doing so.

Pope Francis has called the faithful to be proactive. Just praying and minding our own business is not enough. We

need to actively participate in the improvement of society – a society we are part of.

“It takes courage to follow a cause. It takes courage to give your all.”
Hymn

Yes indeed. It took tremendous courage for followers of the Mahatma to join the Dandi March. They were beaten ruthlessly by the British. Some of them lost their lives when their skulls were bludgeoned. But, following Gandhiji’s instructions, not one lifted a finger to defend himself. We owe our freedom to those countless selfless unsung heroes.

Jesus’ reign continues long after the

mighty Roman empire bit the dust. He paid with his life in order to fight injustice in society, in order to free and give hope to the oppressed. His followers also suffered and were martyred in their quest to spread the good news and make the world a better place.

We too are called to do our bit. It would appear that no one killed the hapless Jessica Lal. A bullet seemed to have appeared from nowhere and mowed her down.

Witness after witness turned hostile and refused to give evidence. But the citizens of this nation, particularly the people of Delhi, would not give up. They held candle light vigils and marches and eventually got justice for Jessica Lal.

Sometimes all that is needed of us is to click a button when we get a message to support a petition from organizations such as Change.Org. Perhaps we could create awareness through writing for various publications. In Bandra the ALMs have been instrumental in getting cleaner surroundings.

The power of one may not be that great but the power of many ones is a force to be reckoned with. We are each called to get outside comfort zones, to use our talents for the greater good and to lend our support to worthwhile causes. Let’s join hands to make the world a better place.

Thanksgiving



Thank you St. Anthony For Favours Received Through Your Intercession! Please pray for us to the Lord always.
In Gratitude, Mrs. C. Pinto.

Is God Gender-Neutral?

by Blaise D'Souza, Mulund West

Confusions in my romance with tomatoes and tama-toes, with apples and oranges

"I want to go to Chhatrapati Shivaji Terminal, please can you give directions." I desperately pleaded with my friend over the telephone. "Sure. Which Chhatrapati Shivaji Terminal you wish to go to?" my friend replied.

"You mean there is more than one terminal by that name" I blurted out anxiously.

"Yes", she replied, "the international airport and the railway terminus share the same name and one is in the north and the other in the south of Mumbai."

"Oh! Really, well I need to get to the airport, please tell me how to get there" I hurriedly yelled back. Knowing I was panicking, she gently said, "Sure, but I need to know where you are at the moment to give you correct directions."

Ordinary conversation, nothing romantic or confusing here, except of course the name. "What's in a name, a rose by any other....." was not the political motivation of naming every stationary object after Chhatrapati Shivaji or Mahatma Gandhi, but that is another gripe for another day.

Is God Gender-Neutral?

This morning I stumbled across a news-report that proclaimed that Christianity is finally catching up with the times. The report said that the top two divinity schools at Vanderbilt and Duke Universities in the United States have issued guidelines on using "gender-neutral language" while referring to God. (DNA Jan 18, 2017 pg. 10) Yes you heard it right, no more he, him or himself, but the gender-neutral, God or Godself. These divinity schools

have generously added that this is not mandatory but merely suggestive.

At the face of it this "tomatoes, tama-toes" seeming debate does not warrant me getting myself all worked up. Come on, face it, the majority of the world is steeped in oppressive patriarchic mindsets and this seems to level the playing field. So why am I so hot and bothered?

The problem, the way I see it, is that clear water is being muddied in an attempt to bring clarity. It reminds me of Pilate's angry reply to Jesus, "What is truth?" (John 18:38) Pilate was interrogating Jesus with this ridiculous question, this Jesus, who had unequivocally stated that, "I am the way, THE TRUTH, and the life." (John 14:6) The truth was staring at his face and yet Pilate, probably angry at his own cowardice, chose to be muddled in his reasoning in order to keep up the outward show of being an able administrator in the eyes of Caesar.

The idea of making God, gender-neutral in our language, is a real problem because it is flawed on two obvious counts. The first being the larger picture as demonstrated in my panicky conversation with my friend. Without the larger picture of where I was and where exactly I intended to go, this well meaning friend could not give me the right directions. Secondly, there seems to be a problem of comparing oranges with apples, yes both are fruit, but they are also very different fruit. It is like me using a weighing machine to ascertain your height. The instrument is perfect, but its use is not.

Let us first see the oranges and apples perspective.

Different religions are different not merely because they have different rituals and practices but because they are different in essence. They do not share the same world view. If one were to examine some of the broad

world views emerging from some of the major world religions we would find that at the outset there is Theism and Atheism, where theism is a belief in God and atheism is the proposition that God does not exist. Then there are the Agnostics who state that whether God exists is both unknown and unknowable. The world views of those who are theist are further divided into Monotheism, belief in one God who is the Creator; Polytheism, belief in multiple gods who are creators; Pantheism that holds that the Creator God and creation are one and the same; Panentheism that proposes that the physical universe is one with the multiple gods, but these gods are greater than material creation; Deism that professes in one Creator God, who once created could not be bothered with the creation and Autotheism which believes that you are God, this is almost like pantheism. This list is not exhaustive but you get the idea.

For the sake of brevity let us just consider Pantheism and Monotheism. The religions that are pantheistic do not have a concept of Creator that is completely other and different from creation. The Creator and creation have always been one and will always be one. In this world view the aim of one's existence is to rid oneself of the illusion that we are a separate "self" and once rid of this "maya" / "illusion", we the "self" with a small "s" will get merged or rather find that it was always one with the "Self" / "Brahman" / "Godself" with the capital "S".

On the other hand, we have the Monotheistic religions that have a clear separation between the Creator God and creation such as Judaism, Christianity and Islam in chronological order. Judaism's concept of the Creator God (which was adopted by Christianity and Islam), was even more radical than the discovery of "zero" or "fire". The book of Genesis (the book of the origins of everything), had to use a radically new Hebrew word, "bara",

coined for the very first time in the history of humankind, to explain this concept of God. This new Hebrew word "bara" means "nothing" and was used to convey the idea that God created from "bara", from "nothing". This concept, that God created from nothing, which we take for granted today, was literally unimaginable when it was first proposed. Try it out, close your eyes and imagine NOTHING, you just cannot, what you are describing in your mind is blank space, but blank space is not "nothing", and neither is vacuum, and nor is "zero", "Nothing" is precisely that, "Nothing". This concept of "Nothing" we cannot imagine and hence it must have been a revelation from a much higher intelligence namely, God, to us, humans. This distinction between God and creation is so stark that the meaning of the word "Holy" in Hebrew is just that, namely, "the OTHER". This utter "otherness" from "creation", God is not creation, but "The OTHER" is denoted by the Hebrew phrase "God is holy" or simply "Holy God".

In a pantheistic frame work you may be able to consider the concept of God as gender-neutral but in monotheism you only become acutely aware of the limitation of the human mind and language in its ability to express who or what God is. Unless the monotheistic Creator God injects a word like "bara" into our human minds and vocabulary, there is no way we can do justice to the Monotheistic and Christian concept of God using a gender-neutral language. God is not a similar concept in Pantheism as in Monotheism, failure to see the difference is like comparing Oranges with Apples.

Let's now examine the larger picture.

As seen above, in a Monotheistic framework, left to their own devices, it is impossible for humans to get a correct concept or idea of a Monotheistic God. This necessitates a revelation from God. The first revelation to humans was that God created all things from nothing and that God is separate from creation. The Hebrew texts in the

bible captured this concept with the adjective "Holy", "God is Holy" and not just Holy, but thrice Holy God. In Hebrew there is no superlative for holy, like in good, better, best, and hence the use of holy, holy, holy to signify the superlative. This revelation from God to humans that God was thrice holy was to make clear the difference between the Creator and creation. The bible is the story for God's self revelation to humans, which finds its final complete revelation of who God is in the person of Jesus of Nazareth (Hebrews 1:1-3) Jesus is the final, complete and perfect revelation and representation of God. "Anyone who has seen me (Jesus) has seen the Father (God)." (John 14:9) "I (Jesus) and the Father (God) are one." (John 10:30) This revelation did not happen in the world of concepts and abstractions like "bara"/"nothingness", no it happened in the messiness of flesh and blood, in the incarnation. This incarnate God did not take the form of a gender-neutral human, but the form of a man, confined to space and time, in the person of Jesus of Nazareth. This same Jesus did not refer to God in gender-neutral terms but rather as his "Father". We are not returning to "the Father" in a gender-neutral manner but rather, as adopted "Sons" (Romans 8:16) and yet the significance of this "sonship" is not to promote patriarchy or male chauvinism, for the bible states, "there is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus." (Galatians 3:28) This one in Christ Jesus is figurative written as there is only "Brethren" or "Sons of God", "For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers" (Romans 8:29), This being "Brethren" or "Sons of God" is not gender-neutral imagery but imagery that make it possible to understand its connotation in our limited human mind and experience, "Sons" equals "Heirs" in the time, place, culture and traditions of the New Testament writers. Yes today daughters are equally heirs but it was not so then. Thus the imagery "Sons of God" was not used

so as to belittle "daughters" but used so as to emphasize that all men and women, children and the old, rich and poor, free and slave, Jew and Gentile were because of the gratuitous gift of God in Christ Jesus able to become "Heirs of God and Co-heirs with Christ" (Romans 8:17). In Christ Jesus we do not become absorbed with God as in Pantheism; we remain creatures yet united with the Creator, in such an unfathomable manner that we can only use the imagery of "Heirs".

M. Scott Peck, in his book "People of the Lie", states that the Christian tradition is not desirous of demeaning women by acknowledging that God became Man in Jesus, because, in a sense God is male and all of his creation is female as portrayed in the wonderful imagery of the "wedding feast of the Lamb" (Revelation 19:6-9). This is the larger picture of Christianity. By portraying God as Father and Jesus as Fully God, Fully Man and the Son of God, the human language is not being patriarchal but rather choosing to communicate eternal truths about God and his creation, especially humans, that we are called to be "Heirs of God" and "Co-heirs of Christ", that God is crazy and madly in love with us, just as the bridegroom is crazy and madly in love with his bride and eagerly looks forward to their spousal union, so does God wait eagerly to be married to us, his beloved, his bride.

Ah! Romance is always confusing. Let's enjoy the romance and not dissect it into chemicals, hormones and pheromones. The limited, finite human mind and language are wrestling with the limitless, infinite Almighty Creator God. Let's not throw the baby out with the bathwater, let's not throw the essence of what God is and desires of us, as he has loving revealed to us in Jesus Christ, in the semantics of being politically correct and gender-neutral.

The Secular Citizen

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St Paul's, Belgaum, enters Guinness Book of world Records

Who has not heard of St Paul's High School, a famous Jesuit school located in Belgaum, now called Belgavi? The school created history on December 17, 2016 and entered the Guinness Book of Records for the largest school Reunion. Over 4000 ex-students who had gathered at the school grounds from Belgaum, Goa, Mumbai and other places spread across the country surpassed the previous record of 3299 students, that was held by Stadium School of Washington in 2006. After that, many other schools all over the world attempted to break this record, and it was St Paul's past students who finally achieved this landmark.

The occasion was the 160 years Anniversary celebrations and the record was achieved at this forum. The Reunion team from Belgaum worked tirelessly since the past one year or so, and spared no pains to ensure that they got the arithmetic right. From a few hundreds, they crossed the previous figure, and reached the magic number to achieve his honour. They had to comply with the strict mandatory conditions for not only reaching the numbers, but also to ensure that those present were actually alumni, and these were verified by an independent group of chartered accountants. The students present included many fathers and sons who had passed out from the school at different times. The students call themselves Paulites; "once a Paulite, always a Paulite" is the slogan coined by all the past students.

St Paul's is one of the leading Jesuit schools in India and is older than even St Stanislaus High School in Bandra and St Mary's High School in Mazagaon - both iconic Jesuit schools of Mumbai. It was founded in 1856 by an Austrian Jesuit, and since then many Jesuits from Spain, Portugal and even Germany have been part of its administration and staff. The list of stu-

dents who have passed out from the school reads like a roster of achievers in various walks of life, and includes the defence forces as well as the civil services and even famous sportsmen. The Guinness record has made the school even more famous, and news of the record appeared on the internet and in newspapers including *The Times of India*, *The Indian Express* and other media from Belgaum and Goa.

to the batch that passed out in 1954, also known as the 1954 batch. I was privileged to be the editor of the ex-students magazine, appropriately called *The Paulite Link* which connects past students from all over the world. It has an anthem called 'Cheer Boys Cheer', which is sung every day at the school assembly and the tune still reflects the camaraderie prevailing among past students and brings nostalgia to all Paulites spread all over the world.

Congratulations to the school for his memorable and spectacular event.

I am a proud Paulite and belonged

—George J Coelho



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Chief Guest : Ms. Priya Dutt, Social Activist &

Trustee of Nargis Dutt Foundation

DATE: Monday, 30th January 2017

TIME: 4.30 p.m. to 7.00 p.m.

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* *Educationists, Parents, Youth & Eminent Personalities will grace the occasion.*

V. Imp: You are requested to be at the Venue by 4.15 p.m.

Political Enrichment

The painstaking efforts by one of the News Channels to expose the exponential growth of the wealth of Anand Kumar [brother of Behenji – ex UP CM] from some 7.5 crores in 2007 to 1300 plus crores 7 years later, deserves credit. Actually, I was wondering how he accumulated 7.5 crores in the first place or rather how come only this miniscule amount. A peep into history reveals that his sister's earlier three stints as CM put together add up to only around 15 months and that perhaps answers the question. When she assumed power in 2007 it stretched for full five years giving enough time for money to 'grow' on trees as they say.

One need not go into the source of funds because that is easy. The manner in which the huge amount was accounted for through shell companies which did not exist or existed only on paper is something the authorities must investigate. It is also not surprising that the authorities did not find anything wrong – the tax authorities or those overseeing company affairs. The UPA needed BSP support which was crucial during its trying times. But the two and a half NDA rule did not find anything amiss until the deposit of some 100 odd crores in the bank accounts of Anand Kumar as a result of demonetization. It was left to the News Channel to do the actual investigation in one week flat. Why do we need tax authorities?

Not many eyebrows were raised either and that is not surprising considering that [war on corruption, if at all, notwithstanding] we Indians have accepted this phenomenon of kith and kin enriching themselves as permissible. This is not the first case and it will not be the last. We have seen umpteen cases of this nature. First it was Robert Vadra and the relentless BJP onslaught that followed. What really happened? Nothing really except that BJP came to power. With half its term gone, nothing tangible has been found that will stick.

Then we had the case of Vasundhara Raje, Rajasthan BJP CM's relative [nephew ?] who was linked to some dubious transactions with Lalit Modi, one of the fugitives [all such moneyed guys find a safe haven in UK] and there was a national outcry. What happened? Nothing! Transactions relating

VIEWS on NEWS

to sale of shares by companies with no income at mind boggling premium were found to be 'in order' by those who are supposed to assess them.

Not very long ago, some companies linked to the current Union Minister Nitin Gadkari with cooks and drivers as directors in shell companies were unearthed by the same channel which also checked their addresses and found them to be ghost companies. The Congress made a big issue of this story but in the end, as expected, everything was 'fine'. The painstaking efforts of the news channel did not bear any fruit and not surprisingly.

All these stories and the subsequent developments are for us the general public to see. Each of this scandal is an eye opener to realize that there is a tacit understanding among all the political parties to protect each other. Only when the matter gets too hot to handle that some token action is taken to fool us. If each political party was really serious, then half of the opponents would have been behind bars once it came to power. They all make noises for us to hear assuring us saying 'just wait and see'. We have waited enough.

The entire political class is united. They make rules to benefit them. The anonymous donations which are in effect the kickbacks are regularized in the name of pious donations from well-wishers. They hate RTI. When it comes to monetary benefits to MPs and MLAs they go through the motions of legislation in minutes without any debate. It is time the general public is not swayed by oratory skills and hype [despite apex court's ban on vote banks]. By the way, Sakshi Maharaj of BJP should know that if Muslims have 4 wives and 40 children, a Hindu in Gujarat with one wife has some 16 girls and one son. What will the BJP say? "Those are his views not party's". Amen.

Disorderly ways

Without going into the merits or demerits of the recent frustrations expressed in social media by some of soldiers of the Central forces, one is inclined to believe that in the name of military discipline, genuine problems of the foot soldiers not addressed. You cannot show the 'court martial' card and



by Marshall Sequeira

suppress their voices. The Army Chief has ordered that grievance boxes be placed at strategic points to enable the aggrieved soldiers communicate with him directly. Why was this not done in the past? Or to put it simply, were the complaints of these soldiers ignored which forced them to resort to social media? If so, what action is contemplated against those who were responsible for it? Threatening disciplinary action lowers the moral of the armed forces actually and not airing one's legitimate concerns.

At the beginning of 2016, the strength of the Central forces [BSF/ITBP/NSG/CISF/SSB/ASSAM RIFLES/RPF etc] was 9.71 lacs [against the sanctioned strength of 10.44 lacs] with about 2% women. The army forms bulk of the defence services with 11.32 lacs soldiers [plus 0.52 lac Officers]. When you have two million-force [army plus central forces] you ought to have a time tested grievance mechanism to address the smallest of problems faced by them. They deserve a better deal. Their requirements of quality food and other basics [since they work under adverse conditions like snow and oppressive climate] must be a matter of priority. Unfortunately, those responsible for managing this do not enjoy a very high reputation with allegations of sale of rations and other provisions which are not unfounded.

Orderlies, only for senior Army officers, are understandable but their duties must have a bearing on their profession – not taking dogs for walks or to buy groceries for the family. The issue of orderlies grabbed headlines a couple of years back when a Police Officer in J & K bragged that he does not even tie his own shoe laces – his orderly does it. How very pathetic for those who had joined the army/police to serve the country and not to tie laces of their masters – buddies or no buddies. Treat them with dignity please.

Thumb Rule of Financial planning



1. **30 % of your income** must be used for **monthly living expenses**.

2. **30% of your income** must be used for **Liabilities repayments**, if any..

3. **30% of your income** must be **SAVED** and **INVESTED** for your future **LIVING**.

4. **10% of your income** must be spared for **entertainments, vacations**

5. 6 months expenses must be available for **emergency fund** (should be invested in **LIQUID FUND, FD** Etc)

6. **Home loan** must be registered and apply on both **husband and wife name**. (Both can get benefits on Home loan Tax benefits)

7. Buying second house for investment is not advisable (_Survey reports - it will fetch you only around 3% return_)

8. After 45 years of age, **not supposed to enter into any BIG LIABILITIES** (Higher education of children and wedding of children will happen around 45 to 50 only, so plan now for the same.)

9. Have joint account @ Bank savings account.

10. Property must be **registered on both Husband and wife name**. (As per legal act – after husband first legal heir is wife, after wife it will go to children only)

11. Regular check on **Nominations at all financial instruments**. if not nominated, do it now..

12. Only in insurance policy, Claims payable to

Nominee. In other financial instruments legal heirs certificate is must to get back the settlement

13. Must have **Term Insurance** to financially secure future of your dependants..

14. **Don't take any financial investment decisions EMOTIONALLY**, and also Avoid last minute tax saving investment decisions, plan well in advance..

15. **MEDICLAIM** is must (in spite of Group mediclaim coverage given at office) (After retirement there is no mediclaim coverage, after 50-55 years of age, it's very tough and costly to enter into mediclaim)

16. For your 'jewelry LOCKER', Only one lakh is payable by bank, if theft or fire happen at bank. Provided in-

urance done.

17. Like same way 'Government guaranteed only one lakh for your FD' also. (Fixed deposits with Banks upto Rs. 1 lakh only are backed by deposit insurance)

18. Must know all **Tax implications**. You cannot avoid paying tax. But you can minimize by way of tax planning and investments..

19. All **financial documents must be kept safely** and keep family members informed of the same..

20. 'Financial investments' must be followed through **personal financial advisor**..

21. **Review your portfolio at every six month**..

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These are general suggestions, personal Finance and investment decisions depends upon case to case_

Wish you a
Healthy and
Wealthy 2017.

Impress your Mom-in-law

Most women around the world face the problem of impressing her partner's mom. But, you can win her heart! Here's how to do it

The parents provide the gateway to engagement and marriage and your boyfriend most likely wants their blessing before the proposal. You need one parent to be convinced. Nonetheless, not all mothers will like you or want their son to like you. Read on and find out both viewpoints and possible resolutions

Why mom-in-laws are against?

The mother wants what's best for her son, and this meeting will determine if you are best for him. Some mothers see the bad in you first while others are open-minded. As far as figuring out why his mother hates you, don't bother. The reasons are infinite.

Observe your actions

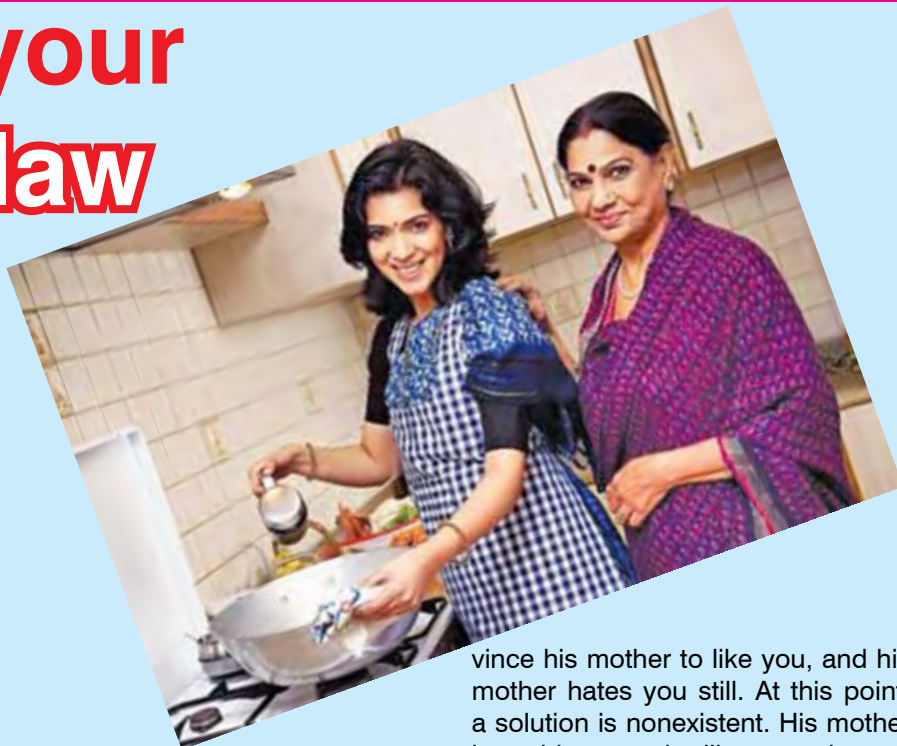
Mothers instantly know whether a girl is trying too hard for approval. This phony attitude won't fly with her. She sees right through it. Be authentic, yet respectful. In the chance the boyfriend chooses you over his mom, the divide between you, him, and his family deepens.

Other ways to rescue:

Be kind to her While his mother hates you, you don't have to spew hate back at her. Ignore the hate and place a smile on your face. Respond to insults and complaints with courtesy, politeness, and flattery.

Show your efforts

Show her that you are willing to co-exist even if she won't. It won't get



easier during marriage, with children, or while attending family gatherings, but at least you're trying.

Don't be submissive

Don't let his mother walk all over you. If the man won't defend you, stand up for yourself. Tread carefully with assertiveness because this could anger your man. Respect the mother's viewpoints and express yours. She may dislike your protest, but she knows where you stand.

Bond over food

Cliche'd this may sound yet it works most of the times. This applies to regardless of whether you live in a joint family or nuclear family, irrespective you know how to cook or not, bonding over food works magic. If you know how to cook, nothing like it and in case you are not too great with culinary skills, help her out in the kitchen by assisting her. Ask your mother-in-law to take rest and take charge of the kitchen and whip out something delicious and special for her. Again, do it only if you genuinely feel like doing it. Even if she doesn't love what you cooked, she will at least appreciate the efforts you took for her.

Never give up

You tried everything possible to con-

vince his mother to like you, and his mother hates you still. At this point, a solution is nonexistent. His mother is stubborn and will never change. You can wait for her mind. Meanwhile continue being kind to his mother, treat her son right, and be yourself.

A basic, transparent bond with your mother-in-law can only be created if you are frank and honest with her. And moreover, this is the best way to get to know her and vice-versa. We don't realise it too often but sometimes, the smallest of things have the biggest impact on people.

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“Limbe ani Mirsang” Konkani Play

KONKAN TARAM (Konkani Association of St. Jude Jerimeri Mumbai) presented LIMBE ANI MIRSANG, a hilarious Konkani Comedy written and directed by John R. Mascarenhas on 8th January 2017 at St. Jude Church Ground, filled with large number of audience.



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As a gesture of Finale programme of Silver Jubilee of association, the function began with the lighting of lamp by 'His Lordship Rt. Rev. Perceival Fernandes', followed by Fr. Lancy Pinto (Parish Priest and Director of Association) and others.

Since the crowd was excited to watch the new comedy play “LIMBE ANI MIRSANG” immediately the play started with prayer dance, written, directed, staged, sung and acted by John R. Mascarenhas was very well presented, with team members like Gracy Tauro, Severine D’Souza,

Melony Cordeiro, Eliza Menezes, Juliana Mascarenhas, Leo D’Souza, Fredrick Cardoza, Victor Pereira, Michael Sequeira, John Rodrigues, Joseph D’Souza, Elias Pinto, Anita Fernandes, Philomena Sequeira, Sheryl, Joyson and Baby Melita.

Noteworthy dances were presented by konkan taram members. Clement Lobo and Flora D’Souza anchored the programme.

Konkan Taram being an association of Social, liturgical and cultural activities.

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Called To Share The Christian Faith

While a multitude of people want-to-know about God, truth and religion, the lesser few in their search are desperately increasing and there's definitely a large mass of seekers who want to share in the quest for answers. Among them are the New Agers born into dubious beliefs and are not able to accept stories of uncertain evidence, of no hope and questionable reward of life after death, these are the traits of a blind flock in search of the truth.

The new path to evangelize the Christian faith in 2017, to put it simply, is to wipe the frost from the windowpane and clear the mind's eye of the non-believer to easily confront the truth, understand enigmas, and trust in the Christian and Catholic theology.

Make 2017 a mirror of the true faith through Jesus who radiates a fundamental fact: That often we need a worthy guide to be a beacon of unquestionable trust and faith in one God. "In the beginning was the Word and the Word was God." He is the Alpha and the Omega; One God forever.

Almighty God created Adam (the first man) and then Eve (the first woman to be a companion to Adam). The Tree of Life in Paradise had a forbidden fruit. The fruit contained the breath of God which had the power of putting life in man. The Lord forbid them to eat the fruit.

The first couple, won over by Satan, ate of the forbidden fruit and were driven out of Paradise. Death entered the world and suffering for humanity came into being.

The mystery of life is in the breath we receive at the moment of birth. All living creatures are given this 'breath' – and, the breath comes from God. When a person dies he lets out of his body the breath he was gifted at birth. The breath of life was bestowed to enjoy the fruits of earth and the heavens.

In the Book of Genesis it is said, "... the Lord formed man from the dust of the ground, and breathed into his nostrils the breath of life, and the man became a living being." (Gen. 2:7). In the same reading we are told, "I am going to bring a flood of waters on the earth to destroy from under heaven all flesh in which is the breath of life..."

”(Gen.6:17).

2017 must be the platform to evangelize the Christian faith. This time the words of Jesus from the Cross must be taken seriously with a prayer to be fearless, loyal and dedicated to God's commission – to spread the Word to every corner of the earth, bringing home the lost sheep.

"Grace is the gratuitous gift that God gives us to make us participants in his Trinitarian life and able to act by his love." (CCC.423.Compendium).

The Magisterium of the Church is bound to the oath to preserve and propagate the faith: it has a duty to reach out, observe and reveal the truths of salvation as Jesus had spoken. Grace from God will fill your spirit with sanctifying power to be merciful, forgiving and responsible. There are supernatural merits for the charity we perform, especially in free will.

In all this, devotion to the Virgin Mary as our most powerful intercessor must be accepted; she is the Mother of God and Mother of Jesus. St. John Bosco once said, "Have a devotion to Mary Help of Christians and you will see what miracles are." Mary's help will empower the faith, and transform the seeker to turn to the Light of Christ.

Ultimately, to evangelize the Word of God is a resolution which pleases God. Believe, trust and receive eternal life: "Blessed are those who have not seen and yet have come to believe." (John.20:29).



BY MELVYN BROWN

Thanksgiving

Thanks to Sacred Heart of Jesus & Mary, Infant Jesus, Holy Cross of Jesus, Holy Spirit, Mother of Good Health of Vailankanni, Mother of Fatima, Mother of Milagres, Mother of Nazareth, Mother of the Forsekan, Annai Vailankanni, Mother of Guadalupe, Mother of Remedies, Mother of Lourdes, Mount Mary, Mother of Perpetual Succor, Poondi Madha, Mother of Irla Vailankanni, Parvathi Cross, Dhobitalo Cross, Bambolin Cross, Chicalim Road Cross, Milgrees Cross, Vasai Station Road Cross, Ambadi Road Cross, Bangli & Babole Naka Cross, St. Thomas, St. Michael, Fr. Agnel, St. Alex, St. Jude, St. Francis Xavier, St. Anthony, St. Sebastian, St. Peregrine, St. Joquim, St. Benedict, St. Roque, Khanddi Khuris (Maina-Curtorim) for the Special favours received.

— **Joaquim Filepe Da Costa & Fly, Vasai.**

Standing For The Devil Knows What !

by Bernie Tellis

A pot-bellied politician, a top heavy trouble-shooter, a builder of shady repute and a small-time smuggler, came over to meet me the other day.

Yes, I said in some surprise, as these guys were way out of my league. We'd like to speak to -----, they said.

Speaking.

We've come to ask you to stand I asked them to sit and tell me what exactly they wanted me to stand for as I'm always standing for something or the other, even when I don't know what it is.

We want you to stand for the BMC election, said Potbelly who'd made himself comfortable in my only easy chair. Things obviously, came easy to him unlike for most of us average citizens.

Why me? said I, because I could name many who were dying to serve the city and more who'd do justice to the job if it could be called that. More like a joy ride.

It's like this, said Top heavy, with a heave of his massive torso. We want a woman candidate and a Christian, so we were given your name.

Woman, I can understand, I said. You want to pay lip service to women's issues etc. But Christian? What's Religion got to do with it?

They exchanged glances. Should we continue, the glances seemed to say. Here's this naïve babe-in-the-woods who doesn't know the first thing about elections. It's the winnability factor that counts not the issues.

Everything, said Potbelly. Numbers

mean votes and you're a Christian and this is a largely Christian constituency.

But me, everyone knows I'm only a Sunday Catholic, not even a Saturday evening one. Then at least I could say I practised also on week days.

These guys looked perplexed. Couldn't tell the difference between a practising and a non-practising Catholic. Can't say I blamed them. Can't tell the difference, myself. No matter. And the issues I would need to take up, I asked.

Master Builder cleared his throat to give notice he would answer this one. There are several, he said. Firstly, no one will be able to blame you for all the civic mess around : overflowing bins; clogged drains/gutters; stinking public latrines; encroachments on roads and pavements; unlicensed hawkers; bribery and corruption etc. etc. As you'll be a first time Corporator- he really seemed to have a touching faith in my ability to win - you'll be the new broom .(The broom analogy did not exactly hearten me because we have before us examples of those that don't sweep clean and which have gotten " dirty " quite fast.) Secondly, those misguided environmentalists who are constantly protesting against rampant construction, are forgetting how much employment it generates . They'll vote for you in the hope you'll champion their cause.

And you think people will vote for me

because of my " clean image ". You're going to market me as Ms Clean & Green, a front for your back street goings-on ?

Something like that, said Small time Smuggler, looking smug.

And will I be a puppet on a string ?

You know I detest puppets.

Not puppet, exactly, but we are hoping for some quid pro quo. You'll have nothing to worry about. We'll tell you when and what to vote for, You'll be our Woman candidate at the front. The pay isn't much but the " pickings " are plenty And who knows you might get to serve on the Buildings Committee, your first year in the Corporation.

I didn't know, said I, eyes popping and mouth drooling, that public service meant opportunities unlimited to ...ah, serve the people. By the way, which party's candidate will I be, you didn't say?

Same difference !replied Potbelly. Let's just say the four of us are solidly behind you, but it's better if from this constituency you stand as an Independent . Voters are fed up with all parties.

Yes, I agreed, Independent is best. Nothing like a little wool over people's eyes. But as regards the constituency, are you perfectly sure it's safe. Or else I could stand from a really safe one like Godrej Colony. Or maybe from two, to make doubly sure your money doesn't go down the drain, in a manner of speaking.

Potbelly looked at Top heavy who looked at Master builder who held the purse strings, who looked at Small time Smuggler who was adept at smuggling people past the winning post.

Well, we'll certainly consider your suggestion but we don't think it'll be necessary.

Whatever you say, I concluded. For even before I stand, I'm terrified of not getting elected. Just think of all I stand to lose



NEWS IN BRIEF

Goa church under scanner over priests' political play

The Goa Church is again in the news as parish priests have been found to be blatantly backing controversial candidates in the forthcoming Assembly elections. The Church has earlier also taken sides in the political arena, for example, it backed BJP in 2012 thus paving the way for the party to come to power.

During the Christmas Eve mass at Taleigao, priest of St. Michael's parish Mariano Conceicao openly exhorted the faithfuls to vote for Atanasio (Babush) Monserrate and his wife Jennifer Moneserrate in the Assembly polls. "Give them a Christmas gift by making them win with a big margin," exhorted Conceicao during the sermon.

The Taleigao priest's sermon raised eyebrows because of the open support for a controversial candidate. Among the many controversies surrounding Babush Monserrate one is that he has been accused of raping a minor girl last year who was employed in his house. He was arrested and got bail after spending 13 days behind the bar in May. Monserrate's eldest son was also accused of raping a minor German girl in 2008; the case

was dropped after the girl refused to pursue the case. In the same year, Monserrate was accused of leading a violent mob that thrashed police personnel at a police station.

AAP candidate from Taleigao Cecilia Rodrigues, who is pitted against Jennifer, refused to comment on the sermon. Interestingly, Cecilia was present at the same Christmas Eve mass and sat uncomfortably when the priest made the speech. The church has clearly frowned upon the speech and called it a 'sad' incident.

Priests in Germany demand end to celibacy

Berlin: Creating quite a stir across Germany, a group of top ranking retired Catholic priests have written an open letter, requesting to put an end to celibacy. These 11 priests who were appointed in 1967 in Cologne have tried to throw light on the isolation faced by many priests.

"We believe that requiring every man who becomes a priest to remain celibate is not acceptable. We think, every Catholic should be allowed to choose if they would rather be celibate or not, regardless of whether they want to work as priests just like in the evangelical Church or the Orthodox Church," said Franz Decker, one of the retired priest to Deutsche Welle.

How Healthy Is Your Diet? New Urine Test Can Tell



How healthy is your diet? The most specific answer you could probably muster might be something like "pretty healthy" or "not really that healthy."

But now, a new urine test provides a more specific and reliable answer to that question, according to a small new study.

The test detects and measures the levels of certain biological markers that are created when foods such as meat, fruit and vegetables are broken down by the body after a person eats them, the researchers found.

These markers can more objectively indicate whether a person eats a healthy diet — for example, one that is rich in fruits and vegetables, said lead study author Isabel Garcia-Perez, a research associate in the Imperial College London Department of Medicine. The test can be run in 5 minutes, according to the study.

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(Contd.. from p. 4)

moil. So don't you feel that getting attracted to pornographic or sexually stimulating material is also natural? Wouldn't it be suppression if we prevent children from doing that? Or is addiction the only result?

From a neuro-psychiatric point getting attracted to anything that is sexually stimulating is normal and Preventing a child from exposure to the same will only increase his/her curiosity about the same as well as the taboo that the topic of sex carries around it. Also lack of explanation of what the meaning of sex and need of sex is - The meaning of pornography is explained to him by his friends who are equally ignorant on the topic of sex. Our social attitude is such that parents want to deny or ignore the sexuality of their children. This throws children in chaos and they face the onslaught of desire and guilt and there is no one to guide them in a healthy way.

Many of the moral values preached upon in today's world are just not practical.

A woman has to be virgin till her marriage, while a man doesn't have the same compulsion, Sex only after marriage is right, Once married, a woman is bound to subject to the sexual desires of her husband, In a marriage, what matters is male sexual satisfaction... a man can have an extra-marital affair, and he is forgiven as having committed a mistake. But if the woman does it, she gets to be punished.

These moral values, add to the sexual tension that an individual already carries in his mind, thanks to sexual taboo and personality issues. This destroys sexual expression. He/she tries to find the best way out, which is through fantasy...

When we talk about pornography addiction than it's more of an expression of obsessive sexual thoughts it further leads to an obsessive compulsive behavior pattern, whereby masturbation and achievement of orgasm is the main goal.

Pornography awakens this unfulfilled sexual urges – And such urges are dangerous for society and these

unfulfilled sexual urges is the onslaught of sexual desires from all corners, including free availability of porn, but unavailability of good sexual relationship at the same time. Awakening of such desire without satisfying it, is really dangerous, as it gives rise to excessive masturbation, dealing of opposite sex as sexual objects, dangerous gender struggle between men and women, pre mature ejaculation and lack of orgasm.

If sexual energy can be guided up the

chakras, which happens in a deeply loving relationship, it can turn the person more creative, compassionate, generous and intelligent. On the other hand, when the sexual energy flow downwards, as it does in any just physical sexual activity, people become destructive, greedy, lackluster and manipulative.

How do we guide this sexual energy? Is it really enough to work out this issue only on the 'attitude' level? Or is there something else? What does modern medical science say about this?

Sexual energy when defined in a medical science language, can be said to compromise of:

Hormones- specifically testosterone and estrogen and psychological sexual desires- that are a combination of moral and social values. The sexual hormones as in testosterone are known to have anabolic effect as in protein generation for muscular build up but also they are known to affect the brain by altering with the serotonin mechanism and inducing negative emotions like anger. Hence over production of such hormones, which are triggered by excessive violent or sexually proactive thoughts can introduce emotional and psychological behavior problems.

Coming to the psycho-sexual development described by the father of modern psychiatry, Sigmund Freud, he says... that every person moves towards happiness. The purest form of happiness is the sexual gratification or gratification of the libido. It's when the ego is in sync. with the super-ego. So if a person develops a mal-adaptive way of expressing these emotions, he is bound to find pleasure in negative actions.

How can these sexual hormones be directed towards an appropriate channel? And what according to medical science is the APPROPRIATE CHANNEL to DEFUSING the SEXUAL HORMONES and the UNCONTROLLED SEXUAL DESIRES?

Sexual hormones are secreted on being stimulated and having desire..The way to guide them is having healthy knowledge about sex. For example- as mentioned, while watching a Rajnikanth movie, an individual's knows that it's not reality. He has learnt it through experience that you can hit a person so hard he will fly for 30meters. Similarly knowledge about what is sex, what is healthy sex and the need of both partners to be satisfied is very important for development of a relationship and both the individuals involved.

It's very important to understand the reason for uncontrolled sexual desires?

Sex being a taboo, creates a sense of mystery around it. Anything that is seen as negative makes a person indulge into it... since it's a pleasurable experience, it reinforces the behavior pattern. Personality of an individual- most men in India are very shy to talk openly with the opposite sex. They just keep fantasizing about some girl in their class, college or workplace. it's important to diffuse this sexual tension, where talking to a girl means she will end up being your girl-friend or land up in bed with you.

Are there specific issue as to how to free oneself from this addiction and what specific techniques that can be used.

If one has a deeply loving and ecstatic sexual experiences, one will not be attracted to the fallacy of pornography, one must cultivate deep love and surrender in relationship and freedom from porn is automatic. Deep trust and surrender to each other is the key to attain ecstasy in sex. Also, it is very important to be in touch with the soul, when lovers enter in sex. When one is in strong desire, the experience of sex cannot be good. On the other hand if one is in deep peace, sex energy rises up the chakras and hence turns the lovers more creative, energetic, intelligent and powerful

From a medical perspective:

Identification of it being a pornography addiction- it has to be classified as being a uncontrollable habit. Once it has been identified. - a qualitative and quantitative psychoanalysis of the individual on: knowledge about sex. reasons for usage of pornography, desires/fantasies that have been created due to pornography, sexual experimentation done by an individual because of exposure to pornography, relationship stress that has arisen due to it.

Counseling- cognitive behavioral therapy is a good method of empowering the individual with knowledge about sex and pornography

In severe cases, especially in one's where pornography addiction has lead to physical and sexual abuse, medications are prescribed.

Considering the side-effect of many of them, the recommendation is for only new age, non-sedative, non-addictive medications to be given for a few days or weeks to help the brain come out of the addictive cycle.

I hope young readers and readers in general, who may be already addicted to pornography, will definitely see a silver lining and find tremendous hope in this article. Others will find this article give them an extremely fresh, lively and matured outlook towards sex and also towards life in general.

Inspiration!

Dressing well is a form of good manners

Dressing up has proven to have the ability to boost your mood and overall confidence. Leaving the house in a wrinkled top, stretched out jeans and shaggy, slept on hair can have you feeling 'blah' all day. Nothing feels better than looking good. So, if you are the kind of person who cares about being well mannered, then it extends from the simple bows, please and thank-you's; it's in the way you dress too!

Dressing up has proven to have the ability to boost your mood and overall confidence. Leaving the house in a wrinkled top, stretched out jeans and shaggy, slept on hair can have you feeling 'blah' all day. Nothing feels better than looking good. You feel great, you act happier and you're more personable towards the people around you. So why not dress to impress?

Dressing up doesn't require you to have a closet full of expensive clothes. Just start by skipping the sweats and aiming for the good stuff. So, whether you are running to the grocery store or heading into the office, start practicing the act of dressing up:

A good impression: Making a good impression is always important, and it's one of the best reasons why to dress well too. When you look good, people notice. If you meet someone in sweatpants, they will just assume you were too lazy to get dressed up. But if you meet someone in a cute outfit

that expresses who you are, they will notice the effort you put into making yourself presentable.

It will give you confidence: Nothing feels better than walking down the street in an outfit that makes you feel awesome. A cute outfit might be just the confidence boost you need to take on the day. And when you feel awesome in an outfit, a sidewalk feels more like a catwalk.



The world is your runway: When you wear things you wouldn't ordinarily wear to bed or the gym, your overall appearance and mood changes. You become happier and more approachable, which is a great quality to have. Strut your stuff and work the room.

Getting compliments on your outfit feels awesome: Going along with a confidence

boost, nothing gives you that satisfactory feeling like being complimented on your outfit. Compliments make everyone's day better. Wear those new khakis with the button-down. Wear that new sundress. Guaranteed! Someone will throw you a compliment that will leave you smiling.

Your outfit screams hangover: Don't be that boy or girl. We all have our stressed nights and days but don't wear your 'upset mood' out in public throughout the day. Freshen-up a bit, please, for the sake of self. You will fight off the hangover faster if you look physically put together.

You will gain more respect: Believe it or not, most teachers, professors and people you associate yourself with in the workforce would prefer you to always look presentable. When you present yourself well, people will present you with respect. If you walk into class or go on a date in workout clothes, you won't even be paid attention to.

You get to express yourself: Wearing something that shows your mood says a lot about who you are. So why limit yourself to wearing something boring and bland when you can show everyone who you really are and wear something that expresses you? Change-up patterns and colours and, you may be surprised by the reaction you get.

It will keep you productive: It is so easy to fall asleep or feel lazy when lounging around in a pair of sweatpants and a sweatshirt. But, when you are dressed to impress, you will be more motivated to get work done. So if you ever have a big day ahead of you, get dressed up and you won't be able to help but, be productive. Need a big boost in productivity? Just another reason to dress well.

You deserve to feel fabulous: Why should you save dressing up for special occasions? You deserve to look great every day of the year. Don't save all of your favourite outfits for a few occasions. Treat every day like a special occasion and break out your favourite outfit every day!

So, why dress well? Here are few good reasons:

- Because life's too short to blend in. Don't settle for average.
- Because parties aren't the only time to celebrate. Fashion is a method of self-expression. Express yourself everyday!
- You never know who you will run into. Don't you want to look your best?
- Moreover, when you are dressed-well; nothing beats the rush you feel when you look in the mirror and love what you see.



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6641. MUMBAI : Goan Roman Catholic Bachelor, (Born in July 1982), Ht. 6' 1", Wt. 100 kgs, Wheatish Complexion, Edn. Graduate, working as an Engineer, Contact email : melvinsaldanha20@gmail.com or 9820477618

6643. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in July 1984), Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn. Undergraduate, working for American Cruise Line, having own accommodation, visiting India shortly. Seeks an educated Mangalorean girl, above 5' 4", below 30 years. Contact email : janetdso57@gmail.com, OR 9619747169 / 9769506595

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

6531. POONA : Tamilian Roman Catholic 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 Roman Catholic Divorcee, (Born in September 1982), Ht. 5' 10", Wt. 75 kgs, Wheatish Complexion, Edn. MBA, PGDM, having decent job. Contact email : secondsairik2016@gmail.com

6508. MUMBAI : Mangalorean Ro-

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

6507. MUMBAI : Mangalorean Roman Catholic Bachelor (Deaf and dumb) (Born in September 1989), Ht. 5' 9", Wt. 62 kgs, Fair Complexion, Edn. HSC., Dip. in Computer Hardware. Working as a Cashier. Contact email : clifford9948@gmail.com

6494 MUMBAI : Goan Roman Catholic Bachelor, (Born in May 1960), Ht. 6', Wt. 65 kgs, Wheatish Complexion, Edn. SSC., working as a Security Guard. Contact Mob : 8451069841

6493 MUMBAI : Mangalorean Roman Catholic Divorcee, (Born in April 1982), Ht. 5' 8", Wt. 162 lbs, Brownish Complexion, Edn. M.Sc., Computer Science, working as a Software Engineer in USA., Contact email : mumbaiopen@gmail.com

6491 MUMBAI : Goan Roman Catholic bachelor, (Born in July 1986), Ht. 5' 7", Wt. 68 kgs, Wheatish Complexion, Edn. B.Com., working as a Manager. Contact email : kelwinbritto007@gmail.com

6490 MUMBAI : Goan Roman Catholic Widower, (Born in June 1960), Ht. 5' 7", Wt. 77 kgs, Fair Complexion, Edn. High School, Government employee in Bahrain. Contact email : alwyn60-rodrigues@gmail.com

6489 MUMBAI : Roman Catholic bachelor, (Born in June 1988), Ht. 5' 5", Wt. 65 kgs, Fair Complexion, Edn. Graduate, working as a Front Office Clerk in DUBAI. Contact email : sam_sin88@hotmail.com

6486 GERMANY: Goan Roman Catholic Bachelor, (Born in January 1982), Ht. 5' 11", Wt. 75 kgs, Wheatish

Complexion, Edn. M.Phil/ Ph.D., Occupation : Researh & Development/ Scientist. Seeks fair, goodlooking, educated Goan RC Girl below 28 years. Contact email : mira.spf@gmx.de

6485 MUMBAI: North Indian R.C. Bachelor, (Born in October 1974), Ht. 5' 7", Wt. 75 kgs, Wheatish Complexion, Edn. B.Com., working for an MNC in Mumbai as Back Office Executive. Contact email : awr88@rediffmail.com

6480 MUMBAI: Goan R.C. Bachelor, (Born in January 1978), Ht. 5' 6", Wt. 75 kgs, Wheatish Complexion, Edn. Bom., working as a Sr. Accountant in Bahrain. Contact email : dias2401@yahoo.com

6 4 7 7 .

MUMBAI : Goan Roman Catholic Bachelor, (Born in August 1982), Ht. 5' 4", Wt. 60 kgs, Fair Complexion, Edn. B.Sc., Physics, working as a Editor in Private Company. Contact email : josephdiniz187@yahoo.com

6476. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in March 1987), Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn. M.B.A., working as a HR Manager in DUBAI. Contact email : jassyfernandes1958@gmail.com

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6642. MUMBAI : Goan/Mangalorean Roman Catholic Divorcee, (Born in September 1979), Ht. 5' 3", Wt. 60 kgs, Wheatish Complexion, Edn. B.Com., working as a Customer Service, Seeks a suitable match. Contact email : rowmonteiro@yahoo.com OR 9820792115

6639. MUMBAI : Protestant Spinster, (Born in June 1981), Ht. 5', Wt. 50 kgs, Wheatish Complexion, Edn. B.A. Journalist, Working as a Fashion Designer. Contact Mob: 9820250350

6628. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1992) Ht. 5' 7", Wt. 58 kgs, Wheatish Complexion, Edn. B.E. (Electronics), working as an Asst. Engineer. Contact email : dsz.roshan@gmail.com

6627. MUMBAI : Goan Roman Catholic Spinster, (Born in December 1988) Ht. 5' 4", Wt. 58 kgs, Wheatish Complexion, Edn. Graduate with Diploma in Interiors. working as a Interior Designer. Contact email : virlib2209@gmail.com

6535. MUMBAI : Mangalorean Roman

Catholic Spinster, (Born in August 1988), Ht. 5' 4", Wt. 65 kgs, Beautiful, Very Fair Complexion, Edn. B.Sc., IT., Masters in Media Art & Animation & Editin. Working as an Editor. Contact email : simonsjl@vsnl.com

6532. BANGALORE : Mangalorean Roman Catholic Spinster, Only Child, (Born in December 1976), Ht. 5' 2", Wt. 58 kgs, Fair Complexion, Edn. M.A. Communication, working as an Assistant. Contact email : ashajob@hotmail.com

6530. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in November 1989), Ht. 5' 3", Wt. 60 kgs, Fair Complexion, Edn. M.A. in clinical counselling from USA, working as a clinical counsellor in well know Hospital. Contact email : i_dsa@yahoo.com

6528. DUBAI : Mangalorean Roman Catholic Spinster, (Born in April 1984) Ht. 5' 7", Beautiful and Fair Complexion, Edn. Masters in Health, Care (MHA), Employed as a Manager in MNC Dubai, is looking for a suitable alliance between the ages of 32 to 36 with a height 5' 10" and above. Kindly respond directly to the party by email : aara8185@gmail.com with your photograph.

6527. DUBAI : Roman Catholic Spinster, (Born in July 1987), Ht. 5' 3", Wheatish Complexion, Edn. B.A. in Mass Media, working as a Senior Executive in Govt. in Dubai. Staying with parents. Seeks a well settled and educated East Indian or Goan Bachelor. Contact email : axferns@gmail.com

6525. RAJASTHAN : Goan Roman Catholic Spinster, (Born in September 1988), Ht. 5' 7", Wheatish Complexion,

Edn. B.Com., working for Railways as a Confidential Assistant to Sr. DCM. Contact email : casrdcm@gmail.com

6522. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in January 1984), Ht. 5' 6", Fair, Edn. Phd., (Australia), Masters in Pharmacy and PhD in Chemistry and biology. Contact email : ds.charlotte@gmail.com

6520. MUMBAI : Roman Catholic Spinster, (Born in April 1988), Ht. 5' 1", Fair, good looking, Edn. SSC from ICSE board, B.A., P.R. working as a Sr. Accounts Manager - Public Relations with a private firm. Seeks a suitable match. Contact email : dorothyfurtado@hotmail.com

6518. MUMBAI : Mangalorean R.C. Spinster, (Born in February 1989), Ht. 5' 3", Wt. 53 kgs, Wheatish Complexion, Edn. B.Com., B.Ed., Teacher by profession. Contact email : jenisha.mathias@gmail.com

6517. MUSCAT : Goan R.C. Spinster, (Born in July 1989), Ht. 5' 1", Wt. 52 kgs, Fair Complexion, Edn. MBA in Advertising, BBA in Marketing, working as a Communication Executive. Contact email : lysandra_dsilva@hotmail.com

6516. MANGALORE : Mangalorean R.C. Spinster, (Born in November 1989), Ht. 5' 3", Wt. 52 kgs, Fair Complexion, Edn. B.E. in Comp. Sc., working as a Software Engineer in **Bangalore**. Contact email : dsouza.sharli@gmail.com

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Speak up for Kandhamal Christians: Journalist asks Catholic youth



Mangalore: The author of several books on the 2008 anti-Christian violence in Odisha has urged India's Catholic youth to speak up for the persecuted church of Kandhamal.

"I shared with youth participants on the plight of seven innocents, who are languishing in jail for allegedly killing a Hindu leader. Let there be more volunteers to speak up for the voiceless," Anto Akkara, a veteran journalist told the national assembly of the Indian Catholic Youth Movement (ICYM) now underway in Mangalore, a southern Indian town.

Akkara, who spoke the group on January 20, has made extensive visits to Kandhamal district of Odisha that witnessed unprecedented attacks on Christians during Christmas time in 2007 and then for several months after the Hindu leader's death on August 23, 2008.

More than 5,000 Catholic youth delegates across the country are attending the Jan 18-22 assembly organized by the Youth Office of the Catholic Bishops' Conference of India.

Akkara urged the participants to "stand up and speak up for the voiceless and sign the online petition for their release at www.release7innocents.com with graphic display of how to sign the

petition to demand their release."

The 52-year-old author also urged them to read the book 'who killed swami Laxmanananda that reviewers have said reads like detective novel.

Giving a short background to the Kandhamal pogrom, Akkara said the seven people languishing in jail are living martyrs. They are in jail to perpetuate the Kandhamal fraud.

Seven Christians from remote Kandhamal are behind the bars following the mysterious murder of Swami Laxmananda Saraswati. These Christians, six of them illiterates, were convicted in 2013 for the murder touted as a Christian conspiracy.

Following the Hindu leader's murder, nearly 100 Christians had been killed and 300 churches and 6,000 Christian houses plundered and torched in unabated violence that continued for weeks. Hindu masses – most of them illiterate-had been incited to take revenge on the Christians after the slain Swami's body was paraded across Kandhamal for two days along zigzag routes.

A third judge of the trial court-after two judges were transferred-convicted the accused Christians and sentenced them to life imprisonment on the basis of a fabricated Christian conspiracy theory despite hardly any credible evidence brought before the court. In mid 2015, two top police officials-who had relied upon the same conspiracy theory to ensure the conviction of the accused-have testified before the Kandhamal judicial Inquiry commission that the allegations were false.

Yet, the hearing on the appeal of the innocent convicts has been repeatedly postponed by the Odisha High Court. So, Akkara has urged the Chief Justice of India and other constitutional authorities to end the travesty of justice and release the seven innocents.

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