

THE SECULAR CITIZEN

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He Is Risen Indeed!

THE SECULAR CITIZEN

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A Happy Easter



Seen in the picture are the members of the Bombay Catholic Sabha - Vikhroli Unit, with The Secular Citizen editor and publishers (From left : Angelo Gois, Mrs. Cicilia D'Costa, Lawrence Coelho, Mrs. Susan Coelho, Anup Noronha and Robert D'Souza) at St. Joseph's Church, Vikhroli on 2nd of April 2017. The Vikhroli Unit of BCS is one of the most vibrant and active groups in fighting for civic amenities in the area with various government agencies. Some of their achievements have been reported in this publication earlier. They are providing a number of social services to the people in the area. The Unit is serving the people in association with a number of other inter-religious and social NGOs, which is a fine example of networking within a larger society.



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'Thought for the week'

Heart is a very good fertiliser; anything we plant - love, hate, fear, hope, revenge, jealousy... surely grows and bears fruit. We have to decide what to harvest.

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Easter –

The Day That Gives Meaning to all our days!

by Don Aguiar

Easter has its symbolic roots in the etymologically derived Germanic Mother Goddess Eostre. Although little is known about her, it is clear that she represents the Spring Equinox; therefore Easter is to do with rebirth and celebrates the possibility of a transition from a human to a divine consciousness.

In order for such a transformation to take place, we need first to care and to be aware and appreciative of all of God's creations, the raw materials around us, appearing as they do as opportunities, locations, events and materials.

Unlike Christmas, Easter doesn't have a crazed shopping season preceding it. It doesn't have its own tree. It doesn't spawn wild parties. It doesn't prompt people to send out boat-loads of cards to friends they haven't seen all year. It isn't the date that many children (and adults) anticipate all year. It doesn't have dozens of songs beloved by even those who don't celebrate it. It doesn't even have its own set date.

But in the eyes of most Christians, Easter is a more important CELEBRATION than Christmas.

Are there any scriptural clues about the meaning of Easter and its preceding events? There are. Our starting point in accelerating our way to illuminating knowledge is a combination of prayer in solitude, right action, surrender to a Divine will, acknowledgement of the value of suffering and its familiar presence in the world and, above all renunciation; notwithstanding this our own inner nature drives us forward.

Jesus made a humble entry into Jerusalem. We can regard this symbolic of an entrance into the inner holy city of the heart where the Holy of Holies resides. Profound teachings in the temple and chasing away the threats of wealth manipulation and attachment can be seen in the post entry events. Surrendering His body to unspeakable torture as a lesson in steadiness in pain and sacrificing entirely for the sake of all humanity and renunciation of the ego as the final human sacrifice - symbolized on the cross and lastly his resurrection Easter changed everything for the followers of Jesus. The Resurrection revealed for anyone who may have doubted, even after seeing him perform all sorts of miracles, who the itinerant carpenter from Nazareth really was. It showed that truly, "Nothing is impossible with God." And it offered a preview of the kind of life that awaits all who believe in him.

Have you ever thought about how after Easter Sunday, the disciples' abject fear turns into
(Contd.. on p. 4)

(Contd.. from p. 3)

gob smack amazement and then into lasting courage. You could say that this is one of the most inadvertent “proofs” of the Resurrection: the otherwise inexplicable transformation of the disciples.

Remember that on Good Friday, after Jesus was crucified, his great project seemed to have come to an undeniable close. And though believers today know how the story ends, the horrified disciples, at that time, did not. The day after the crucifixion, they were cowering behind closed doors, dejected over the apparent failure and shameful death of their teacher, and terrified of being arrested and perhaps being killed themselves. It's a natural reaction: their leader has been hunted down, tortured and crucified: the apostles likely feared that they were next.

But after Easter Sunday, they suddenly became bold proclaimers of the Gospel, ready and willing to stake their lives on the truth of what they know and believe.

What can possibly account for such dramatic change? To my mind, only something as vivid, as tangible, as clear, as real, as a physical encounter with the risen Christ. Sometimes you'll hear people suggest that the Resurrection was really just the disciples “remembering” Jesus and together deciding to spread his message. Some theologians say that this idea of the “shared memory” was the only credible way of explaining this to a modern world.

Only something as undeniably real as the appearance of the risen Christ standing before them could account for transforming terrified men and women into fearless apostles – some of whom would ultimately die for what they had experienced. You need something dramatic to change people like that

Easter changes everything for Christians today too. We know that life is stronger than death. Love is stronger than hatred. Hope is stronger than despair. We know that Christ is risen, and is with us. We know how much God loves us. We know what it means to “die to oneself” and to experience new life – even in small ways in our daily life. We know that the promise of eternal life is real, because we know of those who have seen the real fulfillment of that promise.

And we know that nothing is ever beyond the power of God's grace.

BUT We human beings almost always

look for the solution to the problems and challenges we face in a place where the answer cannot be found, which is why so many find themselves faced with what appear to be unsolvable problems. This results from a misunderstanding of the fundamental law of cause and effect.

If you want to be able to consistently resolve the challenges you face, you must learn to look at life from the proper perspective, keeping in mind that nothing is ever beyond the power of God's grace. In other words, who you are being when you do whatever you do is what determines what you have.

So, if all you are ever seeing are the results of your past thoughts, the only way you can change what you will see in the future is to change your thoughts today. That's the true meaning of cause and effect. “Change your thoughts and you change your world.” ~ Norman Vincent Peale

The nature of our thoughts determines the quality of our life-whether it is sad, happy and contented. Happy, optimistic, positive thoughts, emotions and feelings generate a zing in our system which makes the blood flow freely and heart beat joyously. They create a spring in our feet and spur us to action. Let us remember the age-old saying that the mind- thoughts- can move the mountains. Pessimistic, sad and gloomy thoughts, on the other hand, create inertia and force us to stay bed-bound.

Here is a practical step you can take to fundamentally alter who you are being: Spend your time thinking about what you want taking into account the joy brought about by the risen Christ.

It's amazing how many people don't know what they want.

Ask them and they'll tell you what they don't want. But if you're constantly thinking about what you don't want, you'll create a future

filled with all the things you don't want. And then you'll get to be right that all of this is a bunch of baloney.

If I were to hand you a magic lantern and told you that if you rubbed it, out would pop a genie that would give you everything you want for the rest of your life, would you know what to tell the genie? Very few people would. Most people seem to spend their time thinking about what's going on in their life right now, the problems they have right now, what's not working right now, and wonder why the future keeps looking like right now.

Nobody cares about your complaints and you shouldn't either. Your circumstances are just the result of your past thinking. Take responsibility for that and change your thinking. That's the only thing that will change your life.

The resurrection is the culminative effect of all of this - The conquering of death, the illumination for the entire world, the glorious freedom akin to the butterfly that emerged from the caterpillar, the newness of spring. Ceremoniously this is symbolized as the paschal candle's entry into a darkened church and the symbol of Light over Darkness - the universal theme of religion.

I think EASTER help us to understand better how infinitely rich and beautiful life is in every way and that so many things one goes around worrying about are of no importance whatsoever.

It is quite clear, therefore, that we must bring about a change in the way we think in order to create happiness and sense of fulfillment in our life. A good thing about our brain is that it willingly adopts any changes that we bring about in our thinking patterns.

Take for example the human body. It is flimsy compared to an ego that rules it and can be done away with in a single blow; but behind the physical earth car is a range of mechanisms of ever increasing subtlety and each with a wonderful function when properly mastered. In fact scripture tells us that these adapters of Consciousness Current are the only ones, compounded as what we call “human” that can serve our purpose.

So keep the cards, and the trees, and the parties, and the gifts, and even the shopping season. Keep all that, just give me Easter. Give me Easter, the day that gives meaning to all my days





Spend time with our Orphans, Senior Citizens, Handicapped and the Sick

Many of our old age homes and orphanages have inmates living a lonely life always waiting for people to visit them, especially visits by our priests and nuns. Society has a moral right to care for and serve the weaker sections of society.

In one of your issues, you published a Thanksgiving mass of a Birthday con-celebrated by 5 Bishops and 27 priests.

The community will be better served if we engage and spend more time with the handicapped, lonely aged and sick

—Edgar D'Silva

Mystery of Jesus' life-giving death

The divine gift of God, who gave His only Son so that all who believe in Him may not perish but have eternal life, refers not only to the incarnation when the "Word became flesh and dwelt amongst us", but also to the Paschal mystery of Jesus' life-giving death on the cross. This divine paradox of giving eternal life to humans through the death of God's only son is explained by Jesus himself to Nicodemus, "Just as the bronze serpent had to be mounted on a pole by Moses in the desert, so that the Israelites bitten by the serpent in the wilderness could look at it and be saved from death, the Son of man must be lifted up on the cross so that those who believe in Him may have eternal life." (Jn 3: 14-15). So, just as the serpent, a sign of death, was transformed into a sign

of life by God, now a crucified human being becomes a symbol of salvation for all human beings. Jesus' death on the cross had all the elements of a perfect sacrifice and was the purest form of martyrdom. Because of his divinity and being one with the Father, it brought about redemption to mankind. The crucified Jesus was the embodiment of God's love and mercy. By dying on the cross, Jesus became the true lamb --- the victim of the real sacrifice, by shedding His precious blood in the place of the slaughtered animal. This was the lamb of God whom John the Baptist announced as the One who takes away the sins of the world. Earlier in the Old Testament, it was Isaac who asked his father Abraham, "Where is the lamb?" Centuries later God provided the lamb, Jesus, who became the symbol of the deliverance from spiritual slavery, just as the paschal lamb was the symbol of deliverance from the political slavery of the Israelites in Egypt. His executioners expected Jesus to cry and curse. Instead, Jesus cried aloud "Father forgive them for they know not what they do". Jesus extended pardon to one and all in obedience to His father's will "Not my will, but Thine be done."

—A. F. Nazareth
Alto Porvorim, Goa.

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Recent Assembly Elections - murder of democracy !



Democracy is in Danger

I read with interest the piece "From Crow to Hawk" by Chhotebhai in the Secular Citizen (3rd April 2017) on the recent Assembly elections in the four states of Goa, Manipur, Uttarakhand & U.P. Chhotebhai has made an indepth analysis of the recent Elections. Even after being rejected by the people in the states of Goa & Manipur, we have seen how power hungry politicians have left no stones unturned in order to grab power – **ethics thrown to the wind, utterly disgusting scenario !**

The article by Eric Dsa, "You The Citizens Decide" in the same issue on the Goa Elections, was also an eye-opener.

It was indeed a murder of democracy! The people of these four states feel cheated, they have been taken for a ride, and not just these four states, but the entire country has been fooled.

So, where do we go from here? Eric's article has made a valid point where he states that the governments are supposed to be of the people, by the people and for the people, and that the people cannot be discarded once their vote is cast. And Chhotebhai rightly says the citizens of India need to awaken to the reality now that the hawks are firmly in power, and threaten to be there for some time to come.

**Can we wake up to reality?
Our democracy is in danger!**

—Melville X. D'Souza
Orlem, Malad West

Legal Eagle



Readers will pardon me for my penchant for birds (both varieties)! Post the State elections I wrote “The Dove and the Crow”, followed by “From Crow to Hawk”. Now I have climbed the evolutionary ladder to call this piece “Legal Eagle”. It does have a touch of the best seller “Where Eagles Dare”. Except that this is fact not fiction. It is about a person with an eagle’s eyes, who has cloaked his actions in “legality”.



by chhotabhai *

This third part in my trilogy on the State elections is now limited to the “developments” unfolding in my home State of U.P.; and more specifically to the “legal” jargon being used to clampdown on “illegal” slaughter houses and meat vendors. An eagle is a bird with very sharp eyesight. It can identify its prey from a height of several thousand feet. I am therefore left with no option but to believe that the BJP’s crackdown on the alleged illegal meat trade is something that has been meticulously planned and executed to perfection. It is a far more precise surgical strike than its earlier avatars like the cross border one or demonetisation. This time there was hardly any collateral damage. Only the identified target was affected – the Muslims involved in the meat trade; not just buffalo meat, but all meat, mutton and chicken included.

The BJP’s master tactician, Amit Shah, identifies his targets and plans his moves carefully. The slaughter ban was not a bolt from the blue or eagle’s swoop by Yogi Adityanath. He was

but the executioner (call this a pun if you so choose). This was very much a part of the BJP’s election manifesto in U.P. It achieved its dual purpose of hitting the Muslims hard and scoring brownie points with its saffron surge voters.

It is only now that the general public is becoming aware that the slaughtering of animals for food is covered by a plethora of laws, and that most of the slaughter houses in U.P. had been “legally” shut down by various orders of the Supreme Court or the National Green Tribunal (NGT); for not fulfilling various norms. So nobody could really fault the Yogi Govt for taking apparently legal steps to clamp down on patent illegality. That, unfortunately, is only a half-truth, which we know is more dangerous than a lie.

Why do I consider the ban on slaughter houses malafide? For two reasons. Firstly, because it is not the only illegality in U.P., that warranted such drastic action. Secondly, because it is well nigh impossible to “legalise” the meat trade. Let me clarify both points.

First, about illegalities. Almost every activity in U.P., be it trade, housing, transport or whatever, is illegal in some way, because it is not fulfilling the necessary criteria. I will here limit myself to two forms of illegality. The first is about places of worship. There is hardly a police station or a Govt building that does not have a temple on its precincts, let alone the mushrooming temples on public roads, pavements, parks etc. If the Govt is so enthusiastic about the eradication of “illegalities” then why doesn’t it address this glaring form of illegality? It is unbecoming for a secular State to permit temples in places where

citizens of various persuasions go to seek justice or redressal. It is a criminal act to usurp Govt land.

In 1991 Parliament passed what is known as the Places of Worship (Special Provisions) Act. It covers temples, mosques, gurudwaras, churches, monasteries and places of public worship. Sec 3 bars conversion of places of worship. Sec 4:1 states that the character of such place as on 15/8/1947 (when India gained Independence) shall remain. By implication this means that all places of public worship built on public land or premises post Independence are illegal. I am not an eagle but I would dare the Govt of U.P. to demolish all illegal places of worship without fear or favour. I might, in passing, mention that Sec 5 excludes the Ram Janmabhoomi/ Babri Masjid complex from its purview.

Now to the meat trade. We need to look beyond it to the provisions of the “Food Safety and Standards Act of India 2006” (FSSAI). Though it was enacted by Parliament in 2006 its detailed rules and regulations were formulated only in 2011. As per its provisions, any person or agency dealing in food is called a Food Business Operator (FBO). This even applies to vehicles transporting food – be it milk, vegetables, packaged items or meat. All such FBOs must be registered with the FSSAI, and renew their licences annually. I would again dare the Govt to tell us how many FBOs are registered. Unregistered ones are illegal.



I made some discreet enquiries from the concerned department in my hometown. The competent authority, on condition of anonymity, told me that when the Chairperson of the FS-SAI had visited in 2014 he had insisted that all FBOs be registered. At that time 2000 major vendors and 10,000 petty vendors got themselves registered. Three years later hardly any of the petty vendors have renewed their licences. So they are all illegal. Will the Govt act against them?

Hearing a petition on non grant of licences to meat vendors the Lucknow Bench of the Allahabad High Court presided over by Justices A.P. Sahi and S. Harkauli observed that “an immediate check on unlawful activity should be simultaneous with facilitating the carrying out of lawful activity, particularly that relating to food, food habits and vending thereof that is indisputably connected with the right to life and livelihood”. Obviously, in its inordinate haste to score brownie points, the Govt has given the go-by to the right to life and livelihood of all those connected with the meat trade. This is why I consider the Govt’s motives suspect. It was harsh in its crack-down, but sluggish in its role of a facilitator.

Now let us examine some of the provisions of the FSSAI. An FBO submits an application for a licence (sub sec 3). The Designated Officer (DO) may decline to entertain the application after a hearing and giving the reasons in writing. If after two months of the application, and it has not been rejected, then the FBO may undertake food business. The DO cannot refuse the grant of licence, but can only issue an improvement notice u/s 32. Obviously most FBOs, including meat traders, are ignorant of these provisions, and the DOs have acted arbitrarily in denying/ rejecting licences or not renewing them. Besides, most of the “objections” raised by the Supreme Court and the NGT come under the gambit of “improvements” like hygienic conditions, sought to be made, and cannot be termed illegalities. Even if an

application is rejected the aggrieved FBO may seek redressal from the Commissioner of Food Safety u/s 8. Hence the Govt has itself acted illegally and arbitrarily, in imposing a blanket ban on “illegal” slaughter houses and vendors by exploiting the ignorance of the FBOs.

It has also capitalised on their fears. Overzealous cops and vigilantes are not concerned with the intricacies of the law. They would just say, “If you don’t have a licence you cannot function”. Period. The fear was palpable, with vendors of mutton, chicken and pork also downing shutters. Several allegations of extortion by cops have been reported. The vigilantes were no less. One night, just near my residence, a group of lumpen elements with wooden staves had blocked the arterial GT Road. They had seized a truck load of bovines. The cops were mute spectators. The irony was that the bovines were buffaloes, not cows. The streets are now buzzing with saffron scarf wearing young men on two wheelers, brandishing their identity. “Don’t mess with us”, they seem to say.

As per media reports poultry vendors and fish mongers need to have a tiled surface, clean knives and boiling water, in order to maintain hygienic conditions of sale. A DO of the FSSAI, on condition of anonymity, told me that the FSSAI rules are so strict that nobody can follow them. This means that meat vendors in particular will always be at the mercy of our over zealous enforcement agencies or prejudiced Govts. A great pity. The greater pity is that such officials turn a blind eye to similar unhygienic conditions rampant among street side vegetable vendors, halwais and chatwallahs. Hypocrisy and double standards.

Further, the BJP manifesto had reportedly stated that the buffalo population had come down, as also milk production, hence the urgency to clamp down on these “illegal” slaughter houses. Writing in the Sunday Hindustan Times (2nd April) Niha Masih quotes various Govt sources to show

that the buffalo population in U.P. actually went up from 229 lakhs in 2003 to 306 lakhs in 2012, and milk production similarly went up from 24,863 tonnes in 2012 to 29,086 tonnes in 2016. This despite India exporting 26,681 crore rupees worth of buffalo meat in 2015-16 (20% of total world exports).

Let me drive one last nail into the eagle’s coffin. The BJP is now blaming the previous SP Govt for turning a blind eye towards illegal slaughter houses in places like Lucknow and Kanpur. They had been ordered shut by the Supreme Court/ NGT in 2014. Ironically in both these metros the BJP had its own Mayors and a majority in the municipal corporations. Should it not then share the blame for the “illegalities”? Finally, the erstwhile Mayor of Lucknow has now been elevated to the post of Deputy Chief Minister.

So this scribe dares to cast a legal eye over the eagle and its prey. Pray that things don’t go from bad to worse as elections 2019 approach. For that is what the eagle is unabashedly eyeing.

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Can we celebrate 'Our Health'?

Lack of support for people with mental disorders... "Let's Talk" is the response part... Those who suffer from Depression must seek help... But the real challenge today is: Are there people who have time "To listen"?



BY FR. CEDRIC PRAKASH SJ

eral of the 'posh' hospitals generate astronomical billings – no patient and not even a corpse can be taken out of that hospital until every rupee has been settled. However, these expensive medical services in the country cater to a particular clientele who can afford it; for the teeming millions, in India, it is just beyond their means.

Healthcare, which is accessible and affordable, equitable and qualitative, is the right of every single citizen. The Universal Declaration of Human Rights in Article 25 states, "everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services." The Universal Declaration makes additional accommodations for security in case of physical debilitation or disability, and makes special mention of care given to those in motherhood or childhood

All this seems good on paper. The reality, however, is tragically different for millions of Indians –especially for the poor and marginalised sections of society. In September 2016, the first global analysis that assesses countries on sustainable development goal (SDG) health performance was launched at a special event at the UN General Assembly. This new index developed to assess each country's achievement on a range of health indicators ranked India a pitiable 143 out of 188 countries, six places ahead of Pakistan and way behind countries like Sri Lanka (79), China (92), even war-torn Syria (117) and Iraq (128).

Come April 7th and World Health Day will be observed once again. The focus this year is on 'Depression', which as the WHO statement says, "affects people of all ages, from all walks of life, in all countries. It causes mental anguish and impacts on people's ability to carry out even the simplest everyday tasks, with sometimes devastating consequences for relationships with family and friends and the ability to earn a living".

Depression is the leading cause of ill health and disability worldwide. According to the latest estimates from WHO, more than 300 million people are now living with depression, an increase of more than 18% between 2005 and 2015. Lack of support for people with mental disorders, coupled with a fear of stigma, prevent many from accessing the treatment they need to live healthy, productive lives. "Let's Talk" is the response part of the theme; emphasizing the fact that those who suffer from depression must seek help, must talk about it- but the real challenge today is are there people who have time "to listen"?

Today, many of us live in great stress. Competition and consumerism, power and possessions tend to rule our lives and our world. What matters most is being "up-there." Several parents today goad and prod their children, in an obsession to making them

'prodigies'. The result is stress on all fronts and unnecessarily so. Children are literally robbed of their childhood. The work place more often than not, becomes a source of tension. Family life is marred because everyone is so 'busy', that value time for the other, has become a rarity. Continuous conflicts and wars, certainly adds to the depressive state of affairs everywhere! A few years ago, 'our doctor' was our family physician. We went to the doctor for minor and major ailments. We were listened to and given some good counsel. Our family doctor was privy to husband-wife problems; the concerns parents had with their children and vice-versa; and of course, those with the 'in-laws'. Some hard-to swallow powders and bitter medicines were given. One often felt better, not depressed, after visiting one's doctor. Most often we were cured before the medicine dosage was completely finished. The doctor found time to visit us in our homes, when we were too ill to go to the clinic. Of course, there were always the big hospitals for major illnesses, surgeries etc.

Times have changed! The 'family doctor' in most places has become as prehistoric as a dinosaur. Every illness necessitates that a 'specialist' and a 'super-specialist' see us. Then there are the innumerable tests to be done and reports to be got. At the end there is a huge bill to pay. Sev-

Dr Vikram Patel, Professor of International Mental Health at the Centre for Global Mental Health, London School of Hygiene and Tropical Medicine, and co-author of the study says, *"the reason why India continues to be one of the worst-performing countries in health is because its political and medical classes have persistently ignored public health principles which ultimately improve a nation's health, such as addressing social determinants of disease and ensuring high-quality, accountable, universal health care for people."*

Dr. Patel hits the nail on the head. The Government shows no political will to ensure the much-needed healthcare for the poor and the marginalised. In the last Union Budget presented at the end of January 2017, the allocation for the health sector as a share of GDP has seen a marginal increase from 0.26% in 2016-17 to 0.30% in 2017-18. This falls abysmally short of meeting the long-standing demand (articulated in the Draft National Health Policy, 2015) of increasing the total allocation for health sector to at least 2.5% of the GDP. On the other hand, the Defence allocation was hiked by a further 10%, making it scandalously to about 12.78% of the total Government expenditure.

The fact that health has not reached millions of the men and women of our country is certainly depressing news. 'Depression' must be addressed; but a primary question that we need to ask ourselves: Can we really celebrate 'our health'?

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

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St Peter on 'Easter Joys'!

by Dr Trevor Colaso

- E** – **'Establish'** – "And after you have suffered for a little while, the God of all grace, Who called you to His eternal glory in Christ, will Himself restore, support, strengthen and 'establish' you" (1P5:10).
- A** – **'Abstain'** – "Beloved, I urge you as aliens and exiles to 'abstain' from the desires of the flesh that wage war against the soul" (1P2:11).
- S** – **'Salvation'** – "And regard the patience of the Lord as 'salvation'. So also our beloved Paul wrote to you according to the wisdom given to him" (2P3:15).
- T** – **'Tasted'** – "Like newborn infants, long for the pure spiritual milk, so that you may grow into salvation – if indeed you have 'tasted' that the Lord is good" (1P2:2-3).
- E** – **'Earth'** – "But in accordance with His promise, we await for a new heaven and a new 'earth', where righteousness is at home" (2P3:13).
- R** – **'Resurrection'** – "Blessed be the God and Father of our Lord Jesus Christ! By His great mercy He has given us a new birth into a living hope through the 'Resurrection' of Jesus" (1P1:3).

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Thanksgiving



Thanks to Our Lady Of Perpetual Succor for the favours granted

—Nelson Pereira,
Santacruz (E)



Thanks to St. Alphonsa for the favours granted

—George K., Chembur

Thanksgiving



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

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 S. T. F., Bandra

How Well Do We Christians Know The Constitution?

by Ladislaus L D'Souza

Given the volatile situation prevailing in the country with regard to the religious identity of the Indian citizen belonging to the minority community, its time the miniscule group of believers in Jesus across the country woke up to the implications of not knowing and understanding the Constitution of our great Motherland.

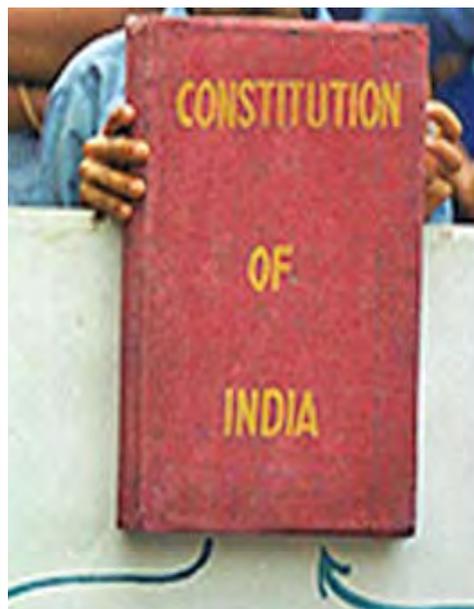
Subject of hatred - The Christian community is obviously the most derided of all minority communities, the most misunderstood and also the worst treated by the hardliners of Hindu outfits masquerading as the protectors of Hindu culture. We are being attacked on all sides, be it with regard to admissions to our educational institutions or our health care and medical facilities, or even our celebrations both religious and social, what with permissions for holding open-air events on the decline, whether in Bombay or in Goa or wherever. The sad and unfortunate part of it all is that the adherents of the two millennia-old Christian Religion are, in general, rather lackadaisical in terms of awareness and consciousness as regards our constitutional rights. Those professionally adept apart, the rest of us know either too little or nothing at all about the Constitution which has clear-cut assertions that favour the minority communities without in any way depriving the majority community it's due.

Well-meaning but ill-informed - A recent impromptu discussion on news about how none of the seven Catholic MLAs of Goa found anything objectionable about 14 April 2017 being declared a holiday by the government on account of Ambedkar Jayanti rather than on account of 'Good Friday' was an eye-opener of sorts. A lady from the group vehemently declared

The Christian community is obviously the most derided of all minority communities, the most misunderstood and also the worst treated by the hardliners of ...

that we ought not to forget that we Christians live in a 'Hindu country', and that in Islamic countries, too, no Christian holiday is allowed. Efforts to convince the lady that India is not a Hindu theocracy or Hindu Rashtra—as the Sangh Parivar is trying to make it out to be—but a SECULAR DEMOCRACY, proved futile. Even trying to make her understand the difference between countries whose state religion by virtue of their Constitution is a particular religion and India which doesn't have a state religion made no headway. Any wonder then that the powers-that-be are unabashedly riding roughshod over the rights and sentiments of the Christian minority, to the extent that there's a new line of thinking that's fast spreading: a Hindu hardliner close to the RSS has become Prime Minister; another has become Chief Minister of Uttar Pradesh, the most populous state in the Indian Union; now, in order to fulfil the Hindutva aim of making India a Hindu Rashtra, Mohan Bhagwat, RSS

The truth is obvious: we Christians are sorely in need of much education in terms of our rights guaranteed by our country's Constitution...



Chief, be made President of India. Can anyone beat that line of thinking! One shudders at the thought of what the fate of Christians will be if that line of thinking converts itself into action.

India is MY country - The truth is obvious: we Christians are sorely in need of much education in terms of our rights guaranteed by our country's Constitution. The need of the hour thus is to have the said constitution read and discussed threadbare and understood by Christians in general and Catholics in particular by having parish level as well as SCC level meetings convened specifically for the purpose, with knowledgeable individuals handling the issue at such deliberations. Of course, that the community has long been on the quit India movement, making a beeline for migration to foreign countries [chiefly UK, USA, Canada, New Zealand and Australia] long before the RSS or the BJP or even Namo emerged on the scene is another matter altogether. But it certainly is a matter of concern that many leave our motherland and go to their graves on foreign soil, depriving themselves of a sense of belonging and subjecting their homes and properties back home in India to the greed of unscrupulous elements. Be that as it may, we need to work urgently on understanding the Constitution of our country – unless we are willing to risk being displaced in our motherland.

He Is Risen Indeed!!!

“Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for he has been raised just as he said” (Matthew 28:5-6)

Many attempts have been made to debunk the resurrection of Jesus from the very time of His rising from the dead. But the following irrefutable facts can be put forth in defense of His Resurrection.

1. Jesus' body was missing. If the Jews could have found it, they could have stilled the preaching of Jesus' resurrection that filled Jerusalem. But they could not.
2. The body wasn't stolen. The Romans had no motive. The Jews had no motive. 'Ah-ha', you say, 'The disciples stole it.' There is the matter of the Roman guards, and the disciples' initial disbelief when the women brought them the news early that Easter morning. This brings me to my third point.
3. If the disciples had stolen the body, you wouldn't expect them to risk their lives. People don't die for what they know is not true. But the disciples put their lives on the line, and eventually nearly all were martyred for their faith. They certainly believed it.
4. The church mushroomed in size in Jerusalem, the very place he was crucified. Followers of Jesus in the city of Jerusalem grew from a few dozen to thousands upon thousands soon after Jesus' resurrection. They believed it was true.
5. Contemporary documents refer to the event. Thallus the Samaritan, Suetonius, Tacitus, Pliny contain references to Jesus. Jewish historian Josephus writes about Jesus'



crucifixion and resurrection. They knew something had happened.

*Tomb, thou shalt not hold Him longer.
Death is strong, but life is stronger.
Stronger than the dark, the light.
Stronger than the wrong, the right...*
- Phillips Brooks, "An Easter Carol"

Jesus' resurrection from the dead is actually more plausible than any other explanation. Christ's death and resurrection is the very foundation of the Christian Faith. That is why we celebrate. This is the most joyous feast of the year. The church is now filled with the spirit of Jesus and with His Light. It is no longer silent as we join our songs of praise with the choirs in heaven. We are reminded of Christ's promise, "I will give you a joy which no one will take from you."

(John 16:22). Easter is the beginning of our new life with Christ.

Jesus' resurrection means that death is not the end. That though my body may lie rotting in the ground, Jesus, whom the Father raised from the dead, gives me eternal life. Ultimately, we Christians believe, our bodies, too, will be raised from death.

What do we Christians say in the face of death? There are many mysteries. But two things we know for sure. Firstly, death is an enemy. But

secondly, and more importantly, Jesus' resurrection from the grave is God's proof to us that death is not the end. The empty tomb and Jesus' Spirit within us testify that Easter morning is God's triumph over death. And ultimately, Jesus promised, God will raise from the dead all who believe in His Son. "I am the resurrection and the life." Jesus said "He who believes in me will live, even though he dies, and whoever lives and believes in me will never die."

And since Jesus is not dead, people can encounter him today. You can know him through a personal relationship. I could point to several people who can testify what Jesus has done in their lives to bring them from the brink of disaster to peace and meaning and joy. People who have encountered Him at a retreat and/or at a healing service and were able to battle the demons of their lives and conquer them with His help. He changes people for good. While some leaders reform, ONLY JESUS TRANSFORMS.

Christ's resurrection brings him into new life and promises the same for us. Not just eternal life, although that's part of it, but genuinely new life. Change is hard, as so many people tell me and as I know myself. Left to our own devices, we'd probably just settle for an improved version of our present life. In the words of Floyd W. Tomkins, "Let the resurrection joy lift us from loneliness and weakness and despair to strength and beauty and happiness."

For while religious leaders have come and gone, the fact remains: only One stepped forth from the tomb. Only One has risen from the dead. Only One has conquered death. Only One offers the promise of eternal life to those who follow him.

Alleluia! He is risen!



by Fr. Anil Rego
Parish Priest,
Nativity of
Our Lord Church,
Kandivli(E)

Easter - Celebrating Paradise!

Introduction

It was in Paradise that our Creator placed our First Parents, Adam and Eve. There prevailed in the garden a life of peace and contentment – until Eve, in contravention of the Creator's command not to eat of the fruit of the tree in its centre, allowed herself to be tempted by the Serpent. The rest is history. Out went Adam and Eve, peace, contentment et al, leaving Paradise depressingly desolate, taking with them the twin virtue of justice and truth. The first act of deceit jointly enacted by Adam, Eve and the Serpent eventually led to the first case of jealousy that ended in the first murder in human history.

Easter – Feast of the Resurrection



by Ladislaus L
D'Souza

Easter celebrates the fulfilment of God's plan of salvation that had His one-and-only-begotten Son, Jesus Christ, ensuring the return of the Father's human creation to Paradise, Good Friday clearing the way for that return. Paradise lost was now Paradise regained, the hope of justice and peace alive anew! Yet, if the joy of Easter is to envelop us fully, we need to understand and appreciate Easter from a historical perspective. Just as the Crucifixion and Death of Jesus isn't a figment of anybody's imagination, the Resurrection which we celebrate at Easter is something that really, concretely happened.

The origins of Easter are rather obscure. It is often assumed that the name Easter comes from a pagan figure called 'Eastre' (or Eostre) who

was revered as the goddess of spring or goddess of the east (from where the sun rises) by the Saxons of Northern Europe, and honoured with a festival called Eastre during the spring equinox. Her symbol was the hare (a symbol of fertility), hence the Easter Bunnies! The Lily, a flower that is in glorious bloom during the season of spring, is mentioned frequently throughout the Bible and serves as a beautiful reminder of the significance of Easter, its magnificent whiteness symbolizing as it does new birth.

Social implications

The obscurity of the origins of Easter aside, the implications of its significance is what matters, the new birth it is associated with being the Resurrection of Jesus Christ from his grave the third day of his death. Interestingly, the secular press is awash with reports about the renovation and



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upkeep of Jesus' tomb! Would this have been the case if it the resurrection event was untrue historically? Be that as it may, what does the resurrection event mean to the common man, both believer and non-believer, particularly in the context of India? To the believer, it implies hope – hope of an entry to a secure place in heaven prepared for us by the Saviour; hope that keeps one from giving in to despair when faced with excruciatingly painful situations in daily life - an incurable illness, loss of employment or life partner, and the like.

To the non-believer, the Resurrection of Jesus makes no sense for two very specific reasons: firstly, a non-believer might not have as yet heard about Jesus; secondly, the kind of life the believer lives could be giving negative witness. As the Ethiopian eunuch says to Philip, "How can I understand unless someone show me?" [Acts 8:31] Paul is even more explicit: "How then can they call on the One they



have not believed in? And how can they believe in the One of whom they have not heard? And how can they hear without someone to preach?" [Romans 10:14].

The Peace of Paradise – There's no gainsaying the fact that for peace to prevail truth and justice must be given their due. "Foolish" as we all are, we tend to miss the tree for the wood. "So slow to believe the full message of the

prophets" (Luke 24:25), we tend to overlook the fact that we "enter into his glory" (Luke 24:26) not merely by suffering with him but by upholding the right to truth. Indeed, with the fostering of justice comes so to say the right to celebrate Easter. When we remain silent in a situation that calls for exposing the wrong and speaking out in favour of the right, we forfeit the very right to the joys of Paradise. As the famed American preacher of the 19th century, William Ellery Channing says, "The fewer the voices on the side of the truth, the more distinct and strong must be your own." Thus, when we remain indifferent and silent, we empower the unjust, bolster the false pride and ego that imagines that happy days come with doing exactly what is the opposite of truth. In the bargain, we deprive ourselves of the joy that comes with filling the emptiness of our lives with peace springing forth from the empty tomb that yielded the Truth, the risen Jesus, the Lord of peace eternal!



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We now live in an age where every tool we need is laid out before us. The only thing that's necessary is for someone else to reveal that information to us.

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Yes, I Believe in EASTER

by Melvyn Brown

I believe in the Son of God who suffered for our sins, died and was buried and rose from the grave.
I believe in the Message of Easter, and in the personal triumph of Jesus.
I believe, like him, we too shall rise again.
I believe, because I know that Easter is the single greatest story the world has ever known.
I believe that Christ proved to humankind once and for all, that He was God.

I believe in Easter not for the reasons people give, but for the knowledge I share with millions of others before me, who knew the Resurrection of the Son was and always will be the truth of our faith.
I believe in the spirit of Easter; the Spirit of the Father, the Son and the Holy Ghost.
I believe that Easter is the ultimate festival in the Christian religion.
I believe in all the events which led to the crucifixion and the eventual return of Jesus to the body and to his flock.
I believe that Easter proves God loves us.
I believe that Easter is the symbol of new life, a beginning, a profound ecstasy to salvation.
I believe that Easter through God makes all things possible.

Easter makes our Christian lives have positive meaning.
Easter is the flagship of redemption.
Easter means Hope.
Easter is the spring of eternal life, the gateway to heaven, the ladder to reach the Holy Presence of God.
Easter is the final word of God to all believers.
I believe in an Easter of Forgiveness.
I believe in an Easter of Peace.
I believe Easter is the certain reward for our trials.
I believe in Easter as the sanction which breaks all the hate and violence, and exudes the promise of Paradise.
Easter is the promise of renewal.
Easter radiates the glory and happiness of things to come.
Easter is the power-house which makes our faith unique.
Easter is the bond which renews our baptism vows as the people of God.
I believe in Easter above all else. Amen.

Jerome's Donkey



Once upon a time, there lived just outside of Bethany, a good and kind young boy named Jerome. When he turned 13, his father bought him a donkey.

Jerome loved that donkey very much. He washed and brushed him everyday, and took him for long walks to show him off to his friends. Jerome would not let anyone ride the donkey. Some times when his friends asked for a ride, Jerome would not let them.

Everyday Jerome told his donkey that he was special. He could sense the donkey knew he was special because he would smile at him.

One day when Jerome's parents' had gone to town to do some shopping, two men came by and began untying the rope from the post the donkey was tied to. The donkey did not resist, as he always did around strangers but went willingly.

Some people standing there asked them, "Why are you people untying that donkey"?

They said, "The Master needs him; we will return him shortly."

Not long afterwards, Jerome and his parents heard a lot of noise some distance away. So they went to see what the commotion was all about. What they saw was riding on Jerome's donkey was Jesus Christ. People were spreading blankets and palms in front of the donkey.

The donkey looked at Jerome with a big proud smile. Now Jerome knew why his donkey was so special.



by Jubel D'Cruz,
Mumbai

The Risen Christ Triumphs In Glory



Despite many trials, Jesus never doubted the importance of his mission. The words of scripture had been fulfilled and a major chapter of the new Christian faith awaited the seal of God's glory, to what Pope Saint John Paul II called "the splendor of truth". The deep roots of a global ministry had been planted, signaling hope in Salvation and the promise of Eternal life through trust and belief in Jesus Christ.

It was the morning of the third day since the Lord's crucifixion. An hour earlier a severe earthquake had rocked the area around the site of Jesus' death. The Roman soldiers on duty fainted in shock at the blinding blaze of light which appeared, and when the angel rolled away the stone from the tomb.



BY MELVYN BROWN

an who is mentioned in all the gospels. She is always first among those of the faithful women. She is referred to by Eastern Christians as the "Apostle to the Apostles". Magdalene is also identified as the woman found in adultery (John.8). In the gospel of Luke.7) she is the repentant woman who meets Jesus and wipes his feet with her tears.

Like the women who journeyed at the side of Jesus throughout his passion and death, breaking the silence, unafraid – so must we in our age and time: refuse to be silent in troubled times of hate and violence. Let the truth reveal God's grace and mercy.

The First Easter morning had arrived.

Several dedicated and devout women had come to the tomb with hope and prayers in their heart; they took a special place in both Orthodox and Catholic Christianity – and are called the "Myrrh-Bearers" along with Joseph of Arimetha and Nicodemus. Their feast is on the second Sunday after Pascha (Easter).

Catholic tradition, based on eye witnesses and the divine word in the gospels informs us of what the Myrrh-bearing women heard when the angel stood outside the open tomb said, "Why do you seek the living among the dead?"

Mary Magdalene saw the tomb-stone rolled away and could do nothing but

weep. "They have taken away my lord and I do not know where they have laid him." Suddenly, as she turns around Mary saw the figure of a man. She did not recognize him thinking he was the gardener.

Then Jesus called her name. "Rabboni!" she cried out in joy. Jesus stops her from rushing towards him, "Noli me tangere" (do not cling to me). In absolute happiness Mary Magdalene runs to the Apostles and cries out: "I have seen the lord" (Jn.20:18). Mary of Magdala becomes the first preacher of the Resurrection. All the more reason why the Easter Christians have given her a place of honor by calling her, Apostle to the Apostles.

It is to these chosen women that the message of the Resurrection is entrusted: to Women who first found the empty tomb: Women who were the first to know of the Resurrection. And women who touched the feet of the risen Christ (Mt.28:10).

The first to speak to the resurrected Jesus was Mary Magdalene. The eleven apostles heard from the women what they had seen and were told at the tomb. The Easter story is preserved through the women, known and unknown who were witnesses.

Womankind have a gift of grace to be sensitive to suffering, and to understand the physics of emotional pain and sorrow. Pope St. John Paul II said that women have "a special sensitivity which is characteristic of their femininity". (Mulieris Dignitatem). The daughters of Jerusalem had that feminine fidelity. They stayed by Jesus in his

(Contd.. on p. 17)

(Contd.. from p. 16)

brokenness. They bravely stood by the cross.

The Messiah had fulfilled his promise when he said: "I am able to destroy the temple of God and to build it in three days." (Mat.26:61). Our body is the temple of God and the proof of it is in the first breath we take which keeps us alive. When we release the last breath, the soul leaves the body and we die.

In our journey through existence the spirit of God which we receive in baptism is always with us, till the end of our earthly life.

The risen redeemer, Jesus stood in the midst of the Apostles and they were astonished, for all the doors of the upper room had been closed. Christ sat with them and proved to all present that he was not a spirit. Jesus showed them the marks of his hands and feet and side – they believed.

The Resurrection is the triumph and glory of God. The Resurrection for all Christians is the everlasting foundation of faith. My faith is immovable, straightforward and sealed with the love of Jesus, my lord and my God. People convert when they find simple answers to their quest for the truth, the way and the life. You, too, will find it in the Resurrection of Jesus the Messiah.

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Suicide: A permanent solution to a temporary problem

Suicide is a self-inflicted death and can be defined as "choosing the mode, time, situation, or occasion for ending one's life." In general, the word suicide has a negative connotation and is looked upon unfavourably.

In ancient Europe, especially during the time of the Roman Empire, suicide was an approved and sometimes an honoured act. The Romans, affected by the doctrine of stoicism, recognized many legitimate reasons for suicide. The Roman philosopher, Seneca, praised it as the last act of a free human.

Most social scientists agree that suicide is a complex form of behaviour that has biological, psychological, and social causes. Psychiatrists, for example, have found deep depression to be common in suicides that they study. Arguments have found that some people are more genetically disposed to depression, and thus prone to suicide, than others.

Suicide is a national health problem that takes an enormous toll on the entire community. But sadly, every minute of every day, someone attempts to take their own life, and every 12.8 minutes someone dies on account of suicide. Suicide does not discriminate; it occurs in every age, sex, religion, ethnicity, sexual orientation and financial status. Studies have consistently found that the overwhelming majority of people who die by suicide had a mental disorder at the time of their death. Often, however, these disorders had not been recognized, diagnosed or adequately treated.

Unfortunately, young men/women taking their lives have become so common that it's hardly alarming anymore. If any reader is contemplating or even thinking of committing suicide, I would like to inform them that life is precious and there are

resources available if they will just avail themselves of any church or professional counselling services, all of which can be found in the Yellow Pages of the telephone directory.

Most teenagers commit suicide due to a variety of factors. Bullying is a prime reason why teenagers begin to think of ending their lives. It can occur in the classroom or anywhere in the school/college premises. The bullies might resort to verbal bullying to get under their skin. Sometimes it gets physical too. When nobody steps in, it triggers thoughts of suicide.

Parental divorce is another reason why problems begin to occur. When a beloved parent permanently leaves the household, it generates a feeling of abandonment. It also destabilises the family household and removes one of their sanctuaries. Without any emotional outlet, they start to believe the only option is to commit suicide.

Suicide is a permanent solution to a temporary problem. Teenagers experiencing such thoughts believe that there is no future for them. A lack of long-term future and no way of being able to imagine a positive future leads to apathy. Apathy eventually moves to depression, which leads to suicidal thoughts.



— Jubel D'Cruz,
Mumbai

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Supreme court ban on liquor

Close on the heels of the relentless de-monetisation drive by the Centre which caused a nationwide flutter and churning in the lives of millions of people in the country, comes another lethal blow to the livelihood of a few more millions due to the Supreme court ban on liquor shops, restaurants and bars serving alcohol within 500 metres from the State and National highways. While there are many positives in the ban order in as much as it seeks to protect the lives of thousands who are killed annually due to drunken driving, there ought to have been a few more concessions besides the 220 metre reduction. In Goa, a pathetic and dismal scenario is also witnessed as more than 3000 liquor shops, bars, restaurants and taverns face closure. If the Goa govt has missed the bus in presenting their case to the supreme court earlier, the least it can now do is to save the situation by declassifying State highways as major district roads. And why not? If ordinances to legalise illegal houses and to declassify the coconut palm (maad) as grass are brought overnight, why is the Goa govt diffident on such a major issue?.

—A. F. Nazareth
Alto Provorim

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On a Hill Far Away

Palm Sunday 2017 was a unique and memorable experience. John Fernandes of Johan Holidays was organising an overnight trip to Igatpuri and I joined this group of around 25 people from various parts of Mumbai.

We left Bandra at 7 am on 8th April in an AC bus. Our first stop was at the Infant Jesus Shrine in Nashik where we attended the Eucharistic service. We then proceeded to the Satyagiri Retreat Centre, Igatpuri run by the Dominicans Order where we stayed. This large, spotlessly clean Centre is located on a hill.

We held the Stations of the Cross that evening on this hill far away. The hill overlooks a river and Igatpuri. Instead of following the standard format, we came forward and spoke about how we felt each station was relevant in our lives today. Valerie ably led the singing of hymns.

The next morning we were all ready to attend Holy Mass at the quaint Sacred Heart Church nearby after joining the Palm Sunday procession. Imagine our surprise to find that the parishioners and nuns of two different orders were there in numbers to welcome us to the procession! It was a touching and inclusive gesture on the part of Fr. George Raj OM, Fr. Paul Mathew OM, Fr. Sunil D'Souza OM, the nuns and the parishioners.

—Monica Fernandes

Eliminate Nuclear Weapons!

On 28 March 2017, Pope Francis' message was read at the 'UN Conference Aimed at Negotiating a Legally Binding Instrument on the Prohibition of Nuclear Weapons', which was held in New York, March 27-31. (Brief extracts):

"The resources spent on nuclear weapons development could be utilized for more worthy and pressing causes, such as poverty eradication, promotion of peace, and integral human development; thus making the goals set for the 'Sustainable Development 2030', a moral and ethical reality. International peace, progress and stability cannot be based on a false sense of security, or on simply maintaining a balance of power."

Allow me to illustrate an ominous point: Nuclear weapons have cost the United States \$5.48 trillion since 1940. And for the fiscal 2010-2018, the US spent at least \$ 179 billion on its nuclear arsenal, averaging \$ 20 billion a year! Globally, annual expenditure is estimated at \$ 105 billion or \$ 12 million per hour, the World Bank had forecast in 2002.

According to the 'Stockholm Peace Research Institute', India topped the list of weapon importers, at 15% from 2010-2014. While defense spending increased, the budgetary allocation for health was reduced by 5.7%. Besides, monies could be better utilized for universal education, affordable housing and infrastructure projects.

Vegetius, an early fifth century functionary in the Roman Imperial Bureaucracy revealed: "If you want peace, prepare for trade." Ultimately, it is the "peace of Christ that will sustain the world" (cf. John 14:27).

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

Inspiration!

and why should anyone else do it? It's that simple. Communicating your values will not only give you your self-respect back, it will also improve your

Why our personal values matter?

Have you ever been in a situation where something felt wrong but, you couldn't walk away from it? Something that was outside of your value system but, your belief in it to change for the better was stronger? Well, there is nothing harder to walk away from something you truly want but, which you realise isn't right or simply not right for you. Values are like our powerhouse. So, living a life where you keep compromising your values is like a small flame, that will eventually burst into a fire and, you will be the first one to get burned. Hence, know few reasons why sticking to your values is so important:

Some famous philosopher has rightly said, try not to become a person of success but, rather try to become a person of value. Values are what we learn from childhood; the 'stuff' we acquired from our parents and immediate surroundings. Unfortunately, many amongst us may find it difficult to follow values such as truthfulness, honesty, forgiveness in our lives because we have not perceived the subtle gains that come to us by following these values.

Values guide us in decisions

making: There is such an oversaturated market of dating platforms and job boards that it seems like we have all the choices in the world but, at the same time it feels like we have 'forgotten' how to actually make a decision. There are always alternatives and other great opportunities, and that's exactly when knowing your values comes into play again — big time! For instance, when you have reached your ability to grow in the company



you work for, what do you do? Do you stay and live with it or do you start looking for a new challenge to further develop? Here is why realizing and identifying our values becomes of great importance.

Values reduce stress: most people would like less stress in their lives. As a leader it is doubly important because your stress is contagious - it infects those around you. When your decisions are faster, communication is easier and you are clearer about things you will have less stress! You may not have thought about values in this way in the past; however, it is completely true that living from your values is a wonderful way to reduce stress.

Help you regain self-respect:

Say goodbye to any of your bad emotions and get your self-respect back. Nothing is a better consultant than your own personal values for this. If punctuality is important to you then communicate this to the other person. We will always only get what we believe, we deserve. Do you think you deserve having to wait around because someone cannot be on time? This about it, if you do not respect yourself, how

relationships.

Help you be clear about what you want:

Your personal value is a great tool for identifying industries that we would like to work for or relationships that we'd like to be part of. The crucial point is that we need to know the values that are of great importance to us and then avoid compromising them in any way. If you don't know what your values are, then you will have a hard time figuring out what it is that you are actually looking for. And if you don't know what you want, then you most likely won't know when you have it.

Understanding: To keep yourself happy, you need to have a caring heart and understanding mind. You may have friends who often let their anger out, despite knowing that you had a reason for expressing your thoughts or pointing out a certain thing. It is only when you are ready to understand and accept such people and circumstances the way they are, you can turn victorious and win their hearts. Try and figure out ways to help them, instead of complaining and questioning their behaviour.

- *There's an old saying that goes, "You have got to stand for something or, you will fall for anything." It's true that without core values, you will fall for just anything.]*
- *The decisions you make, are a choice of values that reflect your life in every way.*
- *Remember to be patient with yourself and dedicate the time to discovering your values. You will be amazed at the things you can accomplish.*



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6630. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in July 1983), Ht. 5' 8", Wt. 85 kgs, Wheatish Complexion, Edn. B.Com., Post Graduate, working as Associate Manager. Seeks any Roman Catholic good family background. Contact email : riya.anthony11@gmail.com OR. Mob.: 8390022313

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

6586. BANGALORE : Mangalorean Roman Catholic Divorcee, (Born in January 1985), Ht. 5' 7", Wt. 65 kgs, Fair Complexion, Edn. B.Com., LL.B., M.S.W., Working as HR Executive. Contact email : advocatecastelino@yahoo.in

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Complexion, Edn. B.E. Mechanical, working as a project engineer seeks a well qualified girl from a good family background. Contact email : ian.roshan.dsouza@gmail.com

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

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

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

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

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

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

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

6560. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in December 1986), Ht. 5' 3", Wt. 79 kgs, Fair Complexion, Edn. B.Com., MBA in HR, working in a Reputed MNC in Mumbai. Contact email : jfran1302@gmail.com

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How GST will affect your life?



Goods and Services Tax (GST) is a proposed system of indirect taxation in India merging most of the existing taxes into single system of taxation. The GST council is trying its best to roll it out by July 2017 and there's how it will be affecting you

Many of us know what GST precisely is but those new to this concept, in a nutshell - GST Bill is expected to replace a myriad of indirect taxes such as VAT, Customs, Excise, CST, Service Tax, Entry Tax with a single tax called as Goods and Services Tax (GST). It will have a far-reaching impact on almost all the aspects of the business operations in the country, for instance, pricing of products and services, supply chain optimisation, IT, accounting and tax compliance systems. Here is a quick explanation about how this tax legislation will impact the prices of goods and services

What can become cheaper

- Fans, air coolers, lighting water heaters, LED TVs, mobile phones and other electronic items
- FMCG goods such as shampoos, over-the-counter drugs, processed foods, chocolates and so on
- Pharma products
- Readymade clothes, including branded apparel
- Movie tickets (due to reduction in entertainment tax)
- Two-wheelers, entry-level cars

and SUVs

- Cement, paint and other construction material
- Solar panels, Point of Sale (PoS) machines and fingerprint scanners For manufactures consumer goods, the current tax regime means the consumer pays approximately 25 percent to 26 percent more than the cost of production due to VAT (value added tax) and excise duty. So with the GST rate expected to be 18 percent for must goods, they are expected to become cheaper.

What can become costlier

- Hotel and restaurant bills
- Mobile bills and internet packs
- Jewellery and high-end accessories
- Rail transportation, air travel and rent-a-cab services
- DTH, cable TV and courier services
- Luxury cars
- Tobacco and Cigarettes
- Aerated drinks
- Insurance Premiums
- Online Shopping (however, this is expected to be balanced by lower costs of logistics and smoother inter-state transport because of a uniform tax rate)

The effective service tax rate at present is 15 percent and it applies to almost all services (except essential ones such as ambulance services, cultural activities, sports events and certain pilgrimages). Under GST, this

rate will increase to 18 percent making services by and large more expensive.

A few benefits of GST Bill

- It can facilitate seamless movement of goods across states and reduce the transaction costs of businesses.
- In the long run, the lower tax burden could translate into lower prices on goods for consumers.
- The Suppliers, manufacturers, wholesalers and retailers are able to recover GST incurred on input costs as tax credits. This reduces the cost of doing business, thus enabling fairer prices for consumers.
- It can bring more transparency and better compliance even in the tax system.
- Companies which are under unorganised sector will come under tax regime.

The expectations from GST

GST will be a game changing reform for the Indian economy by creating a common Indian market and reducing the cascading effect of tax on the cost of goods and services. It will impact the tax structure, tax payment, compliance, credit utilisation and reporting, leading to a complete overhaul of the current indirect tax system.

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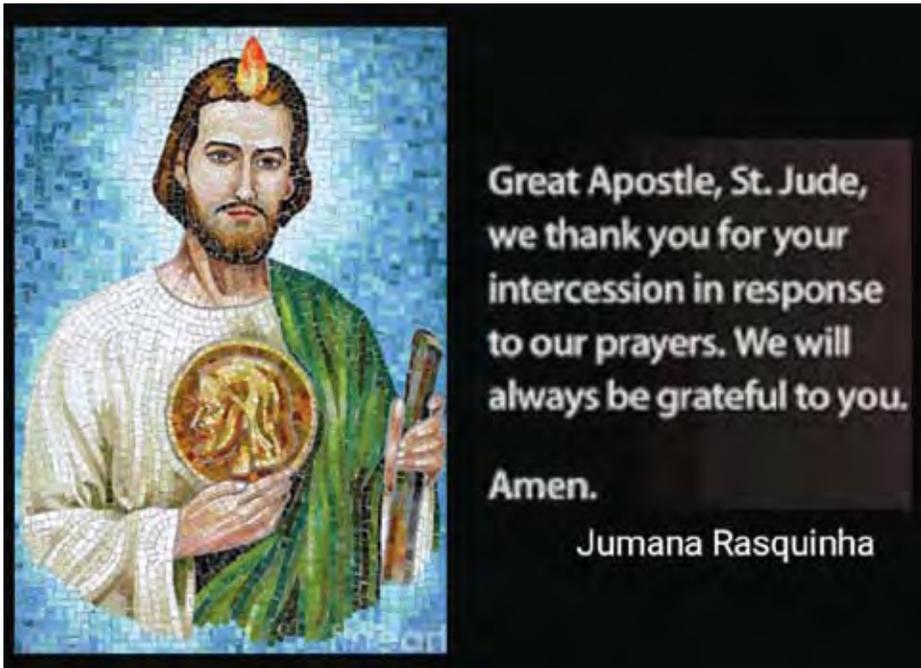


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—Ashish, Anju &
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