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Families in Upheaval





45 male and female police personnel under the leadership of Mr Jadhav, Senior Police Inspector of Parksite/Vikhroli area, attended 'Measures for Healthy Living' - an educational session on April 22, 2017 at St Joseph Church Hall, Vikhroli. This was the first time that the Health Promotion Trust (HPT) of the Archdiocese of Bombay reached out to the police community.

A combination of job-related stressors and exhausting work schedules cause many police personnel to neglect their health and overlook preventive healthcare, resulting in chronic diseases like diabetes, high blood pressure, acidity, ulcers, heart disease and related disorders. In his

welcome address, Fr Rocky Banz, HPT Director, praised the police for dedicating their lives to protecting the urban and rural communities of Mumbai. He encouraged them to focus on simple preventive strategies to improve the quality of their health. Ms Kalpana Dabre and Ms Sharon Rodrigues conducted the rest of the session in Marathi. The attendees were very appreciative of the programme, and received copies of the Measures for Healthy Living handbook. The Health Promotion Trust will conduct follow-up sessions with the police personnel on topics such as laughter therapy, yoga and Pranayama, acupressure and dietary techniques.

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'Thought for the week'

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Families in Upheaval

by Don Aguiar

The structure of family, around the world, is undergoing profound changes. The observations and findings contained in a report, "Families in Focus", published in 1995, still hold true today – even more transparently than before. The Population Council, an international nonprofit organization based in New York, has analyzed demographic and household studies from different countries. Judith Bruce, one of the authors of this study, says: "The idea that the family is a stable and cohesive unit in which father serves as economic provider and mother serves as emotional care giver is a myth. The reality is that trends like unwed motherhood, rising divorce rates, smaller households and the feminization of poverty are not unique to India, but are occurring worldwide."

The report also brings to our attention that, marriages are breaking with increasing frequency – for reasons which include: abandonment, divorce or death of a spouse, and separation. In many developed countries, the report points out, divorce rates have gone up dramatically and the trend of divorces in developing countries is alarmingly high. The economic reality is that, parents while earning livelihood are facing growing burden caring for children. Even in families where fathers are present and earning, mothers are carrying greater responsibility for the future of their children. The report indicates that compared to men, women around the world are putting longer hours for work – at home and on the job.

Based on many news reports and studies we learn at present that perhaps family may not be the perfect or ideal arrangement, in fact, evidentially, it can be seen as breeding ground of violence and pathological behavior. As presently it is pointed out, that "the family is root cause of all our neurosis." Parents abuse children, children abuse parents, domestic violence where women are beaten, maimed, and even killed (or burned by in-laws, as in many instances in India, for dowry related resentments). It is indeed an irony that the most commonly accepted rationale for the family is the claim that it protects the very members who are, in fact, its greatest victims – women and children.

The familiar belief that the family nurtures warmth and love now rests on shaky grounds, for within the family an environment is rarely free of selfishness, greed, authoritarian rule, and power politics. So, although it is a disturbing reality, but based on statistical evidence home is not necessarily "sweet" any more at present for many. The worst enemies are not strangers but the very members who make up the "family". Even if there is no violence, feelings are routinely bruised or taken for granted and one's self esteem is shaken. As part of survival, too often one begins to learn rage and intrigue, shame and guilt.

Being one of the oldest institutions, it may not be easy to discard family. However, in view

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(Contd.. from p. 3)

of the changing economic, social and cultural realities, the impacting tensions and pressures within the traditional framework of family, a much wider and pragmatic discussion is needed to have a new look at this issue. A dysfunctional family is certainly not in the interest of creating a healthy, happy society and for that matter making a peaceful world.

The family has been seen by many as “shock absorber” – a place where one finds care and stability, hope and support. Critics of the family, however, point out it is becoming increasingly out of date and is racing toward extinction.

Futurists, such as the well-known author Alvin Toffler, have made a convincing argument that we need to acknowledge the fact that, scientific and technological advances as well as the amazing progress in reproductive biology can in the near future demolish our orthodox view of family – its value and utility.

For example, now that the babies are grown in a laboratory, in the test tube, how do we see the whole concept of maternity? And, consequently, how would women be convinced that their primary contribution to the society is propagation and nourishment of human race? If a woman can now bear in her uterus an embryo which was originally conceived in another woman's womb, who actually is the mother of the child and who precisely could be the father? Moreover, if embryos are now available for sale, can they be bought and sold as gross or retail, and if so, wouldn't family be seen more as a commercial enterprise rather than a repository of ancestral name and status? Furthermore, as homosexuality is becoming more socially acceptable, and gay as well as lesbian “marriages” are gaining in number, would these “domestic partners” be technically seen as parents as in heterosexual marriage? The point is, it is no longer possible to see family simply in conventional terms.

Further, the increasing pace of life is creating new challenges for family. Toffler says in Future Shock: “...We grow up sooner, leave home sooner, marry sooner, and have children sooner. We space them more closely together and complete the period of parenthood more quickly...But if industrialism, with its faster pace of life, has accelerated the family cycle, super-industrialism now threatens to smash it altogether...When a “mother” can compress the process of birth into a brief visit to an embryo emporium, when by transferring embryos from womb to womb

we can destroy even the ancient certainty that childbearing took nine months, children will grow up into a world in which the family cycle, once so smooth and sure, will be jerkily arrhythmic.”

A much deeper insight into the whole issue of marriage and family is in order for a more comprehensive and a constructive view and draw our attention to the fact that, family “... conditions the child to a certain religious ideology, political dogma, some philosophy, some theory. And the child is so innocent and so accepting, so vulnerable that he can be exploited.”

Hence, the real damage the family has caused to human society is the indoctrination of each new generation. Young people are conveniently stuffed with belief systems and values that support the vested interests of institutionalized religion, the state, and the family as well. Being totally dependent on adults in the family for their material and emotional support, children's vulnerability is manipulated “in their best interests”. The fact is that, the conditioning adults receive in their childhood they in turn transfer it to their offspring and in effect imprison them for life.

The family does not help the child to enquire; it gives beliefs and beliefs are poisons. Once the child becomes burdened with beliefs his enquiry is crippled, paralyzed, his wings are cut. By the time he is able to enquire he will be so conditioned that he will move into every investigation with a certain prejudice – and with a prejudice your enquiry is not authentic.

The concern is that, preventing a free and open enquiry since childhood leaves no possibility that one can ever discover truth. That is why there are so few enlightened ones in the world: the root cause is the family, Otherwise every child is born enlightened, comes with the potential to reach the ultimate consciousness, to discover the truth, to live a life of bliss. But the family destroys all these dimensions..."

As the institution of family stands on shaky grounds, the choices before us are clear: either, individuals become more and more alienated and gradually end up living alone, or people start living as a commune or must ensure that the family stands on firm grounds. The choice is clear, the choice is ours!



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

—Leena M. Fernandes, Udupi



To Indian Jawans Killed & Mutilated - Reverse Surgical Strike ?

Several months ago the Indian army carried out surgical strikes on terror camps inside of Pakistan and the nation was proud of this action. The Indian army was complimented on their feat. Our leaders, especially from the ruling party, boasted to the world as to how India performed the surgical strike on Pakistan in September 2016. Two days after the surgical strike, the Defence Minister said, "Pakistan's condition after the surgical strikes is like that of an anaesthetised patient after a surgery who doesn't know that the surgery has already been performed on him".

"Our surgical strike created havoc across border. Pakistan now knows fully well what the Indian Army is capable of," said the prime minister.

The ruling party was in fact, in celebratory mood, making all sorts of comments, one of them even saying that "Pakistan should "mend its ways" or India would hoist the "Tricolour in Islamabad".

In the meanwhile however, Pakistan were quietly planning their revenge.. Reports say, within 15 days of the surgical strike by India, Pakistani troops had breached the border ceasefire 25 times. And since then, the ceasefire violations have surged and almost become a daily affair.

Recent reports also say, new terror camps have come up across the border and a large number of infiltration attempts were made during the past four months in which several terrorists

managed to enter Jammu & Kashmir. And now, we see how, after carrying out an unprovoked assault with rockets and mortar rounds, some Pakistan troops attacked a patrolling party of our jawans and mutilated the bodies of two of those jawans who were killed. Should we call this "Reverse Surgical Strike ?"

This scenario throws up a few questions. Did the surgical strike in September 2016 have the desired effect on Pakistan ? Did the surgical strike serve any purpose ? Are we paying heavy price for the surgical strike ? The government needs to provide some answers. They need to take urgent measures to diffuse the situation in the larger interests of the country, not to boost up their own image. Apparently, relations with our neighbour are not going to normalize for a long, long time to come. In the meanwhile, Pakistan should indeed be boycotted by the world – it has become a hotbed of terrorism.

—Melville X. D'Souza
- Orlem, Malad West

Stop Harassment to Christians

Christians in Mumbai are protesting against the demolition of crosses by the BMC (Brihanmumbai Municipal Corporation) that were built by their ancestors and are over a hundred years old. They say that the demolition is done without any prior notice being given to them or without any documentation or court orders. They further say that the present ruling party politicians and the government is just harassing them as they want to wipe out Christianity permanently from the country.

Local residents suspect that the authorities are doing this in conniv-

ance with the police to claim land for property developers because land is a premium commodity in the city. Christians are just 2 per cent of the 14 million people in the city of Mumbai according to a recent government census. Despite being a minority community, Christians, majority of them Catholics, are well acknowledged because of the reputed schools, colleges and medical facilities they run. The government has been pushing pro-Hindu policies to the people of the country and two years back it has even banned the consumption of beef making it an offence punishable by a five-year jail term. On Saturday, April 29, 2017, several crosses in Bandra (West) and other parts of Mumbai were demolished. By demolishing crosses and other Christian structures, our faith in Jesus Christ will not diminish; instead it will increase more.

Just because we Christians are peace loving people, the government and the present day ruling party politicians have been taking an upper hand of us. The Prime Minister at the time of elections had promised a corruption-free country. But what do we see now? Corruption has been taking place on a large scale and Christians are being harassed for no fault of theirs.

— Jubel D'Cruz, Mumbai

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Holy Cross Controversy

The holy cross may be just two lines or pieces intersecting each other, but it is today the most respected and recognised religious symbol in this world. It is the instrument of the crucifixion of Jesus Christ the founder of Christianity. It is on which Jesus Christ gave up his life for the redemption of this world. The holy cross symbolises for Christians a pathway to eternal salvation - a gate way to heaven. It is in no way a hindrance to the progress of humanity. When a Christian makes a sign of the cross across his chest, it is to show a sign of reverence to God. It is a way, a practice of how a Christian reaches out to God. Priests and Nuns of the Christian religious orders openly wear a cross to show their total dedication to God.



In view of the above importance which Christians in general provide to the symbol of the holy cross, it is given prime importance in all religious places of worship of Christians. In Protestant churches, the only religious symbol one sees is the plain holy cross above its altar of worship. In Catholic Churches the holy crucifix is given the most prominent place on the altar or above it. Even in Christian homes the holy cross or crucifix is in a altar or hung on a wall in a prominent location. Most of the Christian Churches or institutions have a large cross, fixed on the highest location above the roof, many a time on a staple. The holy crosses so fixed in our churches are these days lit at night and are not easily accessible to the general public.

Hence, the practice of fixing holy crosses or crucifixes on the roads eas-

ily accessible to humans or animals, has never been a common practice. Our churches as a matter of fact are built on fairly large grounds, properly secured by walls and gates. We do not believe in small road side temples,



where you can enter, ring the bell, do a small puja and walk out. Open crosses on roads are unprotected, many a time not even properly maintained. Besides these days, when roads are being broadened with proper footpaths for people to walk, any structure in its way is a hindrance. A holy cross can not be a barrier for human progress. As Christians we need to worry about these unprotected crosses on public roads without any enclosures being abused by animals and drug addicts in the nights.

As a learned and progressive community, let us take the lead in protecting our most holy symbol - the holy cross on the road side. Let us in consultation of the municipal authorities shift all such road side crosses or may be small shrines, to our properly protected church compounds. Let us treat these structures with the required re-

YOU THE CITIZENS DECIDE : The Holy Cross - A CONTRARIAN VIEW POINT ABOUT CHRISTIAN CROSSES OR SHRINES ON THE PUBLIC ROADS OF MUMBAI.

spect and dignity which we can not do if they are stuck in the middle of a foot path or a road. As a community we need to be religious, even spiritual, but not necessarily dogmatic and inflexible.

If as a Christian community we want show case our holy cross, let us take up a project in this city, where in a prominent and exclusive location, we build a large cross that can be seen from different parts of the City. It could be brightly lit at night. It could be a light house kind of structure on the Bandra hill next to the Mount Carmel Basilica. There is an old Portuguese built fort and church on the BARC Trombay - Mandala hill which lies unused. This comes under the jurisdiction of St. Anthony Church, Mankurd. If the required

permission is obtained to refurbish this historical structure and install a large cross on a high staple, it will be seen by a large part of Mumbai and New Mumbai. The Portuguese built this fort in a strategic location to keep a watch on the Mumbai Harbour, the Thana creek and the main land across the creek.

The Archdiocese of Mumbai should take up in consultation of local people, the issue of shifting all our roadside crosses and shrines in Mumbai city whether on public or private land to safer locations or may be to this new location of this super cross. The co-operative attitude of the community to the development needs of the city will certainly well appreciated by the local government.

—Eric D'Sa

Orange Or Purple Caps?

(A sequel to “Seeing Red”)

Those familiar with the ongoing Indian Premier League would know that the orange cap is worn by the batsman scoring the maximum runs, and the purple one is worn by the bowler who has taken the most wickets. They are the players in the field, performing under pressure. The umpires, coaches or commentators sitting in air-conditioned boxes are not entitled to wear these caps.

After seeing our red sashed bishops going to meet the saffron clad yogi my thoughts swirled around to these other colours. My good friend, Dr Remy Denis, also a former National President of the All India Catholic Union, often said that the laity is like the players on the field, while the clergy/ hierarchy are like the coaches/ umpires. Each one has its own role, which should not be usurped by the other; because a good player does not necessarily make a good coach, and vice versa.

This phenomenon was announced in the best seller “The Peter Principle” by Peter & Hill; that each person attains his/ her own level of incompetency. A good worker may not be a good foreman, and a good foreman may not be a good manager. A top executive could be a disaster as an entrepreneur. The list is endless. In the given context I strongly aver that good bishops may not be the best people to interact with political leaders. Their area of core competence is theology, philosophy and morality, which have little or no role in the rough and tumble of political affairs.

The laity is like the players on the field. They run, fall, get hurt, but keep going. That is why Jesus himself had cautioned his disciples that the peo-



Sadly, in the absence of dialogue and debate based on trust and mutual respect, it is only through the press, the fourth estate, that we lay people can express our thoughts, anguish and distress...



by chhotebhai *

ple of the world were shrewder than the people of the light (cf Lk 16:8). In his book, “The Prophetic Role of the Laity” Fr Josef Neuner SJ says that “the lay person has access to all strata of secular and professional society. He is not suspected of pursuing ecclesiastical interests; people will meet and accept him on his personal merit” (pg 25). Neuner states that the hierarchical church, that inherited the aura of superiority in the European Middle Ages, resents the changing social equations. “It resists the process of progressing autonomy and often tries to check it. The classical case is that of Galileo. The important document that reflects the resistance of the Church is the Syllabus of Pope Pius IX in 1864. But the process of secularisation could not be stopped; the church had to change its attitude. The Second Vatican Council marks the final breakthrough in the outlook of the church” (pg 12). Remember that Neuner himself was one of the expert theological advisors at Vatican II, so he knows only too well what he is saying.

Unfortunately, there is a huge dichotomy between precept and practice. Our bishops, whether they wear red,

purple, orange or saffron, need to be told that they are neither omnipotent nor omniscient, hence they cannot be omnipresent – everywhere, trying to do everything!

This dichotomy is based on mistrust, suspicion and a deep sense of insecurity. Catholic laypersons in India have held high office like Army Chief, Governors, Supreme Court Justices, Ambassadors, Bureaucrats, sporting icons etc. If the country trusts them, then why not the hierarchy? This is almost entirely due to their own deep sense of insecurity. They are afraid of John the Baptist’s dictum “He must increase and I must decrease” (Jn 3:30).

In 1976 the late Bp Patrick D’souza of Varanasi gave me a book “Christ’s Idea of Authority” by Rev JNM Wijngaards MHM, one of India’s leading scripture scholars. He has some interesting insights into how authority is being exercised in the church, which is so far removed from Jesus’ own approach. It partly explains the bishops’ folly in going to meet the yogi.

Wijngaards says that the scribes and Pharisees considered themselves a class apart, and the people as “am ha-ares” (people of the land), or in today’s parlance, the aam aadmi. In contrast Jesus encouraged his disciples to take the initiative (cf Jn 6:5-9), and did not feel threatened by the initiative of “others”. He was secure in his relationship with his father, hence did not see any rivalry in “others”, telling his disciples not to forbid the “others” (cf Lk 9:50). That is why Wijngaards says that the “tension is not between us but within us” (pg 6).

Borrowing from Transactional Analysis (something that I believe in) Wijngaards says that the hierarchical church usually functions from the Parent personality, and seldom from

(Contd.. on p. 9)

BJP All Out to Uproot Congress

After the unprecedented victory in U.P., Bhartiya Janata party leaders have decided to uproot the Congress party, first from Gujarat, and later from India. "This they will do, and they are very aggressive in their agenda in Gujarat," said

BJP grabbed 304 seats out of 403 in U.P. They managed to win in Goa and Meghalaya. Congress remained a mute spectator when Goa was tactfully



by Ignatius Dabhi
Sr. Journalist

BJP decided "to uproot the dwindling congress in Gujarat." Every news paper and TV channel had the headline : "Uproot Congress: Amit Shah."

BJP wants absolutely no opposition in Guja-



a veteran Congress leader, Mr. Makwana.

Will BJP ever succeed in its mission to "uproot" the Congress? Looking at the present day scenario, many men all over this vast subcontinent, have started feeling sad. The U.P. win, once again, confirms that crowds still have a big pull towards Narendra Modi. Those uncontrollable Varanasi crowds in 40 degree April heat go to prove that the Modi charm is not over. "Let all political pundits paint Modi as a dream seller, he can pull crowds in his meetings and voting booths," says general secretary of city BJP, Mahesh Pandya. "Modi is a hope and a promising tomorrow for hungry millions of India," he says.

pocketed by BJP. Congress leadership and its will to fight appeared weak.

Gujarat will have polls in about 100 days now. Of 182 seats, Congress has only 42 seats in Gujarat Vidhan Sabha. Of 26 Parliament seats, BJP has all Lok Sabha seats.

There were times when Gujarat was considered the very stronghold of Indian National Congress. Gradually, BJP pocketed Gujarat and today, practically on all major issues, Gujarat Congress is a divided house; Congress has wheels within wheels. And BJP leaves no stone unturned to belittle Congress. In its 2-day seminar,

rat. Here are some disturbing questions for BJP:

- 1 - Can we have a successful democracy without opposition?
- 2 - Won't absolute power corrupt absolutely?
- 3 - Do you wish to have an autocracy?
- 4 - Looking at things today, don't you think there is a lurking danger of dictatorship in India.

We are heading for trouble!!

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the Adult or Child ones; though Jesus himself functioned mostly from the Adult one (pg 33). But if the hierarchy "only have a Father figure and cannot be a Child or Adult at other times they have warped personalities" (pg 31). He adds, "Every person has in him a Child personality which makes him dependent on others" (pg 37). In the case off the hierarchy they are not in any way dependent on the laity, because they have the knowledge, power, institutional strength, the threat of divine displeasure or social ostracism, and yes, even the money power. This vantage point is best described by Steven D Levitt in his best-seller "Freakonomics"; "As the world has grown more specialised countless experts have made themselves indispensable. Doctors, lawyers, auto mechanics ... they all enjoy a gigantic informational advantage" (pg 7). The hierarchy, with their concentration of power, knowledge and influence, easily fit into this category. The aam aadmi is therefore at the mercy of these powerful entities.

I now revert to Neuner's reference to Vatican II as the final breakthrough. Hilary Clinton would have called it shattering the glass ceiling. I will not tire of saying that the non-implementation of Vatican II teachings, and the deafening silence about it, is the single largest betrayal by the hierarchy in the modern era. For centuries they kept the sacred scriptures under wraps, even forbidding the aam aadmi to read them. For half a century now they have cunningly kept Vatican II as their darkest secret.

The "Dogmatic Constitution of the Church" (not an optional extra) says that "a secular character is proper and special to laymen" (LG 11). The laity "by their very vocation seek the kingdom of God by engaging in temporal affairs" (*ibid*). "The laity are called in a special way to make the church present and operative in those places and circumstances where only through them can she become the salt of the earth" (LG 33). The "Decree on the Apostolate of the Laity" affirms

that "they exercise a genuine apostolate ... by penetrating and perfecting the temporal sphere of things" (AA 2). Canon Law reiterates that "we should especially esteem those associations whose aim is to animate the temporal order with the Christian spirit" Can 327).

From church teachings itself it is more than obvious that if at all anybody had to meet the man in saffron, it should not have been those wearing red skull caps, but the actual players in the field wearing orange, purple or any other colour of caps – the lay leaders and their organisations like the All India Catholic Union or its affiliated Catholic Associations.

If this sounds like a diatribe against the hierarchy, it is; by their own default. They are hoist on their own petard – the authentic and objective teachings of the church, and not their subjective personal opinions. Neuner's appeal to lay leaders to fulfil their prophetic office makes sense to me. He says, "They must stand against the kings when they attempt to take the nation's destiny into their own hands and to pursue their political goals" (pg 2). What applied to the kings of yore can easily be juxtaposed on the hierarchical "rulers" of today. Infact the "Pastoral Constitution of the Church in the Modern World" frowns on us seeking privileges or striking clandestine deals. It says that the church "does not lodge her hope in privileges conferred by civil authority. Indeed she stands ready to renounce the exercise of certain legitimately acquired rights if it becomes clear that their use raises doubts about the sincerity of her witness or that new conditions of life demand some other arrangement" (GS 76).

If the bishops (including my good friends among them) are incensed by what I have written, so be it. Neuner says that the lay leader's role should be "the voice of Yahweh, beyond the clever reasoning of the politicians and scholars, and the rituals of the temple" (pg 3). This is why Vatican II unequivocally states that "an individual layman,

by reason of the knowledge, competence or outstanding ability which he may enjoy, is permitted and sometimes obliged to express his opinion on things which concern the good of the church" LG 37). So I am only doing my Christian duty.

I am not alone in expressing this concern. Friends who responded to my previous article under reference, "Seeing Red", had this to say. Ladislas D'souza a gifted writer from Mumbai said that it was odd to deal with a thug who has cases pending against him. David Kandathil a church historian from Ernakulam said that the bishops had no locus standii to meet the CM. Vincent Bagul from Mumbai said that this meeting should have had advance preparation and involvement of the laity. Isaac Gomes a senior writer from Kolkata said that there were no laity present because the bishops only want rubber stamp organisations, those that make up the numbers in their "protest marches". Maria D'souza a senior Executive in Mumbai wondered how the CM would act against his own followers for whom cows are more sacred than human lives?

Denis Daniel from Jabalpur, who spent several years with Vatican Radio in Rome said that the hierarchy is too proud, selfish, diplomatic; and Yogi would like to win over the bishops, but to whose advantage? Rev Sunil Rozario SJ, former editor of the Herald, Kolkata, puts the icing on the cake when he says that despite Vatican II there is no dialogue, including within the church.

Sadly, in the absence of dialogue and debate based on trust and mutual respect, it is only through the press, the fourth estate, that we lay people can express our thoughts, anguish and distress. So I will continue to see red till the red sashes are replaced by the orange or purple caps of the players on the field – the laity.

* The writer has relentlessly espoused the cause of Vatican II reforms vis-à-vis the laity for decades

Arunachal women pray for peace

Kanubari: The Catholic women who gathered for a three-day convention at Kanubari in Longding District of Arunachal Pradesh organized a candle light prayer rally to pray for peace in eastern part of Arunachal Pradesh on May 6.

The federal government has declared Tirap, Longding and Changlang Districts of eastern part of Arunachal Pradesh as disturbed area on May 5.

Responding to the declaration and to the overall need for peace in Arunachal Pradesh and across India, around 450 Catholic women from the eight districts of eastern part of Arunachal Pradesh organised a candle light prayer rally.

Mrs. Changan Tingkhatra, President of the Miao Diocesan Women Convention 2017 and Mrs. Ngapnyai Jamikham, secretary, organized the rally to give a social relevance to the religious gathering by organizing the rally.

"Peace is the need of the hour and peace is needed now more than ever" said Mrs. Tingkhatra. "We hope our prayers bear fruit and results in peace in Tirap, Changlang and Longding districts of Arunachal Pradesh".

Bishop George Pallipparambil of Miao called for peace across the Arunachal Pradesh and across India and the World.

"Peace begins from home. We cannot change the world overnight but our sincere efforts everyday can make a difference to the society and world at large", Bishop Pallipparambil said.

He also made Marian Candle Light procession to mark the 100th Anniversary of Marian Apparition in Fathima, Portugal, to three shepherded children.

Mother Mary who always intercedes for us and prays for peace in the world, pray for peace in our families, societies, our districts, our state, in our Country and all over the world, said Bishop Pallipparambil.

The prayer rally began from St. John's Church, Kanubari and went around the Kanubari township with people praying the Rosary.

Earlier speaking to the delegates, Bishop Pallipparambil urged the women to take active role in curbing the drug and alcohol menace in these three 'disturbed' districts. "Having our social gatherings without alcohol will be a great step towards building a drug-free peaceful society.

—mattersindia

CROSS – Care and Concern!

It is downright 'deeply disturbing' and distressing to know that a historic roadside Cross in Bandra West, Mumbai, which was of over 120 years old, and on private property, was demolished by the BMC.

"Crosses today in our multicultural, multi-religious pluralistic Mumbai, have cultural and communitarian values, as people of all faiths venerate the Cross – Its destruction has wounded our religious sentiments", said our beloved Cardinal Oswald Gracias – The Examiner, News Local, 06-12 May, 2017.

The CROSS defines Christianity! It symbolizes all that we believe. It inaugurates and completes the one and only unique 'Resurrection' of Jesus Christ! – "For if Christ has not been raised, then our proclamation has been in vain, your faith is futile, and you are still in your sins" (*1 Corinthians 14:17*).

Here is my brief 'Scriptural Acronym' on the CROSS!

- C - 'Crucified' Christ, God's power and wisdom (1 Cor 1: 23-24).**
- R - 'Ransom' for many did Christ gave His life (Mt 20:28).**
- O- 'Obedient', even unto death upon the Cross! (Phil 2:8).**
- S - 'Sacrifice' for our sins, Christ offered Himself (Heb 9:26).**
- S - 'Sufferings' of Jesus, set as an example to follow (1 Pet 2:21).**

Let me conclude with St Paul's affirmation: "As for me, I will boast only about the Cross of our Lord Jesus Christ! For by means of His Cross the world is dead to me, and I am dead to the world" (Galatians 6:14).

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

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Sandesha gets new Assistant Director



The Chairman of Sandesha foundation, Most Rev. Henry D'Souza has appointed Br Victor Crasta OFM Cap as the Assistant director of Sandesha foundation for Culture and Education. He was welcomed to Sandesha by the Bishop on 6th May 2017 at function held at Sandesha.

Br Victor Crasta hails from Lorretto Bantwal. He has done Diploma in Western Music from Trinity college of Music London and has taught western music at the Capuchin Seminary Bangalore. He

has also served as the Principal at St Anthony's School at Gangondanahalli, Bangalore, Infant Jesus School, chickmagalur and Anugraha School, Bidar. He was honoured by Education Minister Basavaraja Horatti for his excellence in the field of Education.

The Director of Sandesha Fr Victor Vijay Lobo introduced Br Victor. Mr Roy Castelino, Sandesha Trustee and Fr Paul Melwyn D'Souza, Superior of St Ann's Friary, Bejai were present.

Pius Rodrigues Appointed New Head of Town Planning for Bantwal



Bengaluru,: The government of Karnataka has appointed the chairpersons to various urban development authorities and town planning authorities. The tenure is of 18 months.

Pius L Rodrigues, well-known Congress activist in Bantwal region, and also general secretary of DK district Congress committee has been appointed as the chairperson of Bantwal town planning authority.

—Rons Bantwal

'Communication Christ To Millennials' Summer Course Inaugurated



'Communication Christ to Millennials' - the National Summer Media course for the Church leaders and laity was solemnly inaugurated on Saturday, 6th May 2017 at St Pauls Institute of Communication Education (SPICE), Mumbai.

Fr Devassia, the Vice-Provincial Superior of the Society of St Paul, Fr Dominic D'Silva, Director SPICE, and Fr Joby Mathew, General Editor,

STPAULS-BYB were present for the event.

There are twenty-seven participants to this three week residential Summer Course, designed to equip Church leaders and laity with professional knowledge and skill sets in Media. During the course, they are introduced into Journalism, Advertising, Public Relations, Branding, Social media, Graphic and Design, TV

presentation, voice modulations and other tools of communication.

On Sunday, 7th May 2017, Oswald Cardinal Gracias delivered the key note address to the participants of the summer course and also to the participants of the Symposium cum Workshop in view 51st World Communications Day. "Communication is a tool that God has given us and we need

(Contd.. on p. 15)

The secret power of Hugs



Long stressful days and busy schedules leave us feeling melancholic and distressed.

We are often disconnected from the people around as well. As the Cortisol levels in our body rise with each passing minute, we need something that will calm us down, enhance our mood, boost our confidence and make us feel safe. What we really need is a hug!! It is as simple as that. Hugging is a good mood booster and can uplift even the blackest of moods.

In an age where stress is a permanent companion to many, people try all the possible methods to fix this. However, a simple hug, the comfort of human touch is what we need to banish all that negative energy with. Hugging can heal broken hearts as well as it can bond them together. Hugging is one way of showing our support and sympathy. Humans need to touch and embrace; it's the primary non-verbal way we communicate. Hug therapy is a powerful way of healing. Research shows that hugging is extremely effective at healing

sickness, disease, loneliness, depression, anxiety and stress.

Hugging can boost your morale. A hug at the beginning of the day may leave you feeling more positive throughout the day compared to no hug at all. A hug makes you feel secure and safe,



and it affects your behavior and personality throughout the day. It also boosts your relationship with the person you hug, be it a friend, family, or a significant other.

Often, you may have noticed, if you're feeling grumpy or moody, a hug from the right person works significantly in boosting your mood. Crawling into a warm embrace makes you feel totally better.

Hugs lower your blood pressure. It is easy to see that your mind is not the only one benefiting from hugs; your body does it too. With increasing stress, there is an increase in blood pressure which affects the smooth functioning of the body. Hugs help to calm you down and give you a more relaxed mood that in turns promotes better health.

Hugging alleviates our fears. By hugging someone else people tend to get a boost to their self esteem and fear less about what others might think about them. The feelings of fear and loneliness are reduced to a minimum

leaving both of you to handle life much better.

Hugs signify emotional support. They help in the overall development of children and aid in their growth. Studies have also shown that hugging children increases how well they can manage stressful situations and how easy they can establish relationships with other people.

Hugs also signify comfort. The greatest fear of any old person is loneliness and isolation from society. It is said that loneliness acts like a disease rather than simply a situation and sometimes the stress caused by loneliness can cause the earlier death of that person. Hugging the elder people in the family not only shows that you care, but also enables them to live happier.

Hugs can improve your relationship with your partner. When you've been together for a while, it's easy to take each other for granted and stop being affectionate. But when you're in a committed relationship, regular cuddles are essential in order to remain happy with one another.

Studies have shown an improvement of nervous system functioning in the case of people who were hugging. By relaxing our nerves (through hugs) we get rid of the tension that makes our life stressful and difficult. Hugging also releases a neurotransmitter called Oxytocin, a bonding hormone, which is nature's antidepressant and anti-anxiety hormone!!!

So what are you waiting for? Go hug the best people in your life for a happier stress-free life!!

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Miraculous Icon of Mother of Perpetual Help, On Kanara pilgrimage, May 2017

Kanara is experiencing a rare devotions and honour to the 'Mother of Perpetual Help'. On the occasion of the 150 years of the handing over of the Miraculous Icon of Our Mother of Perpetual Help to the Redemptorists by Pope Pius IX in 1866 with the charge to "Make her known to the entire world" the Redemptorist fathers and brothers have been striving hard and results are seen in our midst. Recently, a few copies of the Miraculous Icon was presented to our Holy Father, Pope Francis for blessing. One of these copies blessed by the Pope in Rome, has arrived in Mangaluru. It is also being followed in other parts of India and the world.



by Ivan Saldanha-Shet



Mangaluru is part of the Redemptorist fathers and brothers arena of care as part of the Vice Province of Majella covers the coastal areas of Gujarat, Mumbai, Goa and Mangalore; the Redemptorist Community here is based at Nityadhar Niwas in Alangar. This copy of the Icon is on display at the ordinations to the priesthood

Miracle Prayers



of Divine Mercy

Unfailing Prayer to St. Anthony



O holy St. Anthony, gentlest of Saints, your love for God and Charity for his creatures, made you worthy, when on earth, to possess miraculous powers. Miracles waited on your word, which you were ever ready to speak for those in trouble or anxiety. Encouraged by this thought, I implore of you to obtain for me (request). The answer to my prayer may require a miracle, even so, you are the Saint of Miracles. O gentle and loving St. Anthony, whose heart was ever full of human sympathy, whisper my petition into the ears of the Sweet Infant Jesus, who loved to be folded in your arms; and the gratitude of my heart will ever be yours.

—Mrs Luiza D'Costa,
Mumbai

of three young Redemptorists on the 8 th of May at Ferar parish and then in different parishes in the Diocese of Mangalore until the 21 st May 2017.

This is working as an occasion to renew one's knowledge of the history and story of the Icon of Mother of Perpetual Help, the theological and spiritual meaning of the Icon and to visit the Icon and pray before it and seek the intercession of Our Mother of Perpetual Help for one's personal and family life.

Local pilgrim programme of the Icon - May 6 to May 21, 2017 : Arrival May 5, Friday. On 6th May, Saturday, Bishops' house for blessing, thereafter as per a programme to Valencia Church, St. Francis Xavier Church, Ferrar, during ordination of 3 Redemptorist deacons. Then on to Nakre, Immaculate Heart of Mary, Church; Mt. Rosary Chapel, Alangar; OLPS Church, Gantalkatte, May Holy Rosary Church, Alangar; Milagres Church, Mangalore; Rosario Church, Mangalore; St. Lawrence Church, Bondel; St. Francis Xavier Church, Saverapura, Belvai; Redemptorist Fathers, Nithyadar; Nivas, Alangar; Corpus Christi Church, Moodbidri; OLPS Church, Nithyadar Nagar, Mangalore; On 22nd May it leaves for Porvorim, Goa.

(Contd.. on p. 15)

Dangers of Oral Contraceptives

A Swedish study reported on 04 May 2017, finds women on the 'pill' more likely to feel decreased vitality, mood swings and depression! They responded that they feel poorly overall and have a reduced sense of well-being – from a double-blind randomized placebo-controlled trial that was published in the journal, Fertility and Sterility.

This new research also comes from a 2016 Danish study of more than a million women, which found that birth-control pills was also linked to 'depression' and anti-depressant use, particularly among teenagers!

"An estimated 100 million women globally medicate these pills which make up \$23 billion of the oral contraceptive market! Yet, surprisingly little is known of the pills effects on women's health," said professor Angelica Hirschberg, one of the study's

(Contd.. from p. 14)

The Miraculous Icon : On April 26th, 1866, the re-discovered and restored Icon of the Mother of Perpetual Help ('Mater de Perpetuo Succursu') was hung over the high altar at San Alfonso Redemptorist Church on Via Merulana, in Rome. This year, the Jubilee continues. Pope Pius IX, when giving the picture into the care of the Redemptorists, said to them 'Make her known to the World' and Redemptorists all over the world have been doing this ever since. Since 1866, the Redemptorists have spread devotion to Mary the Mother of Christ under the icon and title of 'Mother of Perpetual Help'. According to tradition, the ancient Byzantine icon of Mother of Perpetual Help was stolen from a church in Crete where many miracles had occurred. The image remained in the private possession of a Roman merchant and his family until 1499 when it was publicly displayed in the Church of St. Matthew in Rome

The 'Redemptorists' : Since 1732 the Redemptorists, who use the letters 'CSsR' after their names, have followed Christ, preaching the Word and serving the poor and aban-

authors.

Besides, since the 1960s, the pill has been shown to cause a fourfold increase in 'blood clots' that can block the flow of blood to the heart or brain, triggering a heart attack, stroke and even pulmonary embolism. These have been responsible for the death and morbidity of thousands of females – revealed the British Medical Journal. Other studies have linked the pill to breast cancer, multiple sclerosis, glaucoma, gallstones and acne.

The Catholic Church has held that artificial birth control objectified women. The Papal encyclical, *Hu manae Vitae*, describes it as "intrinsically wrong"; because it hinders God's gift of children, and inhibits ideal marital relationships – "Children are an heritage from the Lord; the fruit of the womb a reward" (Psalm 127:3).

—Dr. Hazel Colaso, Bandra (West),

(Contd.. from p. 11)

to employ them for the progress of humanity, society and world-peace" said Cardinal Oswald highlighting the importance of communication with Justice and Charity.

SPICE and Archdiocese of Bombay jointly organized the Symposium-cum-Workshop on "Communicating Hope and Trust in Our Times". Bishop Allwyn D'Silva, the auxiliary bishop of Bombay, Fr Myron Pereira SJ and AnandCastelino were the panellists who treated the theme from the perspectives of ecology and environment; Documents of the Catholic Church on Communication; and Christian Family. Carol Andrade, the Dean of SPICE and veteran journalist, Skilfully moderated the event.

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TED 2017- “The Future You”...

TED (Technology Entertainment Design) is an International Media Organization that posts brief talks “online”, under the slogan, “*Ideas Worth Spreading*”! It was founded in February 1984, and is held annually since 1990.

The talks are typically between 10-20 minutes, and are delivered by influential speakers who are experts in various fields such as business, science, technology, culture, history, etc.

In 2013 Pope Benedict XVI was awarded the “Charter of Compassion”! Pope Francis is the first Pontiff to address TED on the theme “*The Future You*”! It was aired on 26 April 2017, although TED 2017 took place April 24-28 in Vancouver, Canada (Brief extracts):

“To have a hopeful outlook for the future, we must plant seeds of humility, solidarity and tenderness. Everyone’s existence is deeply tied to others. Life is not merely a passing shadow, but about interactions. None of us is an island, autonomous and independent, but rather standing together to build the future. Everything is connected, and we need to restore these connections to a healthy state. The Good Samaritan and Mother Teresa are ‘bright candles’ who have created a new world based on care for others.”

Shah Rukh Khan also in a TED Talk in *The Times Of India*, pg. 13, 29 April 2017 stated: “The dignity of a human being resides in his/her ability for grace and compassion.” And if I may add, we should recognize the “*Future You*”! – revealed in “Jesus Christ Who is the same yesterday, today and forever” (cf. Hebrews 13:8).

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

Rev. Fr. Michael Gonsalves

Rev. Fr. Michael Gonsalves from Vasai will be celebrating his Platinum Jubilee on 14 May 2017, 5 p.m. at Fr. Bernard Bhandari Hall, Deotalao, Vasai west.

The Most Rev. Elias Gonsalves, Bishop of Amravati has kindly consented to preside over the function, wherein Rtd. Chief Justice Mr. Kolsse-Patil will be the Chief Guest. Fr. Joel D'Cunha, Vicar General of Vadai and City Architect Mr. Chandrashekhar Prabhu will be the Special Guests.

While completing 75 years of age on 23rd May 2017 Fr. Michael G. has spent 45 years in the service of the Church. For ten years (1995-2005) he had been the Director of Catechetical Section of the National Biblical Catechetical and Liturgical Centre in Bangalore. Apart from two years from 2002-2005 at Good Shepherd Church at Four Bungalows, Andheri West, he has accomplished wonderful catechetical work in parishes of Vasai Diocese, specifically as a Diocesan Resource Person and Director of ‘Jeevan Jyoti’ at the Pastoral Centre - ‘Jeevan Darshan Kendra’, Girij.

Fr. Michael G. has been at the forefront in implementing Indian ethnic and cultural liturgical practices encouraged by Vat II Council. He has been very effective Instrument of Peace among troubled families, an ardent worker of Social Justice to people who are denied their Human Rights and an inspiration of Hope to hundreds of disadvantaged children born with physical and mental handicaps, through ‘Apang Seva’, an institution he helped found and most cherished by him.

On this occasion the Organizing Committee is publishing a book that contains articles written by well-known literary and social figures as well as reps of many a lay social organisations Fr. Michael G. has founded or supported.

We pray that God grant Fr. Michael G. sound health of mind and body to on Jesus’ mission!

Mr. Raymond Machado
For Fr. Michael G. Amrit Mahotsav
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Myanmar and Vatican establish diplomatic relations

Vatican: The Vatican has announced that Myanmar and the Holy See have agreed to establish diplomatic relations. It broke the news after Nobel Peace laureate Aung San Suu Kyi, state counsellor and de facto leader of the country, formerly known as Burma, met Pope Francis in private audience on May 4. This was the Nobel Peace laureate's second meeting with Francis, and like the previous one in 2013, it took place in the pope's private library.

Archbishop Paul Gallagher, secretary for relations with states, expressed the Holy See's satisfaction at the establishment of diplomatic relations with Myanmar and said, "this long period of working to achieve this goal has finally borne fruit and it is an indication of the standing of the Catholic church in Myanmar." The Vatican archbishop added that "the Holy See now encourages the government and the people of Myanmar to continue in the democratic direction that they have taken in recent years."

Nagaland woman designs Asia's largest church

Nagaland: Standing tall and majestic, on the hilltop over Zunheboto town in Nagaland, the Sumi Baptist Church has created history by becoming Asia's largest church.

Architect Honoholi K. Chishi-Zhimomi, of the firm Akitektura and a mother of three, has become famous across the country and the world by designing the church, and has inspired many.

Studying architecture at the School

of Planning and Architecture in New Delhi and acquiring a Master from the University of Adelaide in Australia, Zhimomi specialized on monumental buildings, contemporary and Gothic designs.

Born and brought up in Nagaland, 38-year-old Zhimomi designed the Sumi Baptist Church at a cost of Rs. 36 crore with the help of about 2,000 workers.

"This Zunheboto Church was designed 13 years ago and construction has been going on for 10 to 11 years. So it has been a very long project but a good one. Now, when I look back especially the design and how everyone is very happy, it makes me very happy to hear all the good inputs and feedbacks. It is truly an inspiration from God. It is his house and I am very privileged to have had the opportunity to design such a wonderful building for God, and I must say that the inspiration truly comes from God," Honoholi K Chishi-Zhimomi said.

CSI Immanuel Church elevated to cathedral in Kochi

Kochi: The CSI Immanuel Church here, which completed 110 years of its existence, has been declared a cathedral of the Cochin diocese of the Church. CSI Cochin diocese bishop B N Fenn made the declaration regarding the elevation of the church at the third diocesan council of the diocese.

The decision was made considering the various spiritual and social activities carried out by the church, The New Indian Express reported.

The dedication service of the cathedral along with the Holy Communion will be held at 3 pm on May 7. CSI Moderator Bishop Thomas K Oommen will preside over the function. It

will be followed by a public reception to the new Synod office-bearers of the next triennium.

Built in 1908 in the heart of the town, overlooking the Cochin Harbour, the church was the first sight that would greet every ship that entered the harbour. Efforts to build the church were initiated by J H Bishop, a CMS missionary in Travancore and Cochin (1867-1913).

Republic TV launched

New Delhi: The wait is finally over. Indian journalist and television news anchor Arnab Goswami's Republic was launched on May 6, 10 am. Republic will be available on TV across DTH platforms and Star India's video-on-demand platform, Hotstar.

Claiming to be India's Biggest News Network, the channel is being rolled out with the tagline "We are your Voice". The channel was soft launched a few days back.

Ever since Goswami announced the launch of Republic, it has been in the news. The brand is launching with 11 advertisers which are Vivo, Renault India, Jio, Hike, Yes Bank, Microsoft, Ravin, Nestaway, Future Group, Havells and Ola and Star India which it is calling a "Founding Partner".

The brand in the recent days went all out to promote Goswami's come back on television. From extensive promotions on Star Network to big digital and OOH push, Republic leveraged major platforms to attract attention and create awareness.

For the record, Republic is India's first independent media venture which is managed purely by content professionals. The channel aims to provide original programming and delivering in-depth analysis on news that matters to the viewers.

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Pauline Sisters India Release eBook and eMusic App.



On Saturday 6th May, 2017, Daughters of St Paul (Pauline Sisters) launched their eBook and eMusic Mobile Applications. It happened at St Theresa's Church at around 7:45 pm, after the Holy Mass. The release was done by Fr. Nicholas D'Costa SVD in the presence of Fr. Bernard Rodrigues the outgoing parish priest and parishioners at the Mass. The Apps are downloadable from Google PlayStore. They have a beautiful and easy to use framework, where you first have to sign up and Login once and for all. Then whenever you open the app, you go straight to the books or music. They are two different Apps. The music can be purchased track by track and a free sample of 30 seconds gives you a feel of the music you are about to purchase and download. Similarly, you can read a free sample of the first few pages before buying a book. It uses PayTm for payments so is very convenient even if you don't have a PayTm account of your own, as someone else can reimburse your wallet just via your mobile number. They are Android based apps and are downloadable across platforms, though resolution may differ accordingly. So download it now. Search 'Pauline India' and 'Pauline Music'. Ever Onward – Daughters of St Paul.

—Sr Joeyanna FSP

New 'Secretariat For Communication' – SPG

On 04 May 2017, Vatican Radio announced the formation of a new single Dicastery, the "Secretariat For Communication" – SPG. Pope Francis addressed representatives of the new SPG on their first Plenary Assembly (Brief extracts):

"Do not be afraid of reforms, and to embrace the challenge for change; so as to enable you to bring the message of the Gospel to all. Reform is not just to whitewash things, but rather to give it a different form and organization. It is something to be done with intelligence and a good kind of 'violence'!"

The SPG must aim to find new criteria and new ways of communicating the 'Gospel of Mercy' to all peoples and cultures, by making use of the new digital technology at our disposal. This new single and unified management will thus be able to better

respond to the needs of the Church's mission."

"Let the SPG have a special regard and attention for situations of need, poverty and difficulty, with the knowledge that they must be faced with adequate solutions. Let us all be team players."

This new Dicastery is headed by the Prefect, Msgr. Dario Vigano, with the mandate to unify all Vatican Communications Platforms: - Vatican Television Center, Vatican Publishing House, Osservatore Romano, Vatican Radio, Holy See Press Office, Vatican Photographic Service, Vatican Internet Service, Vatican Printing Press, and the Pontifical Council for Social Communications. For if I may add: "An idea well-expressed is like a design of gold set in silver" (Proverbs 25:11).

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

Monster of All Bombs!

The Times Of India, pg. 16, 08 May 2017, in a heading reported: "Mother shouldn't be used to refer to a bomb"! Pope Francis criticized the naming of the US military's biggest non-nuclear explosive as the 'Mother of All Bombs', saying: "The word 'mother' gives life, whereas this deadly weapon delivers death! I was ashamed when I heard that this device was called a mother!"

In fact I would name it as 'Monster of All Bombs'! Instead of spending billions of dollars on weapons of mass destruction, we should utilize the monies on feeding, clothing and housing the needy and the poor – (roti, kapada aur makhan)!

Scriptural passages refer to 'mother' in a sacred manner! Eve means, "mother of all living" (Genesis 3:20). Jesus from the Cross bequeathed His 'mother' Mary to the human race through

the apostle St John: "Behold your mother" (John 19:27). Jesus further affirmed: "Whoever does the will of My Father in heaven, is my brother, sister and mother" (Matthew 12:50). Even God consoles us as a 'mother'! "I will comfort you Jerusalem as a 'mother' comforts her child" (Isaiah 66:13).

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

Inspiration!

Turn Obstacles to Opportunity

If you know the skills to turn obstacles into opportunity you are probably highly evolved. It's a skill of smart people, when your brain sees the obstacle and quickly signals you to look for loopholes

Distractions and problems are inevitable. Don't use them as an excuse. Every person has obstacles in their life. How they overcome them determines their success. Here are the ways how you can see obstacle into success.

Perceive obstacles as merely a detour to your final goal: Have the conviction that your goal is achievable. And intelligent person once said, 'I have a motto on my bedroom wall: 'Obstacles are what you see when you take your eye off the goal. ' Giving up is not my style. I just want to do something that's worthwhile.' Once your eyes are set on the goal, don't allow minor obstacles to distract you. It's easy to give up; it's much harder to stick to the plan.

Hoping is not enough: There will always be obstacles along the way. Hoping they will go away and that things will fall in place is not the answer. Create achievable and realistic goals to ensure success. Ensure the goals you create are simple, clear, desirable and measurable. Measure progress and celebrate accomplishments to motivate you to propel forward at a faster pace. There are numerous books and blogs regarding

smartgoals. Smart goals are specific, measurable, achievable, realistic and time based. Ensure your goals meet these standards and see how much easier it will be to stick to your goals

cles someone who is willing to bet on themselves. Your brains have nerve pathways called the reticular activating system (RAS). The RAS receives

directions from various parts of the brain, decides which pieces are useful to achieve the command and makes it happen. What this means is you can program your mind to be positive and search for viable solutions. Developing the right mindset is the best solution for overcoming obstacles and achieving goals.

Obstacles are inevitable: All successful people have faced and overcome their own obstacles, a smart plan, creative solutions and the right mindset can give you a powerful determination to succeed.

Look at the barrier as an outsider:

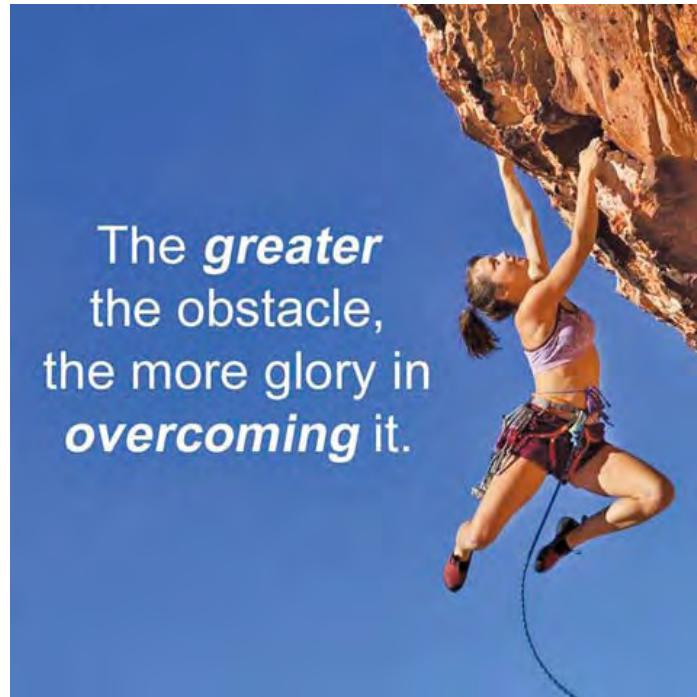
- This is a great way to see your problem in a fresh way and find good solutions for solving it. Imagine that the goal you want to reach is not yours - it's someone else's. The obstacle that prevents reaching it is theirs as well.
- You're just an outsider looking at another person's issue. As an outsider, you have a penchant for problem solving, so you analyse this person's issue and try to see what would be, from your perspective, some good solutions for it.

amid obstacles.

Focus on what you can do: Instead of thinking about what you cannot do, think about what you can do, think about what you can do, Use the obstacle as a means to become better or think of creative ways to overcome it. When you hit a wall, find a way to climb it or build a hole in the wall to get to the other side. Don't just stand there and wonder why you hit the wall.

Don't try controlling events rather control your attitude: Choose an attitude to prevail. Develop an unshakable belief in yourself and your abilities. Have the confidence to be the exception, the outlier that overcomes all obsta-

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6700. MUMBAI : Goan RC bachelor, (Born in September 1979), Ht. 5' 7", Wt. 72 kgs, Wheatish Complexion, Edn. B.Com., working for Private Firm. Contact email : savio_101in@yahoo.co.in

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

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 November 1986), Ht. 5' 10", Wt. 70 kgs, Wheatish Complexion, Edn. Graduate, working as a Cruise Reception Manager. Contact email : fernajoy@gmail.com

6588. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in August

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1986), Ht. 5' 4", Wt. 70 kgs, Fair Complexion, Edn. B.Com., CWA (Inter), CA (Inter), working as an Accountant. Contact email : saviopinto23@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

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

6526. DOHA QATAR : Mangalorean Roman Catholic Divorcee, (Born in September 1982), Ht. 5' 10", Wt. 75 kgs, Wheatish Complexion, Edn. MBA, PGDM, having decent job. Contact email : secondsairik2016@gmail.com

6503 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in September 1984), Ht. 5' 9", Wt. 75 kgs, Fair Complexion, Edn. MBA., Working as a Branch Manager. Contact email : yopepjo2005@gmail.com

6449. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in November 1985), Ht. 5' 8", Wt. 72 kgs, Wheatish Complexion, Edn. B.E. (Elect. & Telecom), working as a Networking Engineer in KUWAIT. Contact email : alwayswelcome107@gmail.com

6401. MUMBAI : RC Goan Bachelor, fair, (Born in January 1975), Ht. 5' 6", Wt. 74 kgs, B.Sc., Post Graduation in Chemistry from St. Xavier's Mumbai, having own accommodation, working for a reputed company in Mumbai as a section Head, seeks alliance from RC Goan graduate spinsters upto 36 years with good family background and

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

christian values. Pls. reply with details and latest photo to monty_017@rediffmail.com

6358 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in May 1974), Ht. 5' 4", Wt. 65 kgs, Fair Complexion, Edn. B.Com., working as a Admin. Controller in DUBAI.

6198 MUMBAI : Mangalorean RC (Born in October 1969), Ht. 5' 10", Edn. B.Com., good personality, hailing from God fearing, cultured family, issueless, divorcee by mutual consent, working for Cruise Liner in U.S.A., as Security Supervisor, well settled in Mumbai, Seeks suitable match. Contact email : dsouzamalcolmneil@gmail.com. Phone/SMS 09480157258.

6424. MUMBAI : East Indian RC Bachelor, (Born in October 1991), Ht. 5' 11", Wt. 75 kgs, Fair Complexion, Edn. F.Y.B.Com., well employed. Contact email : gerardd754@gmail.com, Mob:9594766322 / 9930620943

6250 MUMBAI : East Indian RC Bachelor, (Born in January 1974), Ht. 5' 8", Wt. 76 kgs, Wheatish Complexion, Edn. B.A., working as a Manager. Contact email : cardoz.clint@gmail.com OR 9833563182

6113-R. MUMBAI : Mangalorean RC Bachelor, (Born in August 1976), Ht. 6', Wt. 80 kgs, Wheatish Complexion, Edn. HSC., Dip. in A.C. Mechanic, working as a AC Technician in Muscat. Contact Email : suaresroshan@gmail.com

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6702. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in April 1989), 5' 7", Wt. 70 kgs, Wheatish Complexion, Edn. MBA Finance, working in a Finance Co., Ready to settle abroad. Seeks a groom above Ht. 5' 8". Settled in Mumbai / Abroad. Contact - 9867152211 Email: cherryl.lob@gmail.com

6701. MYSORE : Mangalorean Roman Catholic Divorcee, (Born in May 1983), 5' 2", Wt. 70 kgs, Wheatish Complexion, Edn. MBA, Ph.D., Assistant Prof., by profession. Contact email : roseccynthia1962@gmail.com

6699. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1976), 4' 11", Wt. 45 kgs, Wheatish Complexion, Edn. B.A., Diploma in Personal Secretaryship, Diploma in Art, Studing Diploma in Special Educator for deaf and deafblind. Contact email : saritadsouza08@gmail.com

6698. MUMBAI : Goan Roman Catholic Spinster, (Born in July 1985), Ht. 4' 8", Wt. 41 kgs., Fair Complexion, Edn. M.A. History, working as an Executive. Contact email : sharmayne7@gmail.com

6665. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1986), Ht. 4' 9", Wheatish Complexion, Edn. 12th (HSC), Hair Dresser by profession. Seeks Mangalorean / Goan / East Indian Bachelor. Contact email: alcheckmate@gmail.com OR 9867292764

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 Cath-

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lic 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

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

gmail.com

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

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

6568. NEWYORK : Mangalorean Roman Catholic Spinster, (Born in December 1990), Ht. 157 cms, Wt. 60 kgs, Fair Complexion, Edn. M.S. in Computer Science (USA), working as a Software Engineer. Seeks a similiar qualification, having HIB Visa and working in USA below 30 years. Contact email : joymachado312@gmail.com

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

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How do Christians respond to persecution?

A report looking into the ways Christians respond to persecution has found that their “survival strategies” require a lot of “creativity, determination and courage”, while violence is seldom used.

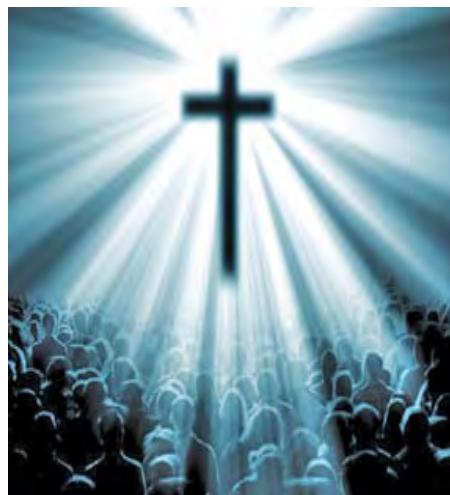
“Christians are the most widely targeted religious community, suffering terrible persecution globally,” according to the University of Notre Dame’s report, In Response to Persecution, which says that Christians tend to choose “a creative pragmatism dominated by short-term efforts to provide security, build strength through social ties”.

At the release of the report, Pakistani Archbishop Sebastian Shaw highlighted Pakistan’s beleaguered Christian minority, encouraging them not to give up as “they have made vital contributions to the country’s history and must not refrain from professing their faith in the midst of the current persecution”. Christians played an important role in building and unifying the country when it was founded in 1947, the Archbishop said, and many of the current leaders have come through the social institutions they helped to establish.

Meanwhile, in an article for The Review of Faith & International Affairs, Mindy Belz writes of the many ways in which Christians have responded to persecution by Islamic State (IS) in Iraq and Syria.

Many have fled from their homes and communities, while others have remained. Those fleeing hoped to find shelter outside of IS-controlled areas; the churches of Iraqi Kurdistan, for instance, have taken in the homeless and collected money to provide for them.

The Church itself became “its own guarantor for safety, insofar as it was



Need an International body to Protect Christians who are facing persecution world wide

According to the Pew Research Center, Christians are the world’s most widely persecuted faith community. The systematic oppression of Christians, ranging from non-violent discrimination to acts of extreme violence, is taking place in more than 75 percent of the countries of the world. But persecution is most severe in the Middle East. The “religious cleansing” of Christians in Iraq and Syria is calamitous.

Conditions for the eradication of Christians and other religious minorities were rapidly multiplying throughout the region.

We need an international organisation to protect Christians from persecution, harassment, attacks and from other form of ill treatment in the name of religion and ethnic cleansing from terrorist organisations.

possible”, notes Belz. “The paralysis of coalition nations long engaged in Iraq stood in contrast to the flights of the threatened Christians, to their

desperate efforts to care for one another.”

Sometimes Christians decide to actively oppose their oppressors. Christians in Iraq, for instance, after years of facing violence and “certain annihilation” by IS, and in the absence of any outside help or protection, decided to take up arms. Belz quotes Odisho Yousif, an Assyrian kidnapped by militants in 2006, when he explains: “It’s not acceptable to watch our lands taken by terrorist groups and expect Kurds to come to liberate them, and we just watch while Kurds fight. It’s our land and our people, so we have to be active”.

‘Not taken seriously’

Cheryl K. Chumley, writing for The Washington Times, notes that although Christianity has played a major role in the foundation of many modern societies, including the United States, it rarely seems to feature very prominently on the agenda of the US government or media.

How can a nation that has Christianity as its DNA not rally around those who are persecuted because they share that same DNA, she asks.

As World Watch Monitor reported earlier this month, the persecution of Christians is often “still not taken seriously”.

Canadian MP Candice Bergen wrote on her Facebook page: “More Christians die and suffer for their faith than any other religious group in the world. The elite, including liberal media, not only ignore this fact but most often are the ones who treat Christians with mocking, stereotyping and disdain. It’s a rare sight to ever see Hollywood portray a Christian in a positive manner, much less talk about the plight of Christians in places like the Middle East.”

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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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