

THE SECULAR CITIZEN

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The Dove

And

The Crow



UTTAR PRADESH

Pope: Forgetful of great gift of baptism, we seek wells whose waters cannot quench our thirst

Vatican City : "Dear brothers, the water that gives eternal life has been poured out into our hearts the day of our Baptism; then God transformed us and filled us with His grace. But it may be that we have forgotten this great gift, or reduced it to a mere piece of personal data; and maybe we go in search of "wells" whose waters cannot quench our thirst", said Pope Francis to pilgrims gathered in St Peter's Square to pray the Angelus.

The Pope drew the symbol of water from the comment on today's Gospel (Lent III A, Jn. 4: 5-42), which presents the encounter and dialogue between Jesus and the Samaritan woman.

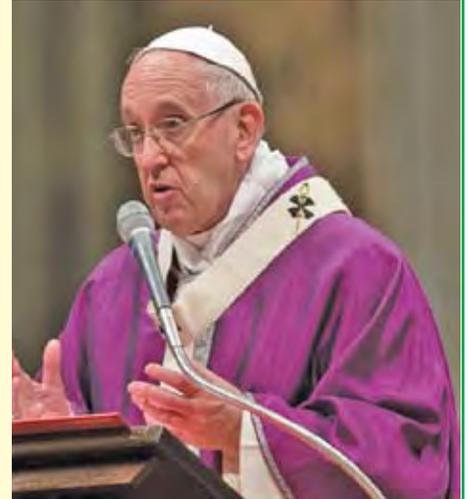
"While the disciples go into the village to get food - said Francis - Jesus remains at a well and asks a woman, who had come to draw water for a drink. This request leads to a dialogue. Why does a Jew deign to ask something of a Samaritan woman? Jesus answers: if you knew who I am, and the gift I have for you, you would be the one to ask and I would give you 'living water', water that satisfies every thirst and becomes an inexhaustible source in the heart of the drinker (vv. 10-14)".

"Going to the well to draw water is tiring and boring; it would be nice to have a trickling fountain! But Jesus speaks of

a different water. When she realizes that the man she is talking to is a prophet, she confides her life to him and asks religious questions. Her thirst for affection and a full life was not satisfied by the five husbands with whom she had, indeed, experienced delusions and deceptions. So the woman was impressed by the great respect that Jesus had for her and when He even speaks of the true faith, as a relationship with God the Father 'in spirit and in truth', then you can imagine that this man could be the Messiah, and Jesus - how rare - confirms: "it is I, who speak to you" (v. 26). He says he is the messiah to a woman who had such a disordered life."

"This Gospel - insisted the pontiff - is meant right for us! Jesus speaks to us like the Samaritan woman. Of course, we already know who Jesus is, but perhaps we have not yet met in person, we know, but maybe I have not met him personally, we have not yet recognized as our Savior. This time of Lent is a good time to approach him, meet him in prayer in a heart to heart conversation, talk to Him, listen to Him, to see his face in the face of a suffering brother or sister. In this way we can renew in us the grace of Baptism, quench our thirst at the source of the Word of God and his Holy Spirit; and so discover the joy of becoming builders of peace and instruments of reconciliation in everyday life".

"May the Virgin Mary - he concluded - help us to draw constantly on the grace that is that water that flows from the rock which is Christ the Savior, that we may profess our faith with conviction and proclaim the wonders of God's love with joy, source



of mercy and of good for all of us. "

After the Marian prayer, Francis expressed his closeness "to the dear population of Peru, hit hard by devastating floods". "I pray - he said - for the victims and for those engaged in relief operations".

He then recalled that Josef Mayr-Nusser was beatified yesterday, in Bolzano. He was a family man and member Catholic Action, who was martyred because he refused to join the Nazis for fidelity to the Gospel. "Because of his great moral and spiritual stature - said the Pope - he is a model for the lay faithful, especially for fathers, who we remember today with great affection, though the liturgical feast of St. Joseph, their patron, which this' year will be celebrated tomorrow. For all fathers: Let us salute them with a big round of applause."

(source: AsiaNews)

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'Thought for the week'

If you feel like your shop is sinking, it might be a good time to throw out the stuff that's been weighting it down. Let go of what is bringing you down and surround yourself with what brings out best in you.

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Lent 2017 - Criticizing/Complaining & Gratitude/Gratefulness

by Don Aguiar

This LENT one of the things we can give up is to CRITICIZE/COMPLAIN and change to Gratitude/Gratefulness

Nobody is interested in praising anybody, in finding those qualities which everybody has... Nobody is ready to help those qualities grow; everyone is afraid -- if all are growing, what about me? My whole concern is that my ego should go on becoming bigger, and the easier way is to criticize everybody, to complain against everything: **Be Negative, Make Negativity Your Very Approach.** And for this you DON'T need intelligence, **Any Idiot Can Do It.**

To criticize people, to complain against people **gives you a good feeling**, criticizing others you feel you are higher, complaining about others you feel you are better. It is very ego fulfilling. And almost everybody does it. A few people do it out loud, a few people do it just within themselves, but the enjoyment is the same. We experience this daily within our community as well as out of it and hence this Lent let us try to stop criticizing/complaining and instead embrace gratitude/gratefulness.

Just like smoking, drinking too much, and lying on the couch watching TV all day, complaining is bad for you. Complaining not only alters your brain for the worse but also has serious negative repercussions for your mental health. In fact, complaining can literally kill you. But the situation is this: **It is very easy to CRITICIZE OR COMPLAIN;** it does not need much intelligence.

There is a story of Turgenev's, THE FOOL. In a village, a young man is very much disturbed because the whole village thought he was an idiot. A wise man passes through the village and the young man goes to him and says, "Help me! For twenty-four hours a day I am criticized; whatever I do I am criticized. If I don't do anything I am criticized. If I speak I am criticized, if I don't speak I am criticized. I don't know any way out."

The wise man said, "Don't be worried..." He whispered the secret in his ear, and told him, "After one month I will come back. Meet me then and tell me how things are going."

The young man went to the marketplace and started working on the formula given by the wise man. Somebody said, "What a beautiful sunset!" And he said, "What is beautiful in it? Prove what is beautiful in it!"

The man who had said it was a beautiful sunset was shocked. It WAS a beautiful sunset, (Contd.. on p. 4)

(Contd.. from p. 3)

but what was the PROOF? Is there any EVIDENCE? Do you know what beauty is? Everybody knows, but nobody can prove it.

The man remained silent. Everybody started laughing. And everybody said, "Strange, We used to think this man was an IDIOT; He is a GREAT INTELLECTUAL!"

This was the formula given by the old man: Criticize Anything; just roam about the village watching and when anybody says anything, does anything, criticize it. And particularly criticize things which are taken for granted and nobody questions. Somebody uses the word 'God' -- immediately catch hold of him: "Where is God? What nonsense you are talking about?" Somebody talks about love -- catch hold of him: "What is love? Where is love? Put it here in front of everybody!"

Somebody would say, "Love is in the heart." And he would say, "No, there is nothing in the heart. You can go and ask any surgeon -- in the heart there is nothing like love. There is only a blood-circulating system which just pumps blood and purifies it. What does it have to do with love?"

After one month the old man came back. By that time THE IDIOT HAD BECOME A WISE MAN He touched the old man's feet and he said, "You are great! That trick worked; now the whole village thinks I am a wise man."

The old man said, "Just remember one thing: Don't Assert Anything from Your Side, so nobody can criticize you. Let Them Assert Things; YOU JUST CRITICIZE AND COMPLAIN. And always be aggressive, never be defensive. Don't take a defensive attitude. Attack, be aggressive, criticize each and everybody, complain to each and everybody and they will all worship you."

And the idiot becomes the wise man.

It does not need much intelligence TO CRITICIZE OR TO COMPLAIN. And cheaply you become wise; cheaply you become very intelligent.

The question about why we are so ready TO CRITICIZE, TO COMPLAIN is very simple -

The psychology behind it is that this is the simplest way, **THE CHEAPEST WAY TO PROVE THAT YOU ARE SOMEBODY SPECIAL, THAT YOU KNOW MORE.** But in fact, you are simply proving that you are the idiot of Turgenev and nobody else.

Be humble in the world of wisdom.

Before CRITICIZING/ COMPLAINING about/ to anybody, look into the fact from all directions, from all angles, from all possible viewpoints, and you will be surprised: There is very little that can be CRITICIZED OR COMPLAINED about. And if you pay that much attention, then whatever you criticize or complain about will be accepted, and accepted with gratitude because it is not to fulfill your ego; it is just to help the other person on the path. But you have to do so much work....

There are **two things** you can do when you feel the need to criticize/complain. One is to cultivate an attitude of gratitude. That is, when you feel like criticizing/complaining, shift your attention to something that you're grateful for. Taking time to contemplate what you're grateful for isn't merely the right thing to do; it reduces the stress hormone cortisol by 23%. Research conducted at the University of California, **found that people who worked daily to cultivate an attitude of gratitude experienced improved mood and energy and substantially less anxiety due to lower cortisol levels.** Any time you experience negative or pessimistic thoughts, use this as a cue to shift gears and to think about something positive. In time, a positive attitude will become a way of life.

The second thing you can do -- and only when you have something that is truly worth criticizing/complaining about -- is to engage in solution-oriented criticizing/complaining. Think of it as criticizing/complaining with a purpose. Solution-oriented criticizing/complaining should do the following - Have a clear purpose. Start with something positive. Be specific. End on a positive.

Since human beings are inherently social, our brains naturally and unconsciously mimic the moods of those around us, particularly people we spend a great deal of time with. This process is called neuronal mirroring, and it's the basis for our ability to feel empathy. The flip side, however, is that it makes complaining a lot like smoking -- you don't have to do it yourself to suffer the ill effects. You need to be cautious about spending time with people who complain about everything. **Complainers want people to join their pity party so that they can feel better about themselves.** Think of it this way: If a person were smoking, would you sit there all afternoon inhaling the second-hand smoke? You'd distance yourself, and you should do the same with complainers.

Only rarely there are people who don't criticize, don't complain, those are the people who have dropped their egos. Hence **the emphasis is to drop the ego.** With the

dropping of the ego, you will find almost the whole world disappearing. The whole world that was knit around the ego falls away completely and you start seeing people in a new light. Perhaps the same person that you might have criticized in the same situation, instead of criticizing him you feel a great compassion for him, a great love, a desire to help. Your outlook will become more human more friendly a deep acceptance of people as they are. If Jesus could practice this during his adult preaching life surely all of us could practice the same..

Once the ego is lost and you are really enjoying life, you are delighted with it; a great gratitude arises out of its own accord. You suddenly start feeling grateful to God - your life is such a joy, how can you feel ungrateful? It is not possible for you to be complaining.

The complaining mind is the root cause of the atheists mind. When you complain when everything is wrong you cannot believe in God. And even if you try to believe that belief will just be pseudo; it won't have any depth in you, it will be superficial. Maybe out of fear or maybe be out of conditioning, but no reality is there in it for you. **When you are joyous and start enjoying life gratefulness arises.**

But to be really CRITICAL, one has to be very COMPASSIONATE, very LOVING. And one has to be ready to devote time and energy and intelligence. Then it is not criticism, then it is not inimical, it is not antagonistic; it is a friendly suggestion, a sympathetic approach.

Everyone here should learn to be SYMPATHETIC. Your intention or even thinking should help you not to CRITICIZE but to APPRECIATE. And if you are intelligent enough, you can appreciate in such a way that whatever you wanted to criticize will be understood without being said.

A young woman was sitting at her dining table, worried about taxes to be paid, house-work to be done and to top it all, her extended family was coming over for lunch the next day. She was not feeling very thankful at that time.

As she turned her gaze sideways, she noticed her young daughter scribbling furiously into her notebook.

"My teacher asked us to write a paragraph on "Negative Thanksgiving" for homework today." said the daughter.

(Contd.. on p. 6)



Outcome of Recent Assembly Elections

The resounding success of the present Ruling Party at the Centre in the recently-concluded State Assembly polls has come as a stunning surprise to many in the country. What could have led to this virtual tsunami of votes in its favour in so many states? The best answer could well have been provided by one of the Party's own spokespersons, on a TV channel. He remarked that it is the sterling leadership of the Prime Minister, which has fired up all the cadres supporting him, by his unwavering commitment to the 'Party's Ideology' during the last two years. He went on to add that in 2019, "It will be a contest between the PM and nobody".

What is this "ideology" he refers to? The opposition parties and the people of India must take a long hard look at this ideology or system of socio-political beliefs, which was forged, side-by-side with India's great freedom movement, in the 1930s and 1940s, borrowing the ideology of some powerful political movements in Germany and Italy at that time. It ran parallel to the ideology evolved by the liberal and far-sighted leaders of our struggle for Independence, led mainly by Gandhi, Nehru and Ambedkar, who also drew inspiration from several enlightened thinkers in the West during an earlier period. In many respects, the two streams of thought were diametrically opposed to each other. The 'inclusive ideology' of the freedom-fighters (which included Indians of every race, religion and culture), is spelt out unambiguously by the Constitution of India and symbolized by the national flag and national anthem. At independence, it is this ideology which triumphed and was

whole-heartedly embraced by most sections of our society, though not by all. During the last 70 years, those who rejected this dominant ideology did not give up what they firmly believed in, but went on striving unceasingly, over the years, with all the resources at their disposal, to achieve their own 'exclusivist' goals (which excluded large indigenous groups, all who do not accept Bharat Mata as their holy land, and required the leadership of one undisputed leader whom all were to follow blindly). They achieved their greatest success with the destruction of the Babri Masjid, on 6 Dec., 1992. This gave them an enormous shot-in-the-arm and the confidence to further pursue all their remaining goals, in the face of the immense the power wielded by the political dispensation of the time. Finally, success beyond their own expectations, came with the general elections in May, 2014.

From the time the campaign for this landmark election began, almost 2 years earlier, every possible means: door-to-door visits, pamphlets, festivals, mammoth public meetings across the length and breadth of the country, combined with today's ubiquitous social networking media have been used, day-in and day-out, by the cadres of the present Ruling Party led by the PM himself, to spread this ideology, covered with the irresistible 'icing-on-the-cake' façade of promises of development, 'acche din', 'sabke saat, sabka vikas', eradication of black money, etc., etc., especially among the youth, most of whom are ignorant of the unique contribution of the founding fathers of the Republic and are interested only in seeking the fulfilment of their own immediate aspirations. In the meantime, most of the floundering opposition parties were paying only lip-service to the Constitution and showed only half-hearted en-

thusiasm in upholding the lofty ideals of the freedom struggle and its towering stalwarts. Even the well-acclaimed pioneering efforts of laying the foundation for science, technology, development and a scientific temper in the country, by a world-renowned leader like Jawaharlal Nehru and his successors, were very poorly marketed to the young and the ideologically ignorant masses. The results are now there for all to see.

Unless the leaders of the opposition parties and enlightened groups among our people can unite and consistently stand up for the basic ideals of the Constitution (democracy, secularism, socialism) and inspire enthusiasm for the same, through persistent efforts, media outreach, addressing the aspirations of the people, and authentic development plans, we should not be surprised if, very soon, the very idea of India and of the kind of nationalism the freedom-fighters sacrificed their lives for will be radically altered, the nation's history re-written, its education-system re-oriented, its time-honoured icons relegated to the background, and its long-cherished values of truth, non-violence, tolerance, freedom of conscience and expression likely to be consigned to oblivion in the days and months ahead.

Joseph M. Dias, S.J.
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What about Fr Tom?

I was watching the Doordarshan news telecast, this evening, and I saw DD giving a detailed coverage of External Affairs Minister Sushma Swaraj's statement in the Parliament regarding the recent attacks on Indians in the United States. She assured that the government of India is doing everything possible to see that such incidents never occur again. I was very happy, as the citizens of the country has every right to know the government's version of and its stand on the uncalled for attacks on their countrymen in the US, or elsewhere.

(Contd.. on p. 6)

Syria Suffers: Six Years On

S yria continues to suffer and struggle. March 15th marks the sixth anniversary of the bloody Syrian war. This afternoon (March 14th), a bomb blast in the city of Homs killed one and injured several. On March 12th, a double bombing near a popular Shiite shrine in Damascus killed over fifty and scores more were left injured. Since December, the eastern areas of Aleppo have been evacuated, but the bombings continue. The Syrian war, over these six years, has resulted in the deaths of thousands and caused the largest displacement in human history. After experiencing widespread destruction and insecurity, there is a certain desperation and a sense of fatigue among the Syrian people. The general feeling is that most are ready



BY FR. CEDRIC PRAKASH SJ

to clutch at any straw, to fan any glimmer of hope. They yearn for peace, security and stability and want the bombarding and the air strikes to stop now

The UNHCR (the UN Refugee Agency), in a statement for the sixth anniversary says, *“While there are some hopes for peace, the needs and suffering of millions of Syrians con-*

tinue unabated.” Filippo Grandi, United Nations High Commissioner for Refugees adds, *“Unless drastic measures are taken to shore up peace and security for Syria, the situation will worsen. Families have been torn apart, innocent civilians killed, houses destroyed, businesses and*

livelihoods shattered. It is a collective failure. Ultimately, Syria’s conflict isn’t about numbers – it’s about people”



(Contd.. from p. 4)

“She asked us to write down things that we are thankful for, things that make us feel not so good in the beginning but turn out to be good after all.” With curiosity, the mother peeked into the book. This is what her daughter wrote –

“I’m thankful for final exams because that means school is almost over”
 “I’m thankful for bad tasting medicine because it helps me feel better”
 “I’m thankful for waking up to alarm clocks because it means I’m still alive”

It then dawned on the mother that she had a lot of things to be thankful for! She thought again....

She had to pay taxes but that meant that she was fortunate to be employed
 She had house-work to do but that meant that she had a shelter to live in.
 She had to cook for her many family members for lunch but that meant she had a family with whom she could celebrate.

Moral:

We generally complain about the negative things in life, have a negative approach, but we fail to look at the positive side of it. Look at the better part of life today and make your everyday a great day not only thru Lent but throughout the year.

(Contd.. from p. 5)

My thoughts suddenly went to Fr Tom Uzhunnalil, who was kidnapped and tortured by the IS men, keeping him in unlawful custody over the past one and a half years. I do not think that the government of India has taken yet any serious steps in getting Fr Tom released from the IS custody. Nor do I see anyone, including the officialdom of the Church in India, taking any serious steps to put enough pressure on the government to take all possible steps to get him released, if he is still alive of which I have serious doubts in my mind, other than staging some weak demonstrations here and there, and of course praying and fasting which alone will not work the miracle needed in this case.

Maybe we have laid more emphasis on the fact Tom Uzhunnalil is a “Catholic Priest” and a “Salesian”

and placed very little stress on the fact that he is a citizen of India with equal right to be protected which any Citizen of India working outside the country should receive. I wonder why the Church in India with all the resources available to her has not spoken strongly in one voice, and demanded that Tom Uzhunnalil, an Indian Citizen, should not be allowed to be kept in unlawful custody, tortured mercilessly by the IS, and continue to linger in their custody for this long!. For me, Tom Uzhunnalil is an Indian first, then a Catholic Priest and a Salesian next, if at all that need to be told! Let us forget everything else, and demand that Tom should be released because he is an Indian citizen! Hopefully, many more patriotic Indians will join hands with us.

—Fr Alfonso Elengikal

Today an estimated 13.5 million Syrians need humanitarian assistance and children make up half of that number. Children have lost their childhood; nearly 3 million Syrian children under five have grown up knowing nothing but conflict... More than 6.3 million people are internally displaced within Syria. About 4.9 million others (the majority women and children) have fled to neighbouring countries in the Middle East, including Lebanon, Turkey, Jordan, Egypt and Iraq. These have put the host communities under huge strain as they shoulder the social, economic and political fallout. Hundreds of thousands have made perilous sea voyages seeking sanctuary; no one is sure how many may have died at sea.

The plain truth is that the suffering of the Syrian people who are refugees and internally displaced, continues with no end in sight. Harsh weather conditions and limited access to basic resources gravely affect displaced families and individuals. Making ends meet is a daily struggle for both the displaced within Syria and those who have fled the country and sought refuge elsewhere. Sizeable sections of them are living in extreme poverty, unable to secure food, water, or medical provisions. Key cities in Syria today have no water, electricity and gas or very little access to these essential commodities.

Delivering humanitarian aid to war-affected populations within Syria is still an urgent issue. There is also the ongoing concern that some neighbouring countries are unable to provide adequate assistance to meet the basic needs of refugees. This lack of assistance threatens the safety of vulnerable people and the stability and security of the region.

Nevertheless, there is hope! There are innumerable stories of resilience in war-torn Syria among the forcibly displaced and from among the Syrians who have sought refuge in oth-

er countries. Majeda, a woman from Damascus who fled with her family in search of safety, still holds onto her dream of becoming a lawyer. Kassem is a young man who, in spite of losing a leg in a bomb blast in Syria, is studying in a school in Lebanon and one day wants to become an art teacher. There is Randa who has escaped the horrors of war but is now writing a book for little children telling them why war is all wrong. There is Mohamed Qasim, who now lives in Jordan. He suffers from cancer, but with a 'never-say-die' spirit is determined to give his little children a better future.

The 'big powers' and the wide range of vested interests particularly the military-industrial complex continue to play havoc with lives and destinies of the Syrians. There are 'peace talks' which take place among the 'big guys'; not too many however, place too much of hope on them. Majeda, Kassem, Randa and Mohamed are simple, ordinary people. Each one of them has experienced the horrors of war in profoundly traumatic ways. They represent today, the spectrum of innumerable Syrians who have suffered immensely, but look towards a better future for themselves and for their children. They are some of the many, brave individuals who with their indomitable spirit, want to live a normal peaceful life and look to the future with hope.

The Jesuit Refugee Service (JRS) of the MENA Region has been working in the midst of the Syrians who are displaced. Despite the challenges, JRS has stayed the course in Syria during the six years of conflict, ad-

ressing and serving those in urgent need while advocating for and with Syrians, for life with dignity.

In Damascus and Homs, JRS operates education centres in parallel with child protection programs and psychosocial care for children and adults. In Aleppo, JRS teams provide those most vulnerable with emergency humanitarian assistance of food baskets and non-food items. When medical facilities in Aleppo came under ferocious bombardments, JRS continued to provide health services. In Lebanon, Jordan, Iraq, Turkey, JRS works with hundreds of Syrian refugees, providing them with emergency assistance as well as ongoing educational and psychosocial support.

In spite of the darkness that this conflict casts over all Syrians, JRS staff and volunteers have also experienced many moments of hope. On March 15th this year, JRS will launch a campaign, (you can see a preview here http://en.jrs.net/campaigns_focus?TN=PROMO-20120718025148) to highlight the stories of Syrians living both inside and outside of the country. The Campaign will focus on the hope and resilience of the Syrians; of light overcoming darkness, Lola Moussa, who originally hails from the countryside near the city of Homs in Syria, sums up the struggles of the Syrian people meaningfully saying *"there is still suffering and much pain - but what keeps us going on is our courage to hope and our continued resilience."*

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The Dove And The Crow

The morning after the election results were out was chilly, not just because of the chilling results. A chill wind was indeed blowing, one that could bode ill for the country. The BJP's electoral sweep in U.P. had chilled me to the bone, so I was trying to catch a little sun in the garden.

My reverie was disturbed by a rustling sound in the shrub in front of me, where the turtle doves have their nest. To my horror I saw a large black crow emerging with a white egg in its beak. I tried shooing it away, an act that alerted my dog. But it was too little too late. The nest egg had been stolen and I was a hapless spectator.

As a nature lover and a keen bird watcher there should have been nothing unusual or unnatural in this event, to warrant disturbance. This was one of the laws of nature – survival of the fittest; and big fish eats small fish. But post election results my mood was sombre, and so were my thoughts. I could not help but compare the two events.

A pliant media tells us that the Modi magic swept U.P. What we are not being told is that only 60% of the electorate voted, and of them less than 40% voted for Modi (yes, Modi, not the BJP). Therefore just 24% of the electorate, not the population, voted for Modi; that is less than 1 in 4. Yet a euphoric media would have us believe that this was a tsunami, now rechristened tsunami. We must be gracious in conceding that Modi has won both U.P. and Uttarakhand. The crow has the nest egg, as of now. So should we remain mute spectators, or beat our breasts in woe?

Can we not see the whole picture? Yes, the BJP emphatically won two



States, but it got only 3 of 117 seats in Punjab. The tsunami didn't work there. It also came off second best in Manipur and Goa. If by coercion and allurements (terms freely used in several "Freedom of Religion" Acts) the BJP does form the Govt in these two States it would be but a pyrrhic victory, proving once again that it is not a party with a difference, but just another political outfit desperate for power; where the ends justify the means. That is something that the Father of the Nation strongly disapproved of.



BY CHHOTEBHAI

My home State is U.P., and I have been active in my hometown Kanpur in promoting voter awareness and preparing a Citizens' Charter

of Demands, before the elections. In the last two elections I did support the Congress, though I do not owe allegiance to any party, and have voted for various left of centre parties in the past.

However, in this election, in my capacity as Convenor of the Kanpur Nagrik Manch (Citizens' Forum) I spearheaded the campaign by highlighting various issues and events in both nation and State; and appealed to voters to give preference to the character and track record of the candidate, rather than to the party of allegiance. Yes, I did highlight the devastating effects of demonetisation, and the clumsy attempt to attribute recent rail accidents

in the vicinity to terrorists (read Muslims).

I am not a macro level political observer or analyst, but I can draw some lessons from the micro level, of which I have a better grasp. During our awareness campaign we had concentrated on two of the six urban constituencies, of the 10 in the district. Interestingly in both these constituencies, the tsunami notwithstanding, the sitting BJP legislators were defeated, one by the Samajwadi Party (SP) and the other by the Congress. The latter is the Kanpur Cantt constituency in which I now reside. It is the only urban constituency in the whole of U.P. that the Congress won. Again, of the 6 urban seats the BJP won just 3, very different from the current trend.

I take pride in my city because it has a mind of its own, and has often bucked the trend. In the first flush of Independence, when the Congress was at its peak, we had thrice elected an independent candidate, a trade unionist. He was a Bengali, not part of the caste arithmetic. Mayawati's blue wave of 2007 left us untouched. She didn't win a single seat. So too in the SP win of 2012, the honours were divided evenly with the BJP and the Congress. I am therefore convinced that enlightened citizens do make a difference. Unfortunately most such "enlightened" ones limit themselves to social media with likes on Facebook. They are not able to interact

with people face to face.

Civic activists also need to resist the temptation to jump into electoral politics. The latest casualty is Irom Sharmila in Manipur. She was considered a demi-God during her several years of fasting for withdrawal of the Armed Forces Special Powers Act from her home State. But when she switched to politics, even claiming to become the next Chief Minister, she came a cropper, garnering a measly 60 votes.

In 2011 something similar happened to another high-voltage activist – Anna Hazare. Remember him? On 10th April 2011 I had led 1000 citizens of Kanpur in a day long fast for India Against Corruption. However, I disassociated myself from the movement when I found that it was more anti-Congress than anti-corruption. Hazare's main supporters – Kejriwal, Kiran Bedi and Gen V.K. Singh (Retd) all joined politics.

Discreetly backed by the RSS, Hazare thought that that he was a modern day Gandhi. His popularity went to his head. On 31st December that year, at a rally in Mumbai, he gave a clarion call for "Jail Bharo". His high-voltage campaign ended with a whimper. Mumbaikars preferred their New Year Eve parties to cooling their heels in jail. Pride always comes before a fall. That is why the Mahatma remained humble to the end. A lesson for all in public life.

Coming back to U.P., the BJP victory has been described as a thumbs up for Modi's policies, including demonetisation. I beg to differ. Modi himself gave credit to his Man Friday, Amit Shah, saying that years of hard work had paid off. This was long before demonetisation. What had Shah worked on? It was U.P.'s caste arithmetic – identifying leaders and caste groups that were not bound to Mayawati's BSP (non-Jatav Dalits), or the SP (non-Yadav OBCs). This was Shah's social engineering, not Modinomics.

What other factors helped Modi in U.P.? Despite several political pundits

saying that Mayawati was the dark horse in the race I did not subscribe to that view, because during her tenure as Chief Minister all she had done was to erect her own statues. Had she actually worked for Dalit empowerment, instead of doling out tickets to Brahmins and Muslims, her vote bank would have been intact.

I feel really sorry for Akhilesh Yadav. He took on his own father and uncle to script a new narrative of "development", moving away from the tried and tested caste arithmetic. He showcased his achievements. In defeat, with a tinge of bitterness he said, "Assurances seem to work more than achievements", when it comes to electoral rhetoric. Mammohan Singh could have said the same (had he chosen to speak, that is)! Some commentators said that Akhilesh's development activities were limited to the Lucknow region. In that case he should have won all those seats. He didn't.

What then of Rahul Baba and his Congress? If Modi won U.P. for the BJP then, in equal measure, Rahul lost the plot for the Congress. In 2009 Shobhaa De had called him the Dimpled Darling of aspirational youth. Today he is more like pimpled acne on perspirational faces! Three years ago I had written that he should quit politics. He is just not cut out for it. He should learn from Sharmila and Hazare, and just fade away into the sunset. He hired Prashant Kumar (PK) because of his earlier successes with the BJP campaign in 2014 and subsequently for Nitish Kumar in Bihar. What he didn't realise is that the BJP knew PK's approach and was ready for it this time around. Look at some of PK's hair brained ideas – projecting Shiela Dikshit as the Chief Ministerial candidate; promoting Raj Babbar, a yesteryear's cine star, as the head of the organisation, and having Khat Panchayats. The khats (cots) were not a bed of roses, and became the laughing stock of the nation.

If Capt Amarinder Singh pulled off a stunning victory for the Congress in Punjab, it is because he stoutly resist-

ed PK's forays, something that Rahul Baba did not take kindly to. Rahul just about saved two seats in his pocket boroughs of Rae Bareilly and Amethi. Can he or his mother hope to win from there in 2019? Doubtful.

I have no love lost for the Congress or for Rahul Baba. But I love my country, which needs a strong opposition and a viable alternative to a rampaging BJP. In 2004 Rahul's mother listened to her "conscience" and asked Manmohan Singh to be the Prime Minister. It is now time for Rahul to listen to his conscience and make way for more competent persons in his party. He owes it to the nation.

If not, the raucous crows will continue to rob the nest eggs of the peace loving doves. I cannot be a silent spectator to that. After finishing this piece I noticed that the bulbuls were now building a nest near the abandoned one of the doves. Is that a portent of things to come? I sincerely hope so.

** The writer is the Convenor of the Kanpur Nagrik Manch.*

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The Power Of The Law Of Attraction

by Rtn. Calwyn D'Abreo

Much as we would like to allow our feeble minds to satisfy the hunger that resides in them for accepting thoughts that infiltrate our otherwise peaceful mind plateau of the conventional a Persepolis sets in. Without exception, that which you give thought to is that which you begin to invite into your experience. Allow for us to understand the nuances of a new concept or that which is meant to be a newly discovered universal law, the Law of Attraction. This enigmatic and powerful presence of it's mere shadow if not the prognosis of the meaning of the name of the law is as old as the Testaments and Jesus Christ and opines even from the age of Buddha. It is proved to be real and effective and as sanctimonious as the words of the Master. The Law of Attraction has existed since the beginning of time.

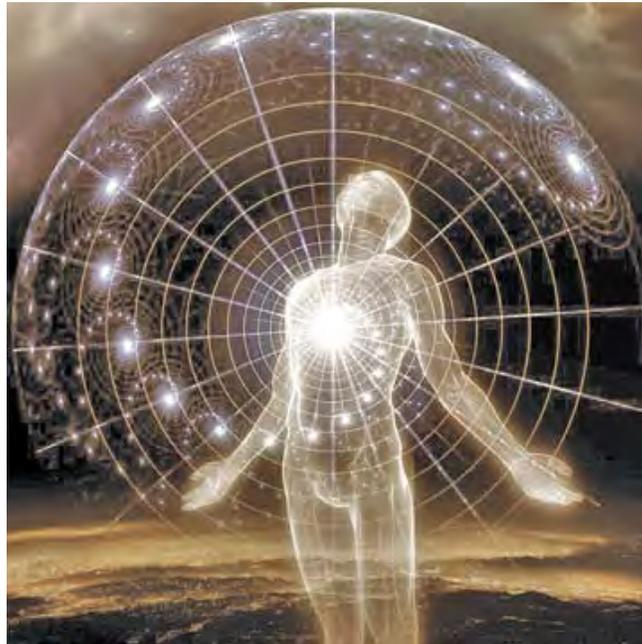
The Law of Attraction affirms and asserts that whatever is transmitted or relayed out into the Universe is attracted to energies that are of an equal frequency, character, tone and vibration.

You can express the Law of Attraction in many ways suitable to your understanding . Like attracts like. That which you think about often and with emotion and feeling expands into your own being and manifests that which you are giving prominence to.

You attract that which you are. You attract that which you concentrate upon. If you are in a bad mood and focusing thus on negative emotions you are whether you like it or not drawing in negative experiences. On the other hand if you are feeling happy and feeling good and your emotional quotient

is of a happy state you will automatically draw in and experience positive life experiences. The Universal Intelligence is no respecter of persons . Besides , you attract to your aura only those qualities that you possess at the time of your thinking the thought.

People who want joy and happiness



feel what it already feels to feel the freedom and joy of life and living even by deliberately creating the scenario that they are wanting. What does freedom feel like....? What does joy feel like...? The secret is to pretend that you already have it and further give accent to it by feeling that you deserve it and you are already inside the results of that which you want.

How can we expect to have a good life when we are in a continuous negative rhythm of focusing on the bad.

The Law of Attraction is not a new concept or a newly discovered law.

The hardest part of the Law is knowing how to put yourself in the frame of mind that you need to be in , in order to attract positive results into your daily life and living specially when most of the time there is so much of negativity around you. Remember that the

Law of Attraction has a ricochet effect. Whatever you give out with your energy , vibrations, feelings , emotions we will receive back in good measure.

Let us say you are in a relationship. This is your reality. You are now experiencing sadness, worry , fear, etc.

These are negative inferences of negative value. The Law of Attraction respects this conduct that emanates from your vibrations. As a result of this placement of thought and the surety of the response you will get whether you like it or not more of what you are vibrating and the cycle continues till you deliberately create an antidote of a thought that nullifies the inadvertent.

When we are desiring something to manifest from the Universal Intelligence or by another name who we call God the Father and we are feeling negative emotions, we are blocking that creation from coming into manifestation. It is our negative emotions that holds us apart from the manifestation of that which we want.

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So near, yet so far!

Early bird catches the worm, they say. In this highly competitive world, where every hour especially in politics is important, you cannot simply try to work at your own pace. Never underestimate the strength of your foe. The Congress party, overwhelmed with the success in the Punjab and good showing in Manipur and Goa, actually could not believe their eyes. Actually, they were blinded by success so to say. Not used to having their own Chief Ministers of late, they forgot that they had to quickly move and decide on the Chief Ministerial candidates. It was a different case in the Punjab, where Capt. Araminder Singh was declared in advance, never mind at his insistence lest he quit the party. Undoubtedly, the Captain led from the front and kept the Gandhi clan away from limelight. That perhaps was the secret of the success in the land of five rivers. The SAD / BJP combine paid for the mis-governance. The Akalis, like the PDP in J & K, ruled the roost and did not allow the BJP to have any say. In the process, BJP is SAD but have been riding on the UP magic. BJP deserved to win in UP. The last minute hotchpotch SP-Congress alliance and family feud did not deserve to win.

The Congress slipped in a complacent mode thinking that being the largest single party, both in Manipur and Goa, they could move at snail's pace and take their own time to name the Chief Ministers but found that there were too many aspirants for the two posts. Infighting came to the fore and in the process precious time was lost. Forget the Chief Ministerial candidates, the Congress Party lost two important States which were theirs for the asking if only they could plan their strategies right. You need to have your Plan B ready in the event of a hung house. This clearly was missing and the party paid the price. It might be difficult for the party to keep their flock together now and some of them could cross over for the loaves of office and strengthen the hands of Parrikar who is heading the government in Goa with a slender margin.

Take nothing away from the BJP for its resounding success in UP. The party had started working on this, right from the 2014 elections. On the other hand, the Congress was a confused lot. BJP worked their way, systematically draw-

VIEWS on NEWS

ing up a strategy sufficiently in advance. As the saying goes, 'If you do not know where you want to go, any road will take you there'. Like a visually challenged man, the party was groping in the dark. They named Sheila Dixit [much to every one's surprise] and then dumped her to align with the SP – a house divided with internal dissensions and family feuds in full public view. BJP capitalized on this and the results are there for all to see. By naming Yogi Adityanath as CM, the BJP has made a clear loaded statement.

It must be seen as a saffron wave and there is no stopping them now. So long as individual aspirations for PM-ship persist, no opposition unity is possible. If Laloo Prasad accepted Nitish Kumar as Bihar leader it is because he himself was 'out' – being convicted. RaGa remained aloof and did not want to be seen around Nitish Kumar. Mulayam Singh too did not co-operate. For 2019, it will be a Herculean task to get them together in national interest. For personal gain, they may come together but the people will see through their selfish interests and reject them.

For Congress, they may be ready to tie up with even a single man party so long as Rahul Gandhi is projected as a man of great promise. He has not accepted the fact that he is not a natural leader to lead a country of this size. They need to get NCP to merge but egos will come up. Only giving sops in Karnataka will not help. By making alcohol cheaper they hope to get the voters drunk so that they may vote for Congress, not knowing what they want to do. Good luck Rahul but you have let down the diehard supporters of Congress.

Pay and Park [your base]

An ailing man, barely able to stand, was shown in a video sitting on a tricycle to reach the hospital for treatment which went viral. It was soon revealed that the family of the man could not afford to pay a bribe to get the 'services' of a wheel chair. Pay? Yes, pay a ward boy who has made it his part time business. Well frankly, not many people were 'shocked' but accepted it as a part of the system that is rampant in all municipal / government hospitals across the country – in big cities and in small towns where it is worse. In small places, poor people do



by Marshall Sequeira

not have a voice. In cities, some NGO or a Good Samaritan may show up to take up your case.

If a public hospital functions well, it is a matter of surprise. There is a system in place where medicines are either sub-standard or simply missing. Poor patients are made to buy medicines and the same are returned by a ward boy to the chemist and pocket the money. Outdated medicines are kept in stock – may be they get a good discount on such obsolete tablets. Nothing is better when it comes to X-rays. You pay and get it. Others are sent back for want of X-ray films. Nothing really surprises anybody any more when it comes to these hospitals which are generally frequented by the poorest of the poor. Patients share beds or lie on the ground – a cattle shed. Senior doctors vanish to attend to their lucrative private clinics where they can mint money. Junior doctors, ward boys and nurses hold the fort. It is unfortunate that this has become a way of life in this country. But who cares? So long as the ministers and bureaucrats get good treatment let the poor go to hell. That is the tragedy because we do not seem to have an answer.

Crores of rupees are allocated for health care. Where does this money go? The per capita spending on poor may not be less but the manner in which this amount is spent, if at all, is important. No matter what call the PM gives to eradicate corruption, it will continue for eternity – easy money is not easy to give up especially when it is tax exempt. Perhaps a time has come to revamp the health system. Sufficient funds are allocated. Use this money for providing Medclaim policies to every citizen below the poverty line. Pay the premium from these funds. With this policy, poor can get good treatment in private hospitals. This may be a tall order but there is always a way out. The poor cannot be left to the mercy [and care?] of ward boys any more. This should be the mantra of the New Bharat. Or simply make VIPs go through the same treatment.

Get in the habit of giving a little

It can be hard sometimes to get motivated to be an active volunteer. Many people think that they do not have time to spend helping out; they would rather spend it with their families instead of volunteering what these people do not realise is that volunteerism has many benefits for anyone that is interested in doing it, from individuals to families. Knowing that you are helping to create peace and a safer planet is only a fraction of the pride that a 'volunteer feels every time they lend a helping hand

Giving doesn't have to mean you give your money; it could also just be giving your time, effort, attention and heart. Giving doesn't give to cost a thing or be a huge commitment. Instead, the act of giving can give you the greatest satisfaction possible making an impact on someone else's life. It doesn't have to be a lot but, even just a little when you can, will both make you happier and do some good for the world. So how can one get in the habit of giving a little each month? Well, it's actually simple:

Pick one you most connect with: Are you all about feminism? There are

several non-profit organisations that are designed to empower women. You don't have to purchase anything to get involved. All you have to do is go online. Subscribe and spread the word. By bringing attention to these organisations, you help start a conversation about their mission. Or maybe you are more interested in education. Consider getting involved with initiatives to bring attention to the million of girls around the world who don't have the opportunity for education. Addressing the fact there is a problem is the first step to fighting it.

Meet interesting people: Both the people you are helping and your fel-

low volunteers can give you new insights. No matter what groups of people you're working with, you'll find that they have information and ways of looking at the world that can broaden your horizons.

Gather and volunteer as a family:

If you are looking to volunteer and have a family but do not really want to lose any of your family time due to volunteering, community volunteer opportunities are a great way to get the family together and out of the house to do something new and rewarding. Spending time with your family and doing something positive in the process is a great motivator to get you to volunteer. It can also teach your kids responsibilities and they will pick up useable skills while they are volunteering, too.

Volunteering combats depression:

Volunteering keeps you in regular contact with others and helps you develop a solid support system, which



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in turn protects you against depression. Moreover, by measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard wired to give to others. The more we give, the happier we feel.

Become more active: In many communities today, it's very easy to live in a home or in a town right next to other people and not know them, other than seeing them come and go. This happens to people because they

knowingly or unknowingly choose to be reclusive (loner) in their own community. Now is the time for you to break out and get out of your hermit state to greet and get involved in your community. Challenge and motivate yourself to become more active and social in your neighbourhood.

Find a good reason: Many people volunteer because they want to feel useful, help someone, share a skill, challenge themselves or gain leadership skills. If you are looking to volunteer but are having a hard time getting

motivated, try to find a good reason that rings true with you and use that to motivate yourself. Whether you just want to help, meet new people, want to get out and become social or you want to learn something new; these are all great reasons to get motivated and to help out. To volunteer; is to contribute your works and goodness to humanity unselfishly.

- Your duty as a human is to care for others. One act of kindness, whether it's a smile while walking down the street, lifting up a colleague in time of need or holding the door open can make someone's day a little better.
- You can also choose to do a physical project and in the meantime, embark on social media activities until you are able to properly donate the time. As long as you are spreading kindness in the world, that's what matters.
- In order to get into the habit, you have to try. If you do that and see the rewards of making a difference, you will do it again and again. Habit of giving is no exception.



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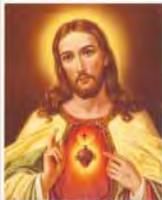
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Thanksgiving



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



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

— Ms. L. M. F., Navi Mumbai

Thanksgiving



My heart felt thanks
to Holy Family
for the
favours granted

—A Devotee

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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)

—Ms L. S. Sequeira, Vasai

Activists demand right for nuns to hear confessions

Kochi: The Kerala Christian Reformation Movement (KCRM) staged a dharna in front of the bishop's house near High Court Junction here on Sunday, demanding that the church to allow nuns to hear 'confessions', a holy sacrament, of women.



According to Indulekha Joseph of KCRM, it's high time the church acknowledged gender equality in rituals. She also said that a woman passing on information about her sins to a male priest also increases the chance of getting abused.

"There are many incidents that I personally know where the priest asked for more details in cases of sexual 'sins'. Church authorities have told me that many women confess in a bid to 'entice' the priest. If such issues exist, then how can women differentiate between good priests and the rest," she said.

"Nuns should be allowed to do sacraments such as the eucharist and the confession. Jesus had given the right to forgive sins to his disciples, just because all his disciples ended up being men because of the societal norms back then, doesn't mean that traditions cannot be amended with times," said Indulekha.

The gathering saw a reading from the Bible referring to the misdeed by the clergy at the time of Christ.

"Priests have always managed to make money out of their profession though they are not allowed to take home their earnings. Nuns, however, are hardly in such a position as they are mostly away from positions of power," said the activist.

She added that when they approached the church authorities with the request, they were sent away without even promises of a discussion about the same.

Former spokesperson of Syro-Malabar church Fr Paul Thelakkat, however, said that the demand was contradictory to the sacraments itself.

"Faculty of confession is given only to ordained priests. This gets scrutinized every year and the power is renewed. The demand doesn't make any sense since nuns are not ordained priests," said Fr Thelakkat.

source: TOI, mattersindia

Jesus Is The Light Of The World

Are you sheltering in darkness a “charisma deficit”? The Light is within your reach. In the gospel of John it is written: Jesus said, “I am the light of the world, he who follows me will have the light of life.” (Jn.8:12).

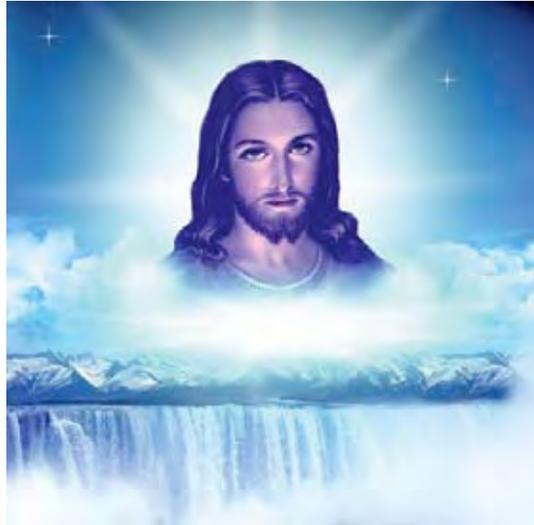
This is the fourth week in lent: a time when Jesus heals the man who was born blind. Today, despite knowing the truth of the Messiah, many among his followers have become an enigma; blessed with the faith, they try to timidly hide their Christian identity from fear of what “people might think”.

Jesus was put on trial as a common criminal. He was beaten, rebuked and crowned with thorns – Christ did not worry about public opinions. He was crucified in the center of two thieves; spat upon and made fun of, he did not feel ashamed – he forgave his enemies. People could think what they wanted. Jesus died on the Cross radiating his light to all humankind to wipe away their blindness and open their hearts to Eternity.

It was the Sabbath when Jesus performed a miracle. He helped the man born blind to see and he performed it in the midst of many Jews, priests and followers. The Pharisees were more alarmed that Christ had worked a miracle on the Sabbath. Divisions were instantly created but, the once blind man cried aloud, Jesus was a prophet.

A few days after the incident, Jesus met the blind man, now completely cured, and asked him if he believed in the Son of man. “Lord, I believe” (Jn.9:1-41).

Jesus is the Light of the world. Throughout his ministry the Lord measured out his revelations in sermons,



Fourth Week in Lent

parables and action. He impressively detailed the Word of God, handcrafted his narration of spiritual avenues to pursue in moments of betrayal, pain, horror and how to hope of a new life hereafter. Jesus Christ is truly the God of the universe – the light of the world.

St. Paul in his letter to the Ephesians stated, “Once you were darkness, but now you are a light in the Lord; walk as children of light (for the fruit of light is found in all that is good and right and true), and try to learn what is pleasing to the Lord. (Eph.5:8-10).



BY MELVYN BROWN

Generations of Christians have been exposed to the light of Christ, and much has been made visible by Holy Mother the Church, teaching us to praise God. She has appointed the days of lent, the days of obligation, the proper rituals for the Mass in memory of Jesus and his sacrifice. She has implemented the rule of confession and communion for the faithful to please God. It is said, “Awake, O sleeper, and arise from the dead, and Christ shall give you light.”

Pope Francis said, “The mercy of God is his loving concern for each one of us. He feels responsible; that is, he desires our well-being and he wants to see us happy, full of joy, and peaceful. This is the path which the merciful love of Christians must also travel”. For a small moment in your busy work-day reflect on the corporal and spiritual works of grace and mercy. Radiate the light you have inherited, even when you imagine you’re not pious.

Using the weapon of prayer, ask Jesus to make you a good example of love and Catholic forgiveness. Do not imprison your soul. Seek the light within and be happy that God has given you eternal life, because you believe.

Admonish yourself for the weaknesses you harbor by hiding away from the obligation of spreading the Word and from seldom using the light of Christ. His light will open doors and windows for the seeker, the lost sheep and the atheist.

Come out of darkness and like the once-blind-man say, “I believe”. Sacred scripture will guide you along the path to see the merciful face of God. In His light, by His light, through His light – now, at lent, is the best time.

“The Lord anointed my eyes; I went, I washed, I saw and I believed in God.”(Jn.9:11,38). Meditate on those words, especially during the Eucharistic communion, and it will help you to understand the word of God, and it shall destroy your spiritual blindness. The truth, my dear brothers and sisters is to be enlightened and step out into the light of trust in Jesus. Believe in Christ and you will receive the gift of eternal life. (Jn.3:16).

At lent, and after lent, for every day of the year, live as children of light, for Jesus said, “I am the light...”

Earth Based Penitential Rite

Introduction: From our simple knowledge of creation story in the Bible, we can conclude that, the root causes of most of the environmental problems of today are due to human greed. The sin of greed originated from Adam and Eve is being inherited to all human beings. Adam and Eve were not satisfied what God had given them, they wanted more. As a result of this greed, they disobeyed God. Thus greed, the greatest sin originated from our first parents.

The sin of greed inherited by our first parents dominates our life even today. Human beings are never satisfied. They want more and more, even at the cost of depriving fellow human beings their share, and also at the cost of destroying God's creation.

Jesus' life and His teachings are a model for all of us as to how we can live a sustainable, eco-friendly life. Taking Jesus and His teachings as a cue, we shall have this Earth Based Penitential Service, which can help us to reflect on lot of our sins as they are connected to material desires and greed.

1] SIN OF ANXIETY: Jesus says, "Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?" (Matt 6: 26) Jesus gives the example of birds of the air for us to live a life without being too much anxious about our future. We are much more valuable than the birds of the air.

Questions to ponder: Am I too much anxious about my future material stability, and preoccupied myself saving for the future like, investing in properties, flats, vehicles etc? When I do this beyond a limit, I deprive others, especially the lesser privileged their basic needs. When I possess more than one house, vehicles, properties etc, naturally, I put extra burden on environment, besides depriving the deserving



by Fr Felix Rebello
Infant Jesus Church
Jogeshwari

ing for their basic needs like housing where they may have to pay higher due to demand and supply principle.

2] SIN OF OVER POSSESSION: Jesus says, "Carry no purse, no bag, no sandals; and greet no one on the road" (Luke 10:4). When Jesus sends his disciples on a mission, he commands them to carry only basic necessities of life. This would help them to depend on the providence of God, and identify themselves with the poor.

Questions to ponder: Do I possess too many material things, clothes, gadgets, foot wears etc, most of which I use rarely, or never use at all? More things I possess means, I put more burden on environment as it takes a lot of natural resources to produce those things. I do it at the cost of lesser privileged as they may have to pay more.

3] SIN OF SELFISHNESS: When crowds were following Jesus, and were hungry, Jesus told his disciples "You give to them something to eat." (Mark 6:37). The boy who had two fish and five loaves was generous to share them. This inspired Jesus to work the miracle of multiplication of the loaves, and feed thousands.

Questions to ponder: Am I a selfish person thinking only about myself and my near and dear ones. When I think only about myself and my own

family, I am tend to accumulate, and this will lead to burden on environment.

4] CRAVING FOR COMFORTS: "And Jesus went throughout all the cities and villages, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction." (Matt 9:35). Jesus' mode of travel was walking. No doubt, Jesus' time there were not many facilities of cars or other luxuries for travel. But if Jesus was living even today, he would surely use eco-friendly mode of travel.

Questions to ponder: If God has blessed me with a vehicle, do I give lift to others, example while going to the church, school, market etc? Can I use my vehicle sparingly or only when I absolutely need it? Can I also get used to public transport? If it is a walking distance, can I totally avoid using a vehicle, and take walk?

5] GOD'S GIFT TAKEN FOR GRANTED: "And after Jesus had dismissed the crowds, he went up on the mountain by himself to pray". (Matthew 14:23), and also read John's gospel chapter 18: 1, "After Jesus had spoken these words, he went out with his disciples across the Kidron valley to a place where there was a garden, which he and his disciples entered". (Jn 18:1). Jesus communicated with His Father in prayer in a natural set up like mountains, gardens, open spaces etc. Nature helped Jesus to experience His Father.

Questions to ponder: In the techno savvy world, do I give time to appreciate nature - The trees, the cool breeze, flowers and plants, the sun and moon, lakes, rivers and seas? Or I take the creation of God for granted, or worst I pollute them with my recklessness, like cutting trees, polluting water, air etc?

6] DISHARMONY WITH OTHER LIV-



ING BEINGS: Jesus says, "My sheep hear my voice, and I know them, and they follow me" (John 10:27). Jesus has a harmonious relationship with nature, including animals. Therefore, he uses the imagery of sheep to describe his relationship with his people. This indicates Jesus respected and loved animals created by God.

Questions to ponder: When I reflect on my life, do I appreciate the beautiful creation of God? Chirping and singing of the birds, the friendliness of a dog or a cat? The service rendered by domestic animals? Am I sensitive to the declining number of birds like house sparrows and bees which are all important for environment?

7] LAVISH CELEBRATIONS: Jesus says, "But when you give a feast, invite the poor, the crippled, the lame, the blind" (Luke 14:13). Jesus wants us to go against the current. In today's world, we make our celebrations like weddings, First Holy Communion grand, even to the extent of making a showoff our wealth, power and position.

Questions to ponder: It is time for us to reflect and ask, how do I celebrate my family or social functions? Example when I have a celebration like wedding, First Holy communion etc. in my family, do I spend lavishly just to get a short lived name and fame? Am I concerned about the waste these kinds of celebrations cause and put a heavy burden on environment?

8] DISHARMONY WITHIN MYSELF: Jesus says, in Mathew chapter 15 - "not what goes into the mouth defiles a man, but what comes out of the mouth, this defiles a man. What comes out of the mouth proceeds from the heart, and this defiles a man. For out of the heart come evil thoughts, murder, adultery, fornication, theft, false witness, slander" (Matthew 15:11-18). According to Jesus, our behaviour with fellow human beings and with nature is only a symptom. The root is there in our heart and mind. Our external human relations and relationship with external world, including environment are formed by our heart and mind.

Questions to ponder: Am I person

Record number of Catholics elected in Goa elections

Panaji: The Indian coastal state of Goa has elected the highest number of Catholic lawmakers since state polls were first held in 1963.

When poll results were declared March 11, out of 40 elected representatives, 17 are Catholics, giving them a 43 percent representation in a state where Christians form only 22 percent of the population. Almost all Christians in Goa are Catholics.

The pro-Hindu Bharatiya Janata Party (BJP) won only 13 out of 40 seats but their rival Congress party also failed to garner a majority with only 17 seats. The BJP quickly claimed the support of independent and smaller parties and presented Governor Mridula Sinha with a list of 21 supporters and staked its claim to form a

of gratitude? Do I appreciate my own life, my body, mind and spirit? Do I experience God's presence in my fellow human beings? Do I see God, even in a tiniest creature created by God? Do I listen to God speaking to me through nature?

Conclusion: Pope Francis in his encyclical *Laudato Si*, Praised be to God says, "This sister earth now cries out to us because of the harm we have inflicted on her by our irresponsible use and abuse of the goods with which God has endowed her. We have come to see ourselves as her lords and masters, entitled to plunder her at will. The violence present in our hearts, wounded by sin, is also reflected in the symptoms of sickness evident in the soil, in the water, in the air and in all forms of life. This is why the earth herself, burdened and laid waste, is among the most abandoned and maltreated of our poor; she "groans in travail" (Rom 8:22). We have forgotten that we ourselves are dust of the earth (cf. Gen 2:7); our very bodies are made up of her elements, we breathe her air and we receive life and refreshment from her waters. (1-2)

coalition government.

Out of the 13 BJP members elected, seven are Catholics and, for the first time, they outnumber Hindu legislators in a party.

Social commentator Father Victor Ferrao, said "people in their wisdom have rejected the BJP but have stopped short of giving the Congress party the full majority to rule."

Observers like the priest see anti-incumbency at work against the BJP which has ruled the state for the past five years. The BJP's pro-industrial development policies upset large sections of Goa's population because of harm done to the environment.

Aureliano Fernandes, a political observer, said that even if there are seven Catholic legislators in the BJP it does not mean they can influence policy. "There is hardly any internal democracy in the BJP unlike other parties," he said.

Fernandes explained that, within the BJP, hard-line Hindu groups "play a vital role in decision making. Catholics are always considered outsiders and would have a negligible say."

Catholics were elected because the BJP placed winnable candidates strategically understanding factors like caste, religion and the demands of particular areas and the win "should not be seen as the BJP developing a love for Catholics," he added.

Journalist Jamaluddin Sheikh, a Muslim, pointed out that "even if Catholics are elected, they become stooges of the party. So really speaking there's nothing for Christians to cheer about."

The BJP and pro-Hindu groups attached to it have often been accused of discrimination and violence against religious minorities such as Christians and Muslims.

Source: UCAN

Differences with parents

It's normal for parents to disagree and argue from time to time. Parents might disagree about money, home chores, or how to spend time. They might disagree about big things like important decisions they need to make for the family



Fixing a family problem might seem hard but as long as everyone communicates his or her feelings, everything should work out in the end. There are many books available about parent and youth relationships that can help improve communication within families. When issues are handled calmly and fairly, fewer problems tend to arise, though this all depends on the individual youth and parents relationship. As a teen grows up to become a, they tend to want to test their limits and sometimes they get into trouble because of this.

Ways to fix problems between parents and youths:

If you, or your youth, are having problems, then you will probably want to fix them. There are many different ways this can be done, from reading books to going to a counsellor together. A few ideas are:

- Communicate. Talking to someone when you are upset with what they are doing is important, since if you do not talk to them, they won't know you are mad or upset.
- Read a book about parenting, or

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about parent and youth children relationships.

- Talk to a senior who is understanding: While many people are against the idea of going to someone outside of their family for advice, going to a family counsellor could be a good way to open up communication between teens and their parents.
- Do things together, such as going to a movie or playing board games.

Parents become mirrors:

Youth want that mirror to reflect back to them the vividness and clarity they themselves do not feel. There might be heated arguments for various things. You might be fighting to change your relationship with your parents, to make a parents see that you are not the child, you may want to shake your parents into an awareness of the new and exciting person you hope to become.

Its okay to have arguments sometimes:

Having arguments once in a while can be healthy if it helps people get feelings out in the open instead of bottling them up inside. It's important for people in a family to be able to tell each other how they feel and what they think, even when they disagree. The good news about disagreeing is that

afterward people usually understand each other better and feel closer.

Parents may be upset for different reasons. Maybe they had a bad day at work, or they're not feeling well, or they're not feeling well, or they're really tired. Just like their children, when parents aren't feeling their best, they can get upset and might be more likely to argue.

Happy, healthy families:

No family is perfect. Even in the happiest home, problems pop up and people argue from time to time. Usually, the family members involved get what's bothering them out in the open and talk about it. Everyone feels better and life can get back to normal. Being part of a family means everything pitches in and tries to make life better for each other. Arguments happen and that's okay but with love, understanding, and some work, families can solve almost any problem.

There can be plenty of reasons If things are not working well between you and your parents any of these might be the cause but there are plenty of solutions to sort it out

- Bad grades might be the reason
- Check out your company
- Discussion is always the solution.
- Both might be correct but the thought process might differ.
- Overprotection

Inspiration!

Train your brain to seek positivity

one tells you that you can't do something, that a goal is 'impossible', don't get frustrated. Instead, train your mind to see their disbelief as a challenge. In-

If you have never taken time to monitor your thoughts, go ahead and give it a try! It's estimated that your brain will produce around 70,000 thoughts per day. And, if you spend just 10 minutes monitoring your thoughts, you might be surprised by how negative you can be. We think anything from, "Oh, why am I at work on such a lovely day?" to "I'm not pretty. "Basically, we're habitually negative without even realising. The power of positive thinking has been documented time and again. But, how do we stop ourselves from thinking negative thoughts if we don't even realise it's happening? The answer: Train your brain

It's just easier to remember the bad stuff that has happened to us during the day than the good. So why is it, that our brains have such a negativity bias? The reason is quite simple: They are actually wired to pay more attention to negative experience. It's a self-protective characteristic. Fortunately, what's amazing is that we have the ability to break out of that negative feedback loop and we can actually rewire our brains to think positively. Find out, how:

Create a system

Sometimes, the biggest reason why we fail to see the good in everyday situation is because we lose perspective on how far we have come. You're missing the forest for the trees. Remember coming back from summer vacation and seeing the people who'd grown six inches? You didn't see them for months—so their growth was quite apparent. But to them, the growth probably didn't feel noticeable. Point being, you have to start taking notice of the little, day-to-day improvements that you make. Over time, this will allow you to see how far you've come,



and it will give you a reference point for where you want to go.

Learning positivity

Whenever you do specific tasks over and over again, they take up less of your brain power over time. That's probably not a shock to anyone who has learned to play the piano, speak a foreign language or even hit a tennis ball roughly where you want it to go. So what's the big deal? This same brain plasticity allows you to master simple skills or sports also allow you to train yourself to be more positive. We can retrain the brain to scan for the good things in life—to help us see more possibility, to feel more energy.

Choose a mantra for the day

In the morning, decide on a mantra. You will eat it silently to yourself as you go about your day. Maybe it's something as simple as "Today is beautiful" or "I'm a happy person." Using a mantra will not only give you something positive to think about but, it also takes up time your brain might otherwise use for negative thoughts.

Remember that you can still make it:

It's hard to pursue your dreams when your family, friends and co-workers don't believe in you. If it feels good to have people that you care about, support your vision. But, whenever some-

one tells you that you can't do something, that a goal is 'impossible', don't get frustrated. Instead, train your mind to see their disbelief as a challenge. Instead of saying, "They're probably right. I can't do it," Train yourself to think, "Okay. Now, I'll show you what I can do," Every time someone disparages you, show them how strong your vision is.

Positivity affects the chemicals in your body:

When you think a thought your brain releases chemicals into your body and those chemicals make you feel good, bad or a variation of either. Essentially, if you are thinking negative thoughts your brain will release chemicals that make you feel bad and conversely if you are thinking positive thoughts, your brain will release chemicals that make you feel good.

Do something nice: Acts of kindness boost happiness levels. Something as small and simple as making someone smile works. Pausing to do something thoughtful has the power to get you out of that negativity loop. Do something nice that is small and concrete like buying someone a coffee.

Practice positivity from today...

One morning, a very old lady looked in the mirror. She had three remaining hairs on her head and being a positive soul, she said, "I think I'll braid my hair today." So she braided her three hairs and she had a great day.

Some days later, looking in the mirror, she saw that she had only two hairs remaining. "Two hairs, I fancy a centre parting today." And as ever, she had a great day.

The next morning, she looked in the mirror. She looked in the mirror. She was completely bald. "Finally bald, huh?" She said to herself, "How wonderful! I won't have to waste time doing my hair anymore."



6677. BANGALORE : R.C. Parents invite alliance : son Engineer B.E., (Mechanical), Divorcee working in the Gulf, having good job, well off, (Born in June 1967), Ht. 5' 4", Wt. 63 kgs. Girl should be educated, good family background, kind, loving & caring : caste denomination no bar! Contact Mob.: 07795101265

6660 NASHIK : Goan R.C. Bachelor (Born in November 1984) Ht. 5' 11", Wt. 70 kgs, Wheatish Complexion, Edn. Graduation in perfusion technology, working as a Clinical perfusionist. Contact email : dan2mills@gmail.com

6654 MUMBAI : Mangalorean R.C. Divorcee (Born in October 1980) Ht. 5' 11", Wt. 95 kgs, Fair Complexion, Edn. Hotel Management, working as a Asst. Manager in **CANADA**, seeks an educated, homely, UK bases girl. Contact Email : gladways207@gmail.com OR Mob.: 9930721252

6652 MUMBAI : Mangalorean R.C. Bachelor, (Born in November 1988) Ht. 5' 10", Wt. 80 kgs, Fair Complexion, Edn. M.B.A. Marketing, working as an Executive in well known Private Company. Contact email : menezesajit@yahoo.com

6647. MUMBAI : Mangalorean RC Bachelor (Born in January 1982) Ht. 164 cms, Wt. 70 kgs, Wheatish Complexion, Edn. Engineering, working as a Sr. Executive. Contact email : pereirapraveen@gmail.com OR 9833379899

6625 MUMBAI : Goan RC Bachelor, (Born in November 1979), Ht. 5' 7", Wt. 61 kgs, Wheatish Complexion, Edn. M.Sc., B.ed., Teacher by profession.

Contact email : martin.007.2010@gmail.com OR Mob.: 9892657905

6623 MUMBAI : Mangalorean RC Bachelor, (Born in October 1988), Ht. 5' 8", Wheatish Complexion, Edn. B.E., MBA., working as a Assistant Manager in Nationalised Bank and assisting Family business. Having good family back ground. Contact email : oswaldfrancis2016@gmail.com

6622 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in January 1984), Ht. 5' 5", Wt. 85 kgs, Fair Complexion, Edn. B.Com., working for Bank. Contact email : calva_86@yahoo.co.in

6619 MUMBAI : Goan Roman Catholic Bachelor, (Born in September 1985), Ht. 5' 7", Wt. 82 kgs, Fair Complexion, Edn. MBA Finance, woking in MNC. Contact email : josh99.joshva@gmail.com

6613 MUMBAI : Goan Roman Catholic Bachelor, (Born in May 1984), Ht. 5' 11", Wt.80 kgs, Fair Complexion, Edn . MCA, working in Leading IT firm. Contact email : bardeskar.agnel11@gmail.com

6612 MUMBAI : Mangalorean Roman Catholic Divorcee, (Born in October 1970), Ht. 5' 7", Wt. 66 kgs, Fair Complexion, Edn. HSC., Service. Contact 9167419437

6610. MUMBAI : Goan Roman Catholic Bachelor, (Born in October 1981), Ht. 5' 6", Wt. 64 kgs, Wheatish Complexion, Edn. IT Engineering, working for Leading Engineering Company as a Solutions Architect. Contact email : krod1681@gmail.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

6596. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in January 1980), Ht. 5' 5", Wt. 72 kgs, Wheatish Complexion, SSC. ITI, NCVT, working for offshore industry as marine technition, having own house. Contact email : lezzrocks@gmail.com

6590. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in November1986), Ht. 5' 10", Wt. 70 kgs, Wheatish Complexion, Edn. Graduate, working as a Cruise Reception Manager. Contact email : fernajoy@gmail.com

6589. MUMBAI : Goan Roman Catholic Bachelor, (Born in March 1987), height 5' 8", weight 50 kgs, wheatish complexion, Edn.B.com, working as a Senior Analyst in a reputed MNC. Non smoker & Non drinker. Seeks alliance from RC spinsters upto 28 years, graduate with sober habits. Open to all communities. Contact Mobile no. 9769840021

6588. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in August 1986), Ht. 5' 4", Wt. 70 kgs, Fair Complexion, Edn. B.Com., CWA (Inter), CA (Inter), working as an Accountant. Contact email : sav-iopinto23@gmail.com

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6414 MUMBAI : Roman Catholic Spinster, (Born in July 1989), Ht. 5'1", Wt. 48 kgs, Wheatish Complexion, Edn. B.Com., (Banking & Insurance) working as a Consultant. She is vegetarian. Contact email : rosemariybharda@yahoo.com OR 9224780162

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

6114. INDORE : Roman Catholic Spinster, (Born in July 1974), Ht. 5' 4", Wt. 53 kgs, Fair Complexion, Edn. M.Com., well settled. Seeks a suitable match. Contact email : seema_francis@rediffmail.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

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

6640. MUMBAI : Goan Roman Catholic Spinster, (Born in December 1980), Ht. 5' 4", Wt. 85 kgs, Fair Complexion,

Edn. M.B.A-HR, B.Com., 1st class, working as an Asst. to Vice President. Contact email : rodrigues2631@gmail.com

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

6638. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in May 1989), Ht. 5' 2", Wt. 57 kgs, Wheatish Complexion, Edn. M.Com., Bank Officer. Contact email : noronha2305@gmail.com

6635. MUMBAI : East Indian Roman Catholic Spinster, (Born in January 1990) Ht. 5' 3", Wt. 60 kgs, Fair Complexion, Edn.M.Com., B.Ed., Teacher by profession. Contact email : judithds1901@gmail.com

6633. MUMBAI : Goan Roman Catholic Spinster, (Born in July 1989), Ht. 5' 4", Wt. 60 kgs, Wheatish Complexion, Edn. B.E., Computer Science, working for Foreign Bank. Contact email : mendonca17edward@gmail.com

6632. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in November 1989), Ht. 5' 6", Wt. 60 kgs, Wheatish Complexion, Edn. B.A., working as a Travel Counsellor in MNC. Contact email : denverr89@gmail.com

6631. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1983) Ht. 5' 7', Wheatish Complexion, Ph.D., from American University, working as a Senior Healthcare Consultant in a MNC Mumbai. Kindly reply with details and full length photograph to mendoncaedwina@gmail.com

6627. MUMBAI : Goan Roman Catho-

lic 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

6620. MUMBAI : East Indian Roman Catholic Spinster, (Born in August 1987), Ht. 5' 5", Wt. 60 kgs, Wheatish Complexion, Edn. Post Graduate, working for Foreign Bank. Contact email : beann_lam@rediffmail.com

6617. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in November 1992), Ht. 5' 4", Wt. 60 ks, Fair Complexion, Edn. MMS / MBA working as a HR in MNC. Only Child. Seeks a groom below 28 years, preferably Mangalorean. Contact email : amd19901992@gmail.com

6607. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in February 1990), Ht. 5' 6", Wt. 63 kgs, Fair Complexion, Edn. B.Tech., PGDM., working for Marketing Manager. Contact email : sphylomena@gmail.com

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

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

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Catholic bishop spreads eco-friendly ways in Mumbai

by *Badri Chatterjee*

Thane: An ancient church in Mumbai has shown the most energy efficient way to pray. The 500-year-old St John the Baptist Church at Thane uses a large fan that cuts electricity consumption by 30 percent and cools an estimated 1,000 people who attend Mass on Sundays.

The giant fan — equivalent to 10 household fans — was installed by Auxiliary Bishop Allwyn D'Silva of Bombay who is also the pastor and manager of a school attached to the church.

The fan was among a number of environment friendly initiatives the 68-year-old prelate has set up in the church. They ranged from solar power, rain water harvesting, recycling organic waste to installing LED lights at the church grounds.

Over the past two decades, the prelate has tried to reduce the impact of global warming through several awareness initiatives, environmental education at schools and published academic papers to make the parish eco-friendly. He heads the Archdiocesan Office for Environment, and secretary for the Federation of Asian Bishops Climate Change Desk. He was ordained a bishop on January 28 this year.

"Climate change is rooted in faith, because to care for creation is to manifest one's love for the creator. The more we care for creation, the more spiritual we become," the bishop told *The Hindustan Times*. "Uncertainty looms over weather, floods and rising temperatures and that has already damaged a lot. So a lot of steps need to be taken to do something about it not only in India but globally."

On March 9, the World Meteorologi-

cal Organisation declared 2016 as the hottest year with the global averaged temperature about 1.1 degrees Celsius higher than the pre-industrial



period.

Bishop D'Silva urges Mumbai's nearly 500,000 Catholics, almost 4 percent of the city's population, to take climate change seriously. "This is a crisis that affects the future generations. If we have been handed over a beautiful world by our forefathers, it is our moral obligation to hand the same over to our next generation," he added.

In 2012, he formed the parish environment club that introduced a biogas plant at the church ground. Daily kitchen waste amounting to 20kg, leftovers from weddings, and waste from a local vegetable market is all converted into cooking gas through a biogas plant. During the same year, a rooftop solar system with nine panels was set up at the school that powers lights and fans in every classroom, staff rooms and principal's office.

After the restoration of the church in 2015 and the setting up of the Johanne Centre (church office), rainwater harvesting program was setup that saved 200,000 liters of water over the

past two monsoons.

"It is an integrated system that can automatically switch to the grid. The move reduced our electricity bill by 40%," said Father Michael Pinto, principal, St John the Baptist School. "People learnt from Fr Allwyn about eco-spirituality — faith combined with the concept to protect the environment. His efforts have created a lot of awareness among students through faith and practical examples."

A visiting professor at St Pius College, a seminary in Goregaon, Bishop D'Silva started an 'eco-club' in 2012 that manages a garden with 26 species of 3,000 trees, 15 species of butterflies, 22 species of birds and seven species of insects and reptiles on campus. Additionally, his efforts gave way to a kitchen garden and a rainwater harvesting project at Our Lady of Nazareth High School, Bhayander (West).

Bishop D'Silva "is one of the first green voices in the city and recognized India's environmental crisis long before anybody else. While such issues are being raised over the past few years, he's brought environmental problems to the fore for over two decades ago," said Father Savio Silveira, environmentalist and director, NGO Green-Line.

Satish Gavai, principal secretary, state environment department, finds Bishop D'Silva's efforts highly commendable. "Such initiatives have far more impact within communities since the information is being disseminated through religion. He is setting an example not only for the church but for followers of other religions as well," he added.

source: mattersindia

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- Paper Quilling Art
- Chartered Account
- Bridal Makeup
- Candel Making Art

- How to Grow Business
- Art of Creating Wealth
- Wealth Management
- How to write a Business Plan
- Customer Service Course
- The Secrets of Motivating Your Staff
- Negotiation Skills
- How to Maintain Quality Standard
- Building a Sustainable Business
- How to Handle Conflicts & Disputes
- Getting Out of Debt
- How to Handle Business Disputes
- How to Find Investors
- Business Coaching

- Learn Konkani Basics
- Learn Hindi Easy Way
- Learn Sanskrit
- Learn Aramaic & Hebrew
- Course on Trigonometry
- Learn Mathematics
- Learn Algebra
- Nursing Training
- How to Run Tally
- Learn Microsoft Office
- Learn PHP Mysql

- Amazing Science Experiments
- Amazing Machines
- Basic Electronics
- How to Make Water Level Indicator
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- Be a Proud Indian

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Confidentiality will be maintained

Contact :

The Secular Citizen

99, Perin Nariman Street, 1st Floor, Fort, Mumbai 400001

Tel.: 022 - 22693578, 22654924 Email: secular@sezariworld.com

Royal Christian Family and The Secular Citizen has been serving the community for over 36/26 years

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Branch : CST - Mumbai VT
Account Name: The Secular Citizen
Account No. 03552000006744
ISFC code: HDFC0000355