

THE SECULAR CITIZEN

Vol.27 Issue No.15 ■ (Total Pages 24) ■ Mumbai, April . 9-15, 2018 ■ Rs. 10

A NATIONAL FAMILY WEEKLY



Teach kids to unleash their
Inner Superhero

Catholics honor Sri Lanka's first saint

An innovation to save your life in a car crash

Kalutara: Sunday school teacher Sithumini Fernando traveled to the western Sri Lankan city of Kalutara during Lent to reflect on the poignant life of St. Joseph Vaz.

St. Vaz came as a missionary from India to Sri Lanka during Dutch occupation in the 17th century, bringing a wooden cross with him.

In Kalutara, Fernando joined crowds attending an exhibition celebrating that cross and others used through the ages.

As part of the event, she and others wrote down lists of problems in their lives and ritually burned them.

Fernando explained that St. Vaz dressed as a beggar to perform his priestly duties at secret meetings of then persecuted Catholics in what was then known as Ceylon.

"His cross is a powerful sign of God's love and people experience miracles," said Fernando, who is from coastal Negombo.

The exhibition, organized by seminarians of Daham Sevana in Palathota, Kalutara, included representations of 50 different crosses used by Christians.

Visitor Himasha Perera said his faith had been strengthened.

"The exhibition reminds us of the challenge of being a Christian in to-

day's world," said Perera said.

Father Cecil Joy Perera, director of



Hundreds of Catholics hang crosses symbolizing Christian life at the exhibition at Daham Sevana seminary in Kalutara, Sri Lanka. (Photo by Asanka Fernando)

Daham Sevana intermediate seminary, said he got the idea for an exhibition during a visit to a cross museum in India.

The cross said to have been used by St. Vaz in Sri Lanka is believed to protect villagers from wild animals.

People were interested in another cross which is called as Anuradhapura cross. Archaeologists say it is similar to the Nestorian cross used by Persian Christians.

St. Vaz was canonized by Pope Francis in 2015, becoming Sri Lanka's first saint.

The Portuguese introduced Catholicism to Sri Lanka in 1505. However, the Dutch, who took over in 1658, introduced Protestantism and persecuted Catholics. St. Vaz, an Oratorian priest, went around the country reviving the faith in secret.

Source: UCAN



Archit Agarwal, an engineering student of University of Petroleum and Energy Studies, in Uttarakhand won the grand prize—the Gandhian Young Technological Innovation Award 2018. He won this award under the 'Most Innovative Product' category for his revolutionary creation called 'On-Board Diagnostic Data Analysis System - OB-DAS' which has been developed for the automobile sector and is being touted as the future of the industry.

So, what is OB-DAS? OB-DAS is based on data interpretation and diagnostics of a vehicle through an onboard diagnostic system. This plug-in technology will allow automobile and auto insurance companies to keep track of real-time data of your car. The technology will enable automobile and insurance companies to track real-time data of a car from the dedicated embedded system which can also be used in system diagnostics and performance evaluation of the car.

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'Thought for the week'

Many good sayings are to be found in holy books but merely reading them will not make one religious.

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THE SECULAR CITIZEN

Subscriptions Rate:

One year (anywhere in India) Rs. 500

Three years (anywhere in India) Rs. 1200

Five years (anywhere in India) Rs. 2000

One year (outside India) Rs. 3500

E-paper Edition

sent anywhere in the world (by email)

One year Rs. 600 or US \$ 15

Two years Rs. 1000 or US \$ 25

Cover : Teach kids to unleash their inner superhero:

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- Rs. 3000 for 12 insertions. (1 year The Secular Citizen FREE)

Kerala: Church for birth control in animals

Kozhikode: The Catholic Diocese of Mananthavady which is campaigning to protect the rights of farmers amid the increasing human-animal conflict in Wayanad, is fighting to bring out a system to reduce the high number of animals by introducing Animal Birth Control (ABC) project among wildlife.

Former spokesperson of the diocese Fr Thomas Joseph Therakam told Decan Chronicle that it is high time the state explore ways to reduce the multiplication of wildlife making life an ordeal for farmers.

"In many countries certain mechanisms are in place like hunting the wildlife just before the mating season and also implementing ABC among problem making animals like wild boar and monkeys. Such countries maintain healthy animal-habitat ratio which helps smooth living of animals as well as human beings," he said. However, environmentalists and wildlife experts dismiss the ideas as foolish and said that there is no data driven reports to substantiate the claims of increasing animal population.

Wayanad Prakriti Samrakshana Samiti president N. Badusha told this newspaper that rather than the increase in population, the loss of quality of habitat is the main reason that forces wildlife into human settlements. "The increasing heat due to global warming, poor habitat management, ever expanding jungle weeds like lantana and mono-crop like Eucalyptus and Teak has caused much damage to the jungle," he said, adding that ABC among the monkey population that create disturbance in human habitats is the only exemption.

Environmental activist Prof E. Kunhikrishnan told Decan Chronicle that the contention of the diocese is against the facts. "Take the human population increase in the last 50 years and also study the forest cover vanished in the same period. Then you can easily diagnose the reasons for the conflict. The mushrooming of resorts and erasing out the remaining patches of greenery has caused much havoc," he said. "It is up to man to decide how many animals he wants to retain. It is to be kept in mind that without the greenery, jungle and animals, your tourism will not sustain. So it is time to thing sensible ways of reducing the conflict," he pointed out.

Courtesy: MattersIndia

Shroud Burial Is Beneficial!

The Jesuit priests of St. Peter's Church, Bandra, Mumbai, have urged parishioners: "This Lent Reflect on a Shroud Burial", as reported in The Times of India, 28 March 2018, page 08. It exhorts them to forgo the use of costly coffins as part of Lenten duties.

Here I would suggest, that to avoid deforestation, to halt global warming, and to forgo a new gravesite, Christians and even persons of other faiths, could undertake a hygienic 'shroud burial' or even an enclosed 'metallic cremation'!

An average cost of a wooden coffin costs \$1,000 to \$4,000, depending on the type of wood used. Also, a traditional gravesite and tombstone/headstone would escalate the expenses to \$5,000 to \$10,000 – (1\$ = Rs 65). One could also employ a handcart to carry the shrouded dead body.

So it makes economic sense for a 'shroud burial' or even a 'cremation'! In 1963, at the Second Vatican Council, Pope Paul VI lifted the ban on cremation, and allowed Catholic priests to officiate at cremation ceremonies.

Our Lord Jesus was buried in a shroud! – refer 'Shroud of Turin'! Pope John Paul 11, in a homily on 24 May 1998 declared: "This 'Shroud' is a mirror of the Gospel – an image of God's love, as well as a reflection of human sin, an icon of innocent suffering."

We trust Christ: "I AM the Resurrection and the Life. Whoever believes in Me, though one dies, yet shall live. And whoever lives and believes in Me shall never die" (John 11:25-26).

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

Steep Rise Of Crimes Against Dalits In Gujarat

Una flogging incident gave rise to a Dalit Movement in Gujarat and under the young leadership of MLA Jignesh Mevani the BJP government of Gujarat is exposed with its anti-Dalit and pro-Upper class Hindu biased mindset. Local papers and vernacular print media is full of anti - Dalit bent of the BJP government of Gujarat.

According to Mr. Samson Christian, leader of All India Christian Associations, "The overall policy of the Bhartiya Janata Party, the V H P and many other hardcore Hindu outfits has been against Muslims, Christians and Dalits at large. They are vehemently opposed to the Dalits and they do not want the Dalits to progress. Their attitudes is reflected in the BJP ruled states. After having taken the maximum advantages of the Christian Missionary education, they oppose missionary schools and education, once they are out from them..." According to many balanced minded political thinkers, The BJP governments do not encourage minority candidates for good, government jobs. A study shows how in last ten years of BJP rule in Gujarat, hardly a few Muslim or Christian candidates were selected for government jobs. "The BJP babus simply do not want you. That is all!" says a senior, old-timer Muslim official in Gandhinagar. According to RTI figures, Gujarat state registered 1,515 cases under the schedulee class and scheduled Tribes (Prevention Atrocities) Act in 2017, the highest number in last 17 years. According to the figure obtained from the RTI sources, these 1,515 cases include 25 murders, 17

several assaults and 108 Dalit girls and women being raped.

Dalits and minorities can not purchase flats or properties in posh areas of Ahmedabad! With all tall talks on Gandhiji Gujarat rates highest crimes against Dalits. As a senior journalist from The Times, I state that there has been a very big level of hypocrisy in Gujarati culture. Their claim of Gandhi and false talks is an eye-wash. Seeing this, an English friend of mine, who has been associated with Gujarat, recently said:



by Ignatius Dabhi
Sr. Journalist

"Truly Gandhi can only be born in Gujarat where crimes against the Dalits are ever-increasing.." The sad part of the Dalit story does not end here! In most of the cases, the police does not register any FIR when approached by the Dalit victims. The Dalit victim is often insulted, beaten up or greatly harassed by the brutal police who side the BJP thinking. The Church and its leaders fall short of helping the Dalit victims. There is no voice of Christians In Gujarat. The number is far too small, insignificant and feeble. Christians are never heard and their tiny minority is totally ineffective in Gujarat. Although the best autonomous college is St. Xavier's College, Ahmedabad and missionary and convent school education is of high rank and quality.

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6822. KUWAIT : Mangalorean Roman Catholic Spinster, (Born in November 1982), Ht. 5' 4", Wheatish Complexion, Edn. B.Sc. Post Graduate in Mumbai University, Teacher in Kuwait. Contact email : pereiralucy2017@yahoo.com Tel: 00965-60402765 / 9867308911



We deserve better

The eagerly awaited meeting between Cardinal Oswald Gracias and PM Narendra Modi went off reasonably well. Cardinal Oswald Gracias, president of the CBCI and president of the Federation of Asian Bishops' Conference told the prime minister about the great love and acceptance of the pope among the people in the world and India, and how having him in India would benefit the country. Cardinal Oswald also reminded the PM of the church's contribution in the fields of education, health and social issues and drew his attention to the situation facing minority communities in India. PM Modi listened attentively. He responded very positively and said: "I'm the prime minister for all Indians, irrespective of caste and creed, and if there is any issue you can come directly to me and we can look at it. However, he skirted the issue of extending a papal invitation.

In recent times, several heads of states have visited our country at the invitation of the govt. The PM goes out of his way, even breaking protocol, to give visiting dignitaries a warm welcome. Yet even though Bangladesh and Myanmar, each with a Catholic population of less than half a million, extended an invitation to the Holy Father, our govt has refrained from doing so. Catholic may make up only 2% of the population but in real numbers we are huge-- 20 million, making us the 15th largest country in terms of Catholic population. We have more Catholics than countries like Australia, Canada, Portugal, Holland and even the UK. In fact in predominantly Christian Europe, only 5 countries have more Catholics than India! We deserve better from our own govt.

—Prof Robert Castellino
Orlem.

Sport is a universal language,

Smith Australian cricket captain tampered the ball! What a misfortune for the humanity!

Pope Francis reflected, "Sport is a universal language, which brings peoples close and can contribute to having individuals meet and overcome conflicts," during his general audience on April 6, 2016.

The Church seems to have been convinced of the importance of sports in human life. I pass on to ur readers some quotations I gathered from an American magazine.

The Holy Father's universal prayer intention for August 2016 was, "That sports may be an opportunity for friendly encounters between peoples and may contribute to peace in the world."

This past December, Archbishop Ivan Jurković, Permanent Observer of the Holy See to the United Nations and Other International Organizations in Geneva, explained that sports bring three lessons that can be applied in the broader context:

1) A tool for human development: "The Church has often used the metaphor of sportsmanship as an image of maturation."

2) Integration and international solidarity: "Sport...constitutes a tool to educate people about the importance of sharing, friendship and respecting others, as of the immense value of solidarity."

3) Overcome economic interests and selfishness: "in sport, as in life, competing for the result is important,

but playing well and fairly is even more important!" (Pope Francis, 2016)

"In our day, we seem to place much more emphasis on the final outcome of our efforts rather than on the journey to reach our goals," Archbishop Jurkovic said. "Most people seem to give more value to the goals in themselves with little attention to the important and essential steps indispensable to achieve them.

"Nevertheless, most of us understand that reaching an objective requires training, practice, hard work, and much determination and dedication."

—Fr. Michael G,
Vasai

Shroud burials, gaining ground

The Jesuits of St Peter's Church Bandra have asked the parishioners to discuss shroud burial with family members and take a collective decision on the issue. All Jesuits of Mumbai, have unanimously pledged for shroud burial. It has been observed that if one makes a wish for shroud burial, the family is usually reluctant to carry out the last wishes due to various reasons including societal pressures. Hence the recommendation for collective decision of the entire family is a move in the right direction.

In Orlem parish there's a severe space crunch in the cemetery largely due to slow deposition of bodies. Shroud burials will hasten the process making more graves available. Last month a priest was assigned the task of delivering a homily at all masses, on the need and advantages of shroud burial. The priest put forth a strong case for shroud burials which was approved by the early church right from the time of Jesus Christ himself. (Incidentally, the good priest has pledged his body for medical research).

The first requisite for shroud burial
(Contd.. on p. 6)

(Contd.. from p. 5)

als is convincing the people about shroud burials. Thereafter it is necessary to provide a coffin, usually steel, for such burials. One gentleman pointed out that he was in favour of shroud burials but had some reservations. He wanted his last journey, up to the grave side, to be in a regular wooden coffin. Hence people may be given a choice of coffins to be used before final burial in a shroud. The undertaker should be requested to provide two reusable coffins--- steel and wooden. Another lady said she felt squeamish about throwing a handful of mud at the shroud. I recommend that only petals be used. Those who wish to continue with the old practice may throw mud at feet of the shroud. .

—Prof Robert Castellino Orlem.

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adoption '

With reference to DR HAZEL COLASO's letter titled : Beware of Abortion! in THE SECULAR CITIZEN dated MONDAY 2 APRIL - SUNDAY 8 APRIL 2018 besides being dangerous for the health of the mother abortion which entails killing of the foetus is the murder of the unborn child in the womb of the mother so it is a sin and is totally unacceptable and must be highlighted in the pre- marriage courses conducted by the church for all couples who wish to get married and post marriage courses conducted by the church.

Rather can kill the foetus or unborn child abortion or resorting to the natural family planning method it should be avoided by replacing/ substituting it with adoption where an unwanted child can get parents who give him or her a good home and a good life so the adoption process for both Indians and foreigners must be simplified and unnecessary outdated laws must be permanently abolished made more transparent, open and quicker to help speed it up.

This suggestion must also be adopted for street children and orphaned children living in orphanage homes as it will also give them a better life.

Thus by replacing abortion by adoption the lives of mothers can become more safer and the sin of killing the foetus can be avoided..

— Peter Castellino

Malala a Positive Face

Malala Yousafzai, the world's youngest Nobel laureate, made her first trip back to Pakistan last Thursday since the Taliban shot her in the head more than five years ago for advocating girls' right to go to school. She was flown to Britain in 2012 for medical care and then impressed the world

with her eloquent defence of women and girls' education.

Malala is surely a positive face of Pakistan and that is why her compatriots welcomed her enthusiastically on return home. At a ceremony in Islamabad, she aptly summed up her experience by observing that she has seen a lot over the course of her life. Growing up in a scenic place like Swat and then witnessing terrorism and extremism grow wildly from 2007 onward creating great difficulties for people particularly women and girls, and how we can fight against those challenges. It is an honour for Pakistan that Malala is now considered to be an icon as for as the cause of education is concerned and her courage has motivated countless families to firmly pursue plans for education of their daughters. With the generous cooperation and assistance of different global institutions, Malala is now spearheading a campaign for promotion of girls' education. A Malala Fund has been instituted and it has already spent \$6 billion in Pakistan on girl education and there is dire need to expand its scope through cooperative ventures as the government alone cannot meet all requirements. There are also indications that except for some pockets, opposition to education of girls is giving way to willingness to equip girls with knowledge and skills to make them productive part of the society and help them stand on their own feet through necessary empowerment. Returning to Pakistan after five years, Malala must be satisfied to witness marked improvement in the security situation as backbone of terrorists has been broken. Pakistani nation has offered immense sacrifices but finally fruits of these sacrifices have started emerging and Pakistan is on the path of progress and prosperity.

— Jubel D'Cruz, Mumbai

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Compatibility

by Don Aguiar

It's been over 30 years of togetherness, can't believe it. And it was a typically arranged marriage. The jyotishee (astrologer) said that there is 100% compatibility between the horoscopes.

Wow! Lucky.... That's simply great. Ha! Ha! And what was discovered.....

She is a stickler for cleanliness and discipline and I am too casual and easy going. If I want the fan in 6, she wants it in 2. When I want to hear English News she wants to watch a TV serial. I prefer to listen to country and western music and she want to listen to the Hymns or Gospel Music. When I am interested to see the cricket match, she wants to see the cooking program. When I am talking about politics she interrupts me and talks about astrology. She loves home cooked food, I enjoy eating out. I love socializing, she likes to be at home, I like to get up at 5am and start my day with Yoga and exercises making all kinds of sounds and noises and she want to sleep peacefully till 7am. She is into many WhatsApps groups and the time is not sufficient to reply to the messages she receive, and I have no such interest whatsoever.

This is the perfect compatibility in marriage. Over the years after the innumerable fights, like tempered steel, I have learnt to live and let live.

And now I understand how that jyotishee could confidently say 100% compatibility.

No one has that perfect life which begins with **"Once upon a time"** and ends with **"Happily ever after"** Life begins with **"Welcome to the struggle"** and ends with **"You are lucky to have survived the journey"**.

You will never get a person of your

type in this world. You either have to adjust or compromise. Adjust when someone wants to be with you & compromise when you want to be with someone.

Khalil Gibran said; "Compatibility in marriage depends on four things; Idea, Liberty, Trust & Freedom." BUT - In India, Idea is a SIM card, Liberty is footwear, Trust is a brand condom & Freedom is a sanitary pad. God save India.

Peter Pearson, a couple's psychologist who is the cofounder (along with his wife) of the Couples Institute, is of the opinion that finding someone who shared the same core values as you was the "holy grail" of relationships.

Values are different from interests, Pearson said. If you say, you love going to concerts and your partner doesn't, you can probably find a friend to go with you instead. But if you're obsessed with earning more money and power and your partner is OK where he or she is — a situation Pearson has seen before — you may run into problems.

Marriage is about — understanding what irritates your spouse and using it strategically.

My childhood friend came to me with this problem -

"I am a pure vegetarian. I married a girl who is also a pure vegetarian by caste, but she had confessed that she loves mutton and eats out. Since she was very beautiful, I agreed to marry her on the condition that she will never have mutton again anywhere. But recently, I came to know that she has still been eating mutton secretly outside. Now she says she loves mutton and can't live without it. I'm willing to forgive her one more time and have given her an ultimatum, "It's the mutton or me. Make a choice." But

now I'm scared. What if she chooses mutton? It'll be very embarrassing". Who do you think she will choose? Although my friend has understood the irritation is he using it strategically?

After giving it a thought and not wanting to dishearten him, I told him — "Congratulations, you just set a new record. This is the first love triangle where a girl has to choose between a man and a goat. As for who she will choose — one can live without love but not without food". Take a guess. One cannot hide the truth with whatever you throw at it. Facts always show up.

I am shocked at the attitude of the present day younger generation couples, who after the first fight hold out a threat and after the second fight are seen in the marriage court seeking divorce.

Don't be foolish, it is not worth the effort, the second one won't be better. And believe me.... Arranged marriage or Love marriage it's all the same. As I am writing this I am reminded of a few lines from Khalil Gibran's poem 'On marriage' it goes like this —

Let there be spaces in your togetherness....

Just as strings of a lute dance alone through the quiver with the same music.

Stand together....

Yet not too near together.

For the pillars of the temple stand apart.....

(Contd.. on p. 8)

Our Branch Office at Mangaluru :

The Secular Citizen,
DIVO Konkani Weekly and
Royal Christian Family
Netravathi Building, 2nd Floor,
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Tel.: +91 8139958222
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(Contd.. from p. 7)

For years, we were known for our humility and diffident behavior. Our parents taught us that was the civilized way to behave and called it Indian culture. Today, chins and chests are thrust out in a new attitude that mocks modesty.

Arrogance is definitely here to stay in the Indian consciousness. Proof is all around us. During public broadcasts, we delight in churlish news anchors shouting down invited guests or comedy stars cracking bawdy jokes at each other's expense and the same goes with the present day younger generation couples. We don't think twice about behaving boorishly with people because of our imagined entitlements of fame and wealth.

We woo people when it is necessary to promote our own interests and we drop them when we see that they are attempting to do the same. We reject those whom we consider beggars and scrappers, struggling to find a foothold and in need of help. Sometimes there's arrogance in the underdog too, who feels he/she has a right to snatch the fruit without laboring for it.

Perhaps one of the reasons for this arrogance amongst Indians is the quick money that people have made post

liberalization. What took their parents four decades to earn, they have been able to amass in less than a decade or even sooner.

We have politicians who in the nick of time rose from rags to riches lacking ethics, modesty and empathy but having huge arrogance. Overheard one such politician exhibiting his arrogance to his lady friend by extoling the virtue of being a politician and being a member of the present ruling majority government saying – Hey; I'm a politician and an honest man. The lady friend paring compatibility with hypocrisy replied – Hey. I'm a prostitute and a virgin.

One of the many promises of the present majority government was a corruption free government, but after four years of being in the seat of power and ruling, they are saddled with major financial scams unseen and unheard of in India from Independence. How did they allow this to happen? They owe an honest explanation to "we" the people.

Can we the people trust such a majority government who has been manipulating statics and figures from their very first year in pairing their compatibility with their rule in promoting their promises in order to show a rosy financial picture of stability to the people when all is just the opposite. And their take - Statistics is like a woman in a bikini. It hides the most important parts and shows you what no one wants to see. But on a professional, ethical take it should be: Statistics is like a bikini, but what it reveals is suggestive but what it conceals is vital and this concealment has led to multiple scams in a matter of just four years of their coming to power. Bombay Parsi Hindi expresses their take on compatibility in humor;

Parsi woman desperately trying to catch a BEST Bus... Getting on bus shouts "Oye Gadhera conductor, kya karta hai – hamara ek tang upar aur ek niche aur beech me tum Ting Ting karta hai"!!

Youth Want Updated Church!

At the end of a week-long meeting (19-24 March 2018), held at the Vatican, 300 global youth, including 15,300 who participated in 20 different language groups via social media Facebook, urged the Church to be more modern, creative, credible and empowering; as well as to address controversial and contemporary issues.

This pre-synod conference was a precursor to the October 2018 Synod of Bishops, meant to serve as a 'compass' for them to seek to understand the reality of the youth of today. The theme: "Young People, Faith and Discernment of Vocation"! This youth interaction resulted in a 16-page document divided into three sections: "Challenges and Opportunities for Youth; Faith, Vocation, Discernment and Accompaniment; and Church's Formative and Pastoral Activities"(brief highlights):

"We want the Church Hierarchy to be more transparent, welcoming, honest, inviting, communicative, accessible and interactive community. We request the Church to view technology, particularly the 'internet' as a fertile place for new evangelization."

"Young people are deeply concerned about sexuality, addiction, failed marriages and broken families; as well as social issues such as organized crime, human trafficking, domestic violence, corruption, exploitation, feticide, online pornography and environmental degradation."

"Youth desire to become leaders through youth leadership programs. Although there is a lack of female role models, yet their contribution is vital, because of their intellectual and professional gifts."

"Ultimately, we wish to be an enthusiastic and a missionary component within the Church, 'built upon the foundation with Christ as the Cornerstone'!" (cf. Ephesians 2:20).

—Dr Hazel Colaso, Bandra (W), Mumbai

Thanksgiving

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



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

—Ronald and family,

WHETHER WE ARE A NATION THAT IS A GROWING ECONOMIC AND MILITARY POWER OR JUST A PAPER TIGER?

by Eric D'Sa

We have been in recent years claiming to be people of a nation that is growing into an economic and military super power. To prove this theory we fall back on some one may say suspect history of brave warrior kings and queens. After all we have been ruled by persons like Shivaji, Tippu Sultan, Ranjit Singh, Jansi ka Rani, Padmavati etc. We can go on with the illustrious list of these greats. We are also now telling the world that we are the fastest GDP growing nation and already an economic super power with long range missiles and atom bombs. We have great armed forces who can stand up to the best in the world including the Chinese. We have to top it up, a very colourful and vocal prime minister who is a great orator and a 24x7 hard worker.

Yet we are now witnessing how during the last four years, we have been acting as a weak and impotent nation. Forty of our Indian nationals working very hard in Iraq, to make a decent living, which due to lack of jobs they could not do in India, were sending their valuable savings to their families back home in India. These labourers were abducted in 2004 by a militant Islamic terrorist group which calls themselves as ISIS, when they took over a city called Mosul. The foreign exchange earned by Indian workers in Gulf countries are very important to our nations economic well being. Yet as a nation we did nothing in this case as soon as GOI became aware of the situation. May be our foreign affairs ministry consider the skilled workmen as mere coolies and not very important to our nation. Our foreign minister mouthed a few platitudes to the families of these workers about the government doing their best to get the release of these Indian nationals.

One of these forty men escaped and with difficulty returned to India. He told the government of India officials that he had witnessed the remaining 39 workers being butchered by these Islamic terrorist militants as they are Hindus, while more of their Bangladesh co-workers were let free because they are Muslims. Nothing still happened. No one believed him and he was almost called a liar. They even jailed him for six months. The Government stated that they had authentic information (from people

YOU THE CITIZENS DECIDE:

yet to be named) that the concerned men were still living as prisoners. Even their families were told again that GOI is working to release these workers. Meanwhile the whole world knew that ISIS is the worlds worst Islamic militant organisation, who have been without any remorse beheading people they call infidels. Yet the GOI did nothing. It's foreign minister and a deputy minister who is an ex army general, seemed to have amnesia.

Why was our air craft carrier with its supporting fleet of war ships not sent to the gulf waters as soon as GOI became aware that as many as 40 innocent workers were held illegally captive? Once in position a demand could have been made to either release the Indian workers from captivity or face the consequences. Even the Maratha Regiment, the Sikh Regiment and the Rajput Regiment who are generally made up of soldiers who dislike radical Islam could have been kept on standby to be flown to Mosul in Iraq. It is certain that USA would have given Indians the required logistic support and confidential information of where

the ISIS leaders lived. Once it was established that the Indian workers had been butchered, swift retaliatory attack by Air and if necessary the infantry invading this city could have been undertaken to crush this terrorist ISIS organisation. Even if 4000 of these goons were killed in retaliation for their inhuman activity against some innocent Indian workers, the world would have applauded. It was well known that these ISIS terrorists were Islamic religious fanatics who would fight till they died for their cause. Well we could have proved that Indian soldiers were equally brave and even are ready to give their life for the nation and the Indian people.

India can not be great nation unless when required GOI takes swift and deceive actions. Our armed forces would have readily complied. In this case the world would have applauded us for the retaliatory action we took against an unwarranted religious hate crime, committed against the innocent Indian poor defence less workers. No use of shedding crocodile tears now, four years after the event. Our foreign ministry after misleading the families of these hapless workers, did not even have the decency to have one of their staff members advise them at least a day earlier of the tragedy, before it became public knowledge. Bringing some parts of their bodies that have been buried under ground for almost two years, after doing the necessary DNA tests is a poor substitute for the families. Every one knows Mosul has been liberated from these terrorists by efforts of other nations. You the Citizens decide whether our ministers Sushma Swaraj and V.K SINGH should take the blame for mishandling this issue from the very start and resign?

Teach kids to unleash their inner superhero

While having a child is such a monumental event in and itself but the responsibility to raise good pupils, kind citizens and contributors of society weighs heavy on any parent. So, today we have come up with ways you as a parent and guardian you can help your child unleash their inner superhero-the simple ways you can instill kindness, inherent good and thoughtfulness and those qualities we look for in a superhero. You might be surprised to find that those qualities we admire most about these fictional characters are so much of what we are looking for in ourselves. These qualities really aren't that spectacular or superhuman at all, in fact, however we are all capable of living our lives this way!

One of the reasons kids love superheroes is the sense of control and power they can exert on the world and you can mould your kids beliefs and their lives by channelling the same thoughts, habits and positive energies of these fictional figures, so that when they grow up they can conquer bad people, rule the world and be kings or queens of their own universes.

Courage capital

Life takes courage, every single day and it comes in different forms. For some, simply going to school takes courage, or for others, standing in front of a crowd takes courage. Courage is a kind of strength, power or resolve to meet a scary circumstance head on. Teach your children that even in small moments we can be heroes.

Non-judgemental nature

A superhero would never be a hero if they judged others. Can you imagine Superman choosing not to save someone simply because he didn't like what they were wearing? We never know how a child was

raised and we never know what type of day someone has had. Teach your children not to automatically

assume certain things about others. Teach them to treat others the same way they would want to be treated.

Humble code

Superheroes are always humble. When they win a fight, they don't rub it into the criminals face, they don't run up and down the streets claiming their victory. They quietly disappear into the night, knowing that tomorrow will bring another battle. Being humble means to do the best job you can, while also respecting those around you. Teach your children to always say " Good job" to others and to even go as far as helping other kids achieve their goals all without expecting anything in return.

Kindness rules

Treat others the way you want to be treated. The first rule of being a superhero is to be kind. Parents must teach their children how kindness takes strength, so flex those muscles and give out hugs instead of shoves.

Let go

Sometimes friends have to find their own way and kids need to understand it. While superheroes are stronger together, it's okay to let your friends figure out their own paths.

Listening and talking

A much-needed trait missing in today's kids! Know when to listen and when to speak up. A superhero knows when to lead and when to support. Sometimes it's better to listen rather than speak up.

Be a helper

In order to make a world a better place in the future, explain your



kids the benefits of helping and caring. Whenever a person is in trouble, lend a helping hand. If someone falls, help them up. It doesn't matter who they are. Even small acts of kindness are a big deal.

Keep your cool

You can't always control situations but you can control your reactions. By letting someone else make you so angry you can't stop thinking about how they hurt you, you give that person power. Explain children to wisely choose how you want to react - with words, action or dismissal - and they'll be the superhero of your emotions.

Second place isn't losing

No one is the best at everything and you don't have to be first to be a winner. Everyone contributes in their own way. Try, have fun, don't worry about perfection.

Work together

Kids, don't forget to look back and make sure your friends are with you. If not, wait for them. Remember heroes are stronger together so hang back, don't rush and work as a team.

(Contd.. on p. 18)

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THE SECULAR CITIZEN,

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Thanksgiving

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

Ask St. Clare for three favours two impossible and say nine Hail Mary's and the above prayer for 9 days with a lighted candle and publish on the 9th day your

request will be granted no matter how impossible it is

—Richard Lobo, Vasai



**Heartful thanks to
Our Lady Of Perpetual
Succor
for the favours granted**

—Your devotee, Thomas D'Silva, Ghatkoper

Thanksgiving

**Thanks to Holy Family
for the favours granted**

—Mrs Lorna D'Souza,
Thane



Thanksgiving

Our lady of Vailankanni cured my daughter and I thank her for this favour when I prayed.

—Domnic from Pune

Ways to offer a sincere apology to clients



The silver lining of apologies is that, when done right, they can actually improve client relationships and boost your business. Accountability strengthens trust, so generous gestures may make people want to work with you more and maybe even recommend you to others. So don't be afraid to say 'I'm sorry.' Those two little words can be your partners in success. To help you make apologies count and improve client relations, here are three ways to say, 'I'm sorry.'

Accept responsibility: It takes two to tango and in many conflicts, both parties play some part. While it's important to recognise the other person's role in the situation, focus only on what you could have done differently to avoid or defuse the problems. This shows you sincerely thought about your actions and are mature enough to own up to them.

Decide how to deliver your apology: Every person and every situation is unique, so think about how to present your apology in a way that best fits your relationship with a particular client. A telephone call that allows the client to hear the genuine sincerity in your voice might be correct, while in other cases, an email will suffice. A handwritten letter is even better-in all cases. If you work in the same city or town, you could also invite your client to coffee or lunch (on you) to apologise in person so you can look them in the eye as you say 'I'm sorry.'

Gift your product or services: Gifts can go a long way towards mending the fence between you and your client. The type and size of the gift depends on both the seriousness of the situation, (the more serious the situation, the bigger the gift) and what your client would like. Be sure to check the client's company policy, as many cannot accept gifts over a certain value. Besides, you don't want to look as if you're trying to win favour.

Master the art of giving space

We tend to underestimate the importance of maintaining our identities while in a relationship. But at some point, you have to have lives that exist outside of each other's. Here's why it's important to maintain your identity in a relationship and ways to give each other space.



Being in a relationship doesn't mean getting chained together all the time and working around with it. Yes, spending your quality time together is essential for a beautiful relationship but that doesn't imply to compromise with your personal space. Space is as important for a relationship as a trust for a successful marriage.

If you want to avoid those marrow chilling line, 'We need to talk', 'I don't think it's working now', 'Where do you see this relationship is going', then do give a sufficient space to your partner. We all have our own interests and habits. We all need our space. Having space and privacy is very important for our identity. You cannot just blindly sacrifice everything your time, your interests, your hobbies or may be your individuality for the one you love.

Concept of Inundation

Love which makes us so blind that staying together all the time makes us and our counterpart feel like suffocated and some sort of interference which feels like getting imprisoned in relationship. This particular behaviour is termed as 'Inundation' by the psychologists.

It is a normal human behaviour to feel like trapped in a relationship, when being permanently shackled to each other having trust on one another and sacrificing and fulfilling the needs of each other's partner.

Inundation in a relationship can be a serious problem as it affects the love of your counterpart. It forces people to demand for solitude and makes people to do something that their partner hates most or dislike most.

Ways to maintain space in a relationship

Express yourself with love: Successful long term relationship involve readjusting distance on occasion. Reassure the other person of this. Remind them that this is not about wanting permanent space; it's about allowing for personal growth space as you continue to share your lives together.

Learn one another's needs: It's important the other person understands your needs. Boundaries are rooted in personal needs and feelings. You need to make your personal needs clear so the other person understands why space is necessary. You should

also be willing to listen to the other person's needs.

Look for small ways to maintain space: Find opportunities throughout the week for small amounts of space. This is especially important in a romantic relationship if you and your partner live together. Try to have specific times during the day or the week where the two of you seek space.

Space is a necessary factor of relationship

Personal space is not only essential for a relation but also for an individual, however the amount of space needed does always depends on the couple. It's something like a mutual understanding which can be balanced well by both partners. We all need some time to get relaxed, engage in activities what interests us more, which helps in our personality development and growth. The most beautiful and magical part of having or giving space is that it rekindles the magic in a dying relationship.

Centenarian Gladys steps into 101 - March 30, 2018

—Ivan Saldanha - Shet

After a very successful 100 years spent admirably, Mrs Gladys's D'Souza on March 30, 2018 launched out on her 101st year of life in Mangaluru, with the good wishes of many and felicitations from world figures too, see pictures. As it was Good Friday, she will have a celebration in the Easter week. A long time resident of Bandra in Mumba i, she looks upon the times there with happiness. Born on a memorable day March 30, 1918, in the WW1 times of war, she came into this world to the joy of her parents. Today, she brings joy to her Children who have gathered from parts of the world along with delighted people who are familiar with her and strangers too at a home of elders in Mangaluru city, where of her own choice, she has spent last ten years and says she never wants to leave. Since her arrival in Mangalore she has assured one and all that she will live well past 100, and has done it, given her will-power and positive mindset, after battling many hurdles of her long years of life on this earth.

A special Recap :

Gladys D'Souza, born March 30, 1918 is cheerful, smiling, well turned out, neat, clean, full of smiles for those around, she lives an active life, enjoying her good fortune and complaining little. Her love for reading, Caroms and Sudoku for many years have kept her going strong say many who know her.

Vivacious, Gladys D'Souza, (nee' Currie), hails from a prominent Konkani Catholic family of Mangaluru city proper; her ascendants were well known ancient residents of 'Candle Gardens' between the present Jyothi Cinema and Woodlands Hotel, at the

foot hill of the legendary St.Aloysius College. Records indicate that several members of this family, originally called "Correa" worked in Burma (now Mynmar) in the early 1900s, some took the name of "Currie" caused by language and social nuances, both names are alive among this family spread wide; many returned during WW1 and settled in Calcutta, Bombay and Mangalore. Trevor D'Souza, 68 yrs, son of Gladys, has come all



the way from Toronto Canada, along with some of his siblings and friends. Many of the extended family have joined in here to make Gladys' day a very special one. Gladys was born in Rangoon (now Yangon) Burma, now Mynmar; the eldest of 5 brothers (Archie, Oswald/Ozzie, Ralph, Basil, Darwin/Banoo). Her father Casmir Nicholas Currie (Correa) and mother Annie Alice nee' Menezes. She was educated at the Good Sheppard Convent school in then Rangoon and to this day reads everything possible and her command of English impeccable.

Her husband, Joachim Lawrence D'Souza,(1905-56) an Engineer in Rangoon port, whom she married on December 29, 1942. They had to move out of Burma for good to Calcutta in the mid 1950s. After her husbands death she tried to occupy her self in teaching at Don Bosco School, Park Circus,

Calcutta, but then decided that her priority was to look after the children and the home, which in those times was very hard full time work. She did well to bring up the children to a high level of success in their education and life. Her 5 Children are Gloria, Pam, Norma, Trevor and Christopher.

Centenarian, Gladys, has been living in Mangaluru since 2008, She has always told her near and dear who visit her frequently that she likes life in Nympha Sadan, Mumbai is hard to live in after you are aged and she did not like the weather in Canada/US - being in the environs of her ancestors here, has been special for her. The food and serene life here in Mangaluru is just right for her. She loves to smile and interact with residents and visitors. Her best and fun side surfaces when she is at her electronic key board and she regales the audience with

her rendering of old western songs and hymns. Her love for music and life clearly shows up even to this day confidently. Gladys loves receiving phone calls from her children and grand children who are all overseas. Though her hearing is poor, surprisingly she hears and responds better on the phone.

Note that Gladys is a victorious cancer survivor. As recently as 2015, she was diagnosed with cancer of the breast and treated at Muller's hospital with the support of city's leading Oncologists. Though at one stage it seemed a lost battle, the fighter of big battles that Grand Mother and Great Grand Mother Gladys is, she is now in fair health given her age of a century on earth. Leaving the hospital when she was told that she is fine and will live to 101, she frowned and said 'I will live to 110', her determination and courage will definitely prevail over all else, are the prayers of many.

Kissing baby on lips is unhygienic



What could be wrong with giving your baby an affectionate peck on the lips? It's a way of bonding, surely and you get a whiff of that baby's head smell. Well, it turns out that quite a lot could be wrong with a speedy smooch, as research suggests that kissing your baby on the lips may lead to dental problems later in life. Cavities and dental decay, more specifically. So a little kiss could end up costing you in fillings later on. This isn't new information, by the way. It's just that few of us are fully aware of the health risks of giving our children a kiss on the lips, particularly when it comes to the often overlooked area of dental health.

A study from 2015 from the University of Oulu, led by Virtanen, noted that kissing babies can increase their risk of tooth decay later in life, as the bacteria that causes cavities can be passed on through saliva - but few mothers are aware of this.

Dr Raha Sepehrara advises trying to avoid any saliva contamination from parent to child for as long as possible - that means no kissing on the lips, sharing cutlery or wiping off a dummy with your spit. Alongside increasing the risk of dental decay, kissing your child on the lips is an easy way to pass on infections such as a cold or herpes, so it's worth avoiding in general.

Meet us at our hang outs, youth tell Church

Vatican City: It might be called Cappuccino Catholicism.

Young Catholics told their Church elders on March 24 that the faith should be spread in the places where they like to hang out, such as coffee bars.



"We would like the Church to meet us in the various places in which she currently has little or no presence," reads part of a 12-page document written by some 300 young Catholic delegates from around the world, who met for a week at the Vatican.

"The Church should try to find creative new ways to encounter people where they are comfortable and where they naturally socialize: bars, coffee shops, parks, gyms, stadiums and any other popular cultural centers," it said.

The delegates met in Rome to share their ideas and concerns with Vatican officials ahead of a synod, or meeting of bishops, in October.

At a news conference presenting the paper, which will feed into a larger working document to be used by the bishops, participants said they wanted their Church to be more open and transparent and less severe.

"If it is difficult for young people to feel a sense of belonging and leadership in the Church, it is much more so for young women," the document said.

They said they wanted to "encourage the Church to deepen its understanding of the role of women and to empower young women".

The document called for a greater role for women in the Church, which bars them from the priesthood.

"What are the places where women

can flourish within the Church and society? The Church can approach these problems with real discussion and open-mindedness to different ideas and experiences," it said. "If it is difficult for young people to feel a sense of belonging and leadership in the Church, it is much more so for young women," the document said.

Earlier this month, Catholic women led by former Irish president Mary McAleese, demanded a greater decision-making role for women in the Church, urging the pope to tear down its "walls of misogyny."

The document said the 1.2 billion-member Church "oftentimes appears as too severe and is often associated with excessive moralism."

It called for a Church that is "welcoming and merciful... and which loves everyone, even those who are not following the perceived standards".

(Source: *The Times of India*)

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The Sacramental Structure Of The Catholic Church

The fullness in the truth of the Christian Faith is revealed in the Catholic Church. Liturgy and the Sacraments are cornerstones of the Catholic believers Trust and Faith.

“Christ is always present in his Church, especially in her liturgical actions”. (Constitution on Sacred Liturgy). Holy Mother the Church has her role to play as the Body of Christ. This scriptural metaphor explains the inexpressible gift from God, that Christ in the Sacrament is present to “draw all men to himself” (Jn.12:32). (Gospel reading.)

The Liturgy and the Sacraments are an illuminating contribution to sacramental theology. I wish to mention here that when a sacrament is taken worthily it gives grace. This visible action, or external act, termed by St. Thomas the Opus Operans of the Church’s act of sacramental worship, establishes the divine mystery of salvation.

Sacraments are the essential signs of Faith. The Church is always in need of systematic theology for the simple reason that existential forms of the Scriptures needs to offer clear and unambiguous expressions: Jesus suffered.

God sent his Son to redeem sinful man, to pave the path of salvation, and to fulfill the promises of the prophets. He would be the human sacrifice for mankind. He would be the Light of the world. To accomplish all this, Jesus suffered.

The Lord Jesus, founder of the Catholic Church, died young. He was thirty three years old. He bore incredible pain and agony; Jesus was humiliated, and shamed in public. Christ always prayed to his Father in heaven. He prayed in the desert, in the Garden of Gethsemani, in the midst of his apostles and disciples and on

the Cross.

Jesus Christ left instructions for his Church by appointing Peter as the first guide and leader of the Faith. The Lord sent down the Holy Spirit to inspire with wisdom and courage His believers, and followers of Holy Mother the Church.

The Liturgy is the summit towards which the activity of the Church is directed and, at the same time, the source from which all her vitality flows”. (ibid, art. 10). The Church is always prepared to listen, share and explain the utterly wonderful marvels in the mysteries of both liturgy and the Sacraments, to those who are curious and in quest.



BY MELVYN BROWN

“Christ always associates the Church with himself in this great work in which perfect honor is paid to God and men are sanctified”.....” Christ is always present in his Church, especially in her liturgical actions.” (Constitution on Sacred Liturgy of the Second Vatican Council (Ch.1, art 7).

Christ is also the ultimate priest of the New Testament, which in the liturgy of Expiations, Hebrews, puts more meaning to Christ taking his blood to the presence of God.

“Christ has entered within the veil to the Holy of Holies into the presence of God.” (Heb.6:20; 9:3; 10:20).

It is known that the Church acts as Sacrament of Christ. The very Sacramental structure of the Church confirms this: the priesthood of orders, for example.

Briefly, the Seven Sacraments of the Catholic Church are explained:

BAPTISM: Holy Baptism is the gateway to life in the Spirit. Baptism is the door which gives access to the other sacraments. Through Baptism we are freed from sin and reborn as sons of

God. (CCC 1213).

CONFIRMATION: Confirmation, like Baptism, imprints a spiritual mark or indelible character on the Christian’s soul; for this reason one can receive this sacrament only once in one’s life. (CCC 1317).

THE EUCHARIST: The Eucharist is the memorial of Christ’s Passover, that is, of the work of salvation accomplished by the life, death and resurrection of Christ, a work made present by the liturgical action. (CCC1409).

PENANCE AND RECONCILIATION: “Those who approach the sacrament of Penance obtain pardon from God’s mercy for the offense committed against him, and are, at the same time, reconciled with the Church which they have wounded by their sins and which by charity, by example, and by prayer labors for their conversion.” (CCC 1422).

ANointing OF THE SICK: Viaticum, The last sacrament of the Christian. Each time a Christian falls seriously ill, he may receive the Anointing of the Sick, and also when, after he has received it, the illness worsens. (CCC 1529).

HOLY ORDERS: Holy Orders is the sacrament through which the mission entrusted by Christ to his apostles continues to be exercised in the Church until the end of time; thus it is the sacrament of apostolic ministry; it includes three degrees : episcopate, presbyterate, and diaconate. (CCC 1536).

MATRIMONY: The sacrament of Matrimony signifies the union of Christ and the Church. It gives spouses the grace to love each other with the love with which Christ has loved the Church; the grace of the sacrament thus perfects the human love of the spouses, strengthens their indissoluble unity, and sanctifies them on the way to eternal life. (CCC 1661).

To-nite sleep naked. For a good nights sleep

by Rtn. Calwyn D'Abreo

Since birth your body responds to the drift in the post meridiem darkness of the night when your melatonin responds to the subtle shades of dusk. Sleeping has become the most sought for systems of involvement since the world began and the Creative Director of all times gave life to his artworks, human beings and animals as they chose the comfort or the bare necessities to acquaint them with what we call slumber and in full regale.

Sleeping is one of the most important things we do every night. And it is our birth right to enable our fancy free emotional quotient to identify with the period of somnambulism and the pleasures of it. Getting the right amount of sleep has an untold number of health benefits and not getting enough sleep is a serious problem altogether in many countries around the world and very specially in India where the climate is so much a dampener for western oriented personalities who think of visuals of the Alps and the Eiffel Tower and the snow capped peaks of the Himalayas or the Kilimanjaro and Iceland because they have never experienced an Indian summer.

Did you ever know that you can get additional benefits by sleeping naked?

Here are some benefits of sleeping naked atleast under the bedcovers if you are shy of the ceiling above you.

The Secular Citizen

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It is not difficult.

When you don't have to worry about sleeping in clothes, things start to get easier. You don't have to buy pajamas, which can save you money. You have less clothes to wash and less clothes to put away. You may have to clean your bed sheets more often, but not nearly as often as you'd have to wash your pajamas when you run out.

Sleeping naked forces you to be ready to adorn yourself, after you wake up.

To go anywhere rather than change from sleeping pajamas or a frilly camisole for venus that sent you to sleep with the spaghetti strap hurting your left shoulder as you did the squirrel twirl in bed.

Some people get off of work, change into their pajamas, and use this as an excuse to stay home the rest of the evening. This can lead to a more sedentary lifestyle, which has been attributed to things like weight gain and a

billowy paunch and reflux of the acid type. When you keep your regular clothes on, you tend to go out more often and that's a good thing.

It can make you feel happier and more free.

Just imagine the feeling of laying in bed naked. And if you have the window open you can lie underneath the stars on a clear night and pray to venus de milo for a happy ending. You're free of your pants and underwear. Women, you're not wearing a constrictive bra with the brand name 'elektrex' that comes with a wake up alarm like in a smart watch.. It's just your hard earned body at rest in sleep as if mummified between two cool sheets. The feeling just makes you want to smile and it makes you feel more free as naked as a bird on a tree. Everyone can use that kind of good feeling every now and then, and it may even help you be happier as a person.

Skin-on-skin contact is the best

We are talking about the natural chemical, Oxytocin. It acts like a green stone from planet Krypton. If you are married or playing house with your significant other, then sleeping naked is a dream come true. What better way to feel connected than by the feel and touch of soft, supple skin of your woman partner and the big brawn latimus dorsi of the man besides her as they feel the the pathway to oblivion and the apples let behind by Adam. This kind of contact can also lead to a more active sex life. All of this releases copious amounts of oxytocin, which is the neurotransmitter that helps you feel those good feelings about your significant other.

Sleeping naked helps your body breathe

(Contd.. on p. 18)

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Inspiration!

You can change the world!



Be the change you wish to see, as Mahatma Gandhi put it, applies to each and every person in the world. Here's how a teenager can revolutionise the world.

The world may seem messed up every day on the news, in our colleges and even in our homes and as a teenager, it can be frustrating to feel so small and unimportant, completely unable to make a change. While most teenagers can't singlehandedly change the entire world on their own, we can make the world a better place-or at least, our corner of the world. Here's how

Compliment people, even if you don't know them very well: You never know what someone is going through and you never know the impact a genuine compliment can make on them. Even just a simple 'You look good today' can have a powerful effect on someone. especially if it is said by a stranger.

Ask people if they're okay: Whether it's a friend or a stranger, if someone looks sad, don't hesitate to ask if he or she is okay. Oftentimes people who are depressed or suicidal subtly display symptoms of their disease but they're afraid to openly reach out for help due to the stigmas associated with mental disorders. By directly



asking, you give them an opportunity to open up without the fear of being judged or labelled 'annoying', 'weak', 'dramatic' or 'attention-seeking.' And even if they choose not to disclose what's wrong, your kind gesture can at least show them that someone cares enough to notice, even if that someone is a random stranger. You never know the effect your words can have.

Stop gossiping: It's easy to start gossiping; it's hard to be the one to stop a gossip fest; not only does it feel oddly satisfying to gossip about other people but your friends may think you're weird, annoying or a mood-killer if you ask them to stop. It's very very easy to gossip about other people but that doesn't mean that you should.

Be genuine: If you've gone through hard times in the past, don't be afraid to open up about it; there may be people who judge you or look down on you for it but many will admire you for your courage and honesty. Also, for those still struggling, it will show

them that they're not alone and that there is hope that things will get better. Teenage is a hard time for anyone and it oftentimes feels as though we are powerless to fix the broken world around us. And although the majority of teenagers aren't going to be able to change the world on their own, that doesn't mean that you can't help to make the world a better place, just by spreading positivity and hope. Don't wait around until you're old enough to make a tangible difference. Change the world, one day at a time, one person at a time. You never know what effect you can have until you try!

• *Volunteer work is a fantastic way for you to help make your community a better place. Many organisations provide volunteers with opportunities to tutor or play with impoverished children while their parents work. If you don't like the idea of working with people, there are jobs behind-the-scenes, such as sorting clothes or arranging food closets - or you could even volunteer at an animal shelter. It doesn't have to be every day or even every week!*

(Contd.. from p. 16)

For once your body gets to breathe. Your private parts, your other very private and intimate parts armpits, and feet are generally restricted all day and are often covered by multiple layers of foundation garments, even in the summer time. Give those parts a chance to air out and breathe. This can lower the risk of skin diseases like a heavy twitch that gives rise to a socks scratch above the ankles, like athlete's foot, that result from wet, restricted skin, like the elastic of your 'A' front that pinches into your expanding waistline.

Helps you regulate your cortisol.

Cortisol is a very strange chemical in the body but it can do a lot of damage. When you sleep naked, it helps keep your body temperature at the optimal ranges so your body can better create cortisol. If you sleep overheated your cortisol levels tend to stay high, even after you wake up. This can lead to increased anxiety, cravings for bad fast food food, weight gain, and more terrible things. Sleep nude, dude, so you can keep your body temperature down and sleep well so your body can properly produce and regulate cortisol the ratio chemical element

You are growing older.

When you sleep in clothes, your body heats up without you knowing and prevents effective use of your hormones. In other words, sleeping with

clothes on makes you grow old faster. It can keep your sex organs happier. For men, the cooler sleeping conditions allows your testes to remain at a cooler temperature. This helps in formation of healthy sperm and assists in keeping your reproductive systems functioning as normal. For women, the cooler and more airy sleeping conditions can actually help prevent yeast infections in body places best known to the female genre. Yeast grows better in warm, moist conditions. India is yeast infected, believe it or not. When it's cooler and dryer, the growth of yeast is prevented.

Sleeping in the summer without a stitch.

Is so much more comfortable to be without clothes than in the winter that has passed by. Summertime is a tricky time to get good sleep. If you don't have air conditioning, then you may find your bedroom very stuffy at night. Shedding those bedtime clothes and sleeping naked can help the bedroom feel more comfortable. You may even be able to turn the A/C off on those cooler nights, which can save you hundreds of Rupees and some GST on your electricity bill.

In conclusion.

With these important tips in mind, it's time to start taking off your clothes at night! Of course, there are times where clothes are preferable. If you are ill or it's cold outside, then you should sleep with clothes on to help you stay warm and prevent further illness. Otherwise, just do it. Sleep naked. Sleep in the nude. Sleep as if you were just born. Remember you came without your sleeping clothes and you will leave your home without your pajama suit. So get used to sleeping in the raw. Sleep naked. Sleep well my friend.

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(Contd.. from p. 10)

Life lessons from superheroes for kids

Batman: Anyone can be a hero - Batman shows you don't have to be born with superpowers to be a hero. Batman can't fly, he's not God. He just fights bad people.

The Hulk: Control your temper - Mr Green is a good man until he gets angry. The message to kids is to keep that temper under control or it could get you into trouble.

Superman: One man can make a difference - He might work alone but he does what he can to make a difference.

Iron Man: No one is perfect - Iron Man lacks discipline but he tries hard to overcome the worst parts of his personality with his genius mind and good intentions.

How can parents help?

It is every parent's desire to set their child on the right path. Parents have the ability but also an obligation towards their children to influence their life choices, help them develop properly and become better people. For instance, if you notice your child developing an interest towards a specific superhero character, that you personally think could be a good role model, there are plenty of things you could do in order to encourage this sympathy. When children are born they are a blank state simply waiting to be filled out. By giving a child a decent role model, you are helping them develop in a proper manner.

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MATRIMONIAL

MUMBAI : Mangalorean Roman Catholic spinster (Born in April 1973), 5' 5" tall, looks much younger to her age, good looking, fair complexion with qualifications, B.Com. (Mumbai), M.B.A. Finance (Canada), M.B.A., (H.R.) and Diplomas in I.T. (NIIT), Comp. (APTEC), and Cert.Ind Acct. (I.C.A.), working in good position. Graduate / Post Graduate unmarried R.C. Bachelors upto 47 years, employed in good position and well settled in Mumbai or abroad. Contact email.: bellwether77@yahoo.com OR Mob.: 9892700617



6841. MUMBAI : Anglo Indian / Keralite RC Bachelor, (Born in May 1991), Ht. 170 cms, Wt. 78 kgs, Fair Complexion, Edn. M.Com., working as a Sales Executive. Contact email : mrsannieroy@yahoo.co.in

6572. MUMBAI : Mangalorean RC Bachelor, (Born in October 1986), Ht. 5' 9", Wt. 75 kgs, Wheatish Complexion, Edn. BE (EXTC), working as a Network Engineer. Contact email : ivorbritto@gmail.com

6571. USA : Goan RC Divorcee (Marriage Annulled), (Born in December 1969), Ht. 6' 1", Wheatish Complexion, Edn. M.Eng., Engineer by profession. Seeks a girl below 35 years, preferably working in USA. Contact email : divinegrams@gmail.com

6695. MUMBAI : Mangalorean RC bachelor, (Born in August 1972), Ht. 5'9", Wt. 77 kgs, Fair Complexion, Edn. F.Y. B.Com., + IATA, working as a C.S. Associate in MNC., Contact email : binatone55@gmail.com OR Phone : 25441116 / 9619742315 / 9619032564

6598. MUMBAI : East Indian RC Bachelor, (Born in September 1984), Ht. 5' 7", Wt. 85 kgs, Wheatish Complexion, Edn. Post Grad. Diploma, working as a GM-Marketing. Contact email : gomes.gavin@gmail.com

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

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

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

6610. MUMBAI : Goan Roman Catholic Bachelor, (Born in October 1981),

Ht. 5' 6", Wt. 64 kgs, Wheatish Complexion, Edn. IT Engineering, working for Leading Engineering Company as a Solutions Architect. Contact email : krod1681@gmail.com

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 technician, 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

6693. MUMBAI : Mangalorean RC bachelor, (Born in September 1988), Ht. 6', Wt. 85 kgs, Edn. Graduate Degree, Merchant Navy Captain in U.K., working as a Merchant Navy Officer. Contact email : kennethlazrado@yahoo.com

6583. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1987), Ht. 5' 6", Wt. 70 kgs, Wheatish Complexion, Edn. MBA Finance, Working as an Asst. Manager in reputed private bank. Contact email : alliancesralph@gmail.com

6581. MUMBAI : Goan Roman Catholic Bachelor, (Born in July 1981), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. S.Y.B.A., Diploma in Food Production working as a F & B Service, working on International Ship. Contact email : anse_g@1cloud.com

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

6616. MUMBAI : Goan RC Bachelor, (Born in October 1980), Ht. 5' 9", Wt. 80 kgs, Tan Complexion, Edn. SSC, working as a Graphic Designer, hardworking, smart. Contact email : velgomes3@gmail.com

6605. MUMBAI : Gujarati RC Divor-

cee, (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

6587. MUMBAI : Goan RC Bachelor, (Born in August 1984), Ht. 6', Wt. 95 kgs, Wheatish Complexion, Edn. B.E. working as a Civil Engineer. Contact email : matrimonial.2312@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

6830. BAHRAIN : Goan Roman Catholic Bachelor, (Born in February 1988), Ht. 5' 11", Wt. 97 kgs, Wheatish Complexion, Edn. MBA, Marketing Professional in Public Sector. Contact email : rolsonvaz@gmail.com

6829. AUSTRALIA : Mangalorean Roman Catholic Divorcee, (Born in March 1978), Ht. 5' 11", Wt. 80 kgs, Wheatish Complexion, Edn. B.Com., working as a Customer Support. Contact email : arthur.fernandes@live.com

6828. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1983), Ht. 5' 7", Wt. 81 kgs, Wheatish Complexion, Edn. Diploma in Electrical / Tele., working as a Site Engineer in Airport. Contact email :

anthonylobo1983@yahoo.com

6805. ABUDHABI : Mangalorean RC Bachelor, (Born in February 1984), Ht. 5' 7", Wt. 80 kgs, Wheatish Complexion, Edn. 12th std., + correspond B.Com., studied in Mumbai, working in Bank as Recovery Officer. Contact email : pawan.sana@gmail.com

6800. MUMBAI : Goan RC Bachelor, (Born in February 1985), Ht. 6', Wt. 90 kgs, Wheatish Complexion Edn. S.Y. B.Com., working as a Customer Service. Contact email : mariacardoz@indokem.co.in OR Mob: 9819563066



6847. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in April 1973), Ht. 5' 10", Wt. 75 kgs, Tan Complexion, Edn. SSC, Having own business. Contact Mob: 9833176215

6573. VALSAD : Goan / Mangalorean Roman Catholic Bachelor, (Born in February 1986), Ht. 5' 5", Wt. 68 kgs, Fair Complexion, Edn. B.E. Mechanical, working as a project engineer in Saudi Arabia seeks a well qualified girl from a good family background. Contact email : ian.roshan.dsouza@gmail.com

6734 MUMBAI : Mangalorean RC Bachelor, (Born in April 1981), Ht. 6' 2", Wt. 85 kgs, Wheatish Complexion, Edn. Diploma in Hotel Management, well settled. Contact email : tauro.roshan@gmail.com

6722 MUMBAI : East Indian RC Bachelor, (Born in September 1989), Ht. 5' 11", Wt. 64 kgs, Fair Complexion, Edn. M.Com., C.A., working in Audit firm. Contact email : eltn89@yahoo.co.in

6718 MUMBAI : Goan RC Bachelor, (Born in April 1980), Ht. 5' 7", Wt. 85 kgs, Wheatish Complexion, Edn. B.Com., working as a Marketing Executive. Contact email : mumbaischool@yahoo.co.in

6713 MUMBAI : Mangalorean RC Bachelor, (Born in September 1989), Ht. 5' 6", Wt. 67 kgs, Wheatish Complexion, Edn. B.E. (Extc) working as a Sales Engineer. Contact email : coelho.helen@yahoo.co.in

6711 MUMBAI : Mangalorean RC Bachelor, (Born in September 1985), Ht. 5' 8", Wt. 67 kgs, Wheatish Complexion, Edn. B.Com., IATA, working as Investment Banking Analyst. Contact email : tristan.fernandes85@gmail.com

6709 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in May 1985), Ht. 5' 8", Wt. 72 kgs, Wheatish Complexion, Edn. MBA, working as a Logistics Operations. Contact email ; rosd2505@gmail.com

6708. USA : Mangalorean Handsome RC bachelor, (Born in October 1984), Ht. 5' 9", Wt. 72 kgs, Fair Complexion, Edn. M.S., working as a Software Engineer. Seeks a good looking, fair Mangalorean girl, working in America. Contact email : rodrigues.gracy61@gmail.com

6707. MUMBAI : Goan RC bachelor, (Born in June 1975), Ht. 5' 10", Wt. 70 kgs, Fair Complexion, Edn. B.Sc., having own business. Seeks a Family oriented girl. Contact email : maxabreo@yahoo.com / maxabreo@vsnl.net

6705. MUMBAI : Anglo Indian RC bachelor, (Born in November 1979), Ht. 5' 4", Wt. 45 kgs, Fair Complexion, Edn. H.S.C., Dip. Hotel Mgt., working for Groups of Hotels in Dubai. Contact email : dnfernz@gmail.com OR 9975878894

6704. MUMBAI : Goan RC bachelor, (Born in September 1987), Ht. 5' 9", Wt. 75 kgs, Wheatish Complexion, Edn. 10th std., working as a Mech/Supervisor in Gulf. Contact email : josephdsouza12@gmail.com OR 8691913335 / 9029273230

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

6731 MUMBAI : Mangalorean RC Bachelor, (Born in September 1978), Ht. 5' 4", Wt. 60 kgs, Wheatish Complexion, Edn. 12th, working as a Office boy in Bank, having own house. Contact email : dsouzamaximmcb@gmail.com

6729 MUMBAI : Mangalorean RC Bachelor, (Born in November 1988), Ht. 6', Wt. 72 kgs, Fair Complexion, Edn. SSC, Diploma in A.C., working as a A.C. Technician. Contact email : johnmacoib@gmail.com

6726 MUMBAI : Mangalorean RC Bachelor, (Born in January 1984), Ht. 5' 9", Wt. 72 kgs, Wheatish Complexion, Edn. B.Com., MBA, LL.B., working as a Manager in reputed Company. Contact email : franscoroyal@rediffmail.com

6579. MUMBAI : Roman Catholic Bachelor, (Born in August 1985), Ht. 5' 9", Wt. 72 kgs, Wheatish Complexion, Edn. HSC., & Diploma, Working as a S. Bartender. Contact email : rahulf28@yahoo.com

6576. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in October 1966), Ht. 5' 8", Wt. 69 kgs, Wheatish Complexion, Edn. SSC., having own business. Contact email : pauld'souza@ccicindia.com

6575. MUMBAI : Goan Roman Catholic Bachelor, (Born in May 1973), Ht. 6' 4", Wt. 98 kgs, Wheatish Complexion, Edn. HSC., working as a Steward in Oil Tanker - Foreign Ship. Contact email : 285victor@gmail.com

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6849. MUMBAI : Mangalorean RC Spinster, (Born in November 1990), Ht. 5', Wt. 51 kgs, Fair Complexion, good looking, Edn. MBA in Marketing, working as a Assistant Manager in Oil Company. Contact email : darlet_vaz27@yahoo.co.in

6848. MUMBAI : Mangalorean RC Spinster, (Born in September 1990), Ht. 5', Wt. 50 kgs, Wheatish Complexion, Edn. M. Phil, Ph. D., Child Psychology, School Counsellor. Contact email : septemberpratika@gmail.com

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

6185. MUMBAI : Goan (Bardez) RC Spinster, (Born in January 1982) Ht. 5' 4", Fair Complexion., Edn. B.A., Dip. in Financial Management, Banking Exams, Working as Senior Manager for a reputed Private Sector Bank Seeks educated and well settled Roman Catholic Goan (Bardez) Bachelor between 36-40 years. Ht. 5' 7" and above. Contact email : andy.franky@hotmail.com

6755. MUMBAI : Mangalorean RC spinster, (Born in July 1991), Ht. 5' 8", Wt. 62 kgs, Wheatish Complexion, Edn. B.Sc., Nurse, working as a Nurse in U.K. Contact email : alm716349@gmail.com

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

6192. MUMBAI : Goan RC Spinster,

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(Born in August 1986), Ht. 5' 6", Wt. 65 kgs, Wheatish Complexion, Edn. B. Pharma & MBA in Clinical Research, working as an Asst. Manager. Seeks a Engineer or well settled and educated. Contact email : cosmetony52@yahoo.com

6345. MUMBAI : Goan / Mangalorean RC Spinster, (Born in October 1988), Ht. 5' 1", Wt. 64 kgs, Wheatish Complexion, Edn. B.Com., working bank. Seeks a well qualified boy. Contact email : idsouza14@gmail.com

6714. MUMBAI : Goan RC Divorcee, (Born in May 1978), 5' 5", Wt. 54 kgs, Fair Complexion, Edn. HSC., working as a Company Secretary. Contact email : loveleentoscano@yahoo.com

6712. MUMBAI : Goan RC Spinster, (Born in February 1988), 5' 1", Wt. 55 kgs, Fair Complexion, Edn. B.Sc. Microbiology, working as a Quality of Map products. Contact email : anuperaira@yahoo.com

6710. MUMBAI : Goan RC Spinster, (Born in November 1984), 5' 2", Wt. 50 kgs, Wheatish Complexion, Edn. MBA, HR. working as a HR Manager. Contact email : mmf8425@gmail.com

6699. MUMBAI : Mangalorean RC 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 RC 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

6697. MUMBAI : Goan RC Spinster, (Born in January 1979), 5' 2", Wheatish Complexion, Edn. Graduate / PGDHM, working as a Administor. Contact email : jmjcapricon@rediffmail.com

6706. MUMBAI : RC Spinster, (Born in February 1983), 5' 7", Wt. 78 kgs, Wheatish Complexion, Edn. B.A., working as an Accountant in BAHRAIN. Contact email : denis_anthony@rediffmail.com

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

6482. K.S.A. : RC Spinster, (Born in July 1983), Ht. 160 cms, Wt. Normal, Wheatish Complexion, Edn. B.Sc. in Chem/ PGDMLT, Pathology Lab Technician (Instructor) in KSA since 10 years, well settled, seeks a suitable match. Contact email : mathew_680@yahoo.com

6595. BANGALORE : Born again christian spinster, (Born in August 1988), Ht. 5', Wt. 70 kgs, Wheatish Complexion, Edn. B.A., Journalism, working as a Business Development. Contcat email : manju2408@gmail.com

6593. MUMBAI : Goan RC Spinster, (Born in November 1988), Ht. 5' 7", Wt. 75 kgs, Wheatish Complexion, Edn. MBA in Finance, smart and intelligent, working for private company. Contact email : fatulobo@rediffmail.com

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6568. NEWYORK : Mangalorean RC 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 similar qualification, having HIB Visa and working in USA below 30 years. Contact email : joymachado312@gmail.com

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

6685. MUMBAI : Goan RC Spinster, (Born in December 1968), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. S.Y. B.Com., having own business on **DUBAI**. Contact email : reachbernie@yahoo.com.

6492. MUMBAI : Mangalorean Born Again Spinster, (Born in May 1987), Ht. 5' 3", Wt. 53 kgs, Wheatish Complexion, Edn. MBA in Finance, PGDM., working for a co-op. Bank in Mumbai. Contact email : brinliafernandes@yahoo.com

6683. BANGALORE : Mangalorean RC Spinster, (Born in July 1989), Ht. 5' 2", Wt. 48 kgs, Wheatish Complexion, Edn. MBBS., Doctor by profession. Contact email : nads.nisha@gmail.com

6680. MUMBAI : Mangalorean RC Spinster, (Born in January 1988), Ht. 5' 6", Wt. 80 kgs, Fair Complexion, Edn. BMM, MBA in HR, working as a HR. Contact email : walterabrahamdsouza@gmail.com.

6469. RAJASTHAN : RC Spinster, (Born in February 1987), Ht. 5' 3", Wt. 65 kgs, fair and goodlooking, simple, loving, very understanding girl, Edn. M.A., B.Ed., CTET, Teacher by profession. Contact email : arleen_sunni@yahoo.co.in

6691. MUMBAI : Goan RC Widow, (Born in December 1965), Ht. 5', Wt. 59 kgs, Wheatish Complexion, Edn. B.Com., B.Ed., working as a Teacher in **BAHRAIN**. Contact email : noella-christine64@gmail.com

6690. MUMBAI : East Indian RC Spinster, (Born in December 1986), Ht. 5' 2", Wt. 54 kgs, Fair Complexion, good looking, smart, intelligent, Edn. CS., LL.B., working as a Asst. Company Secretary. Seeks a suitable educated and well settled bachelor. Caste no bar. Contact email : joylinafaroz@gmail.com.

6689. MUMBAI : Goan RC Spinster, (Born in May 1990), Ht. 5' 2", Wt. 60 kgs, Wheatish Complexion, Edn. B.Sc. B.Ed., M.A. M.Ed., Teacher by profession. Contact email : sspasware@gmail.com

6688. MUMBAI : Mangalorean RC Spinster, (Born in November 1988), Ht. 5' 3", Wt. 65 kgs, Wheatish Complexion, Edn. C.A. Inter, working as a Business Development Executive in **DUBAI**. Contact email : sanyo_suares@yahoo.com
OR Mob.: 9821728168

6687. MUMBAI : Mangalorean RC Spinster, (Born in October 1989), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. M.A., B.Ed., Teacher by profession. Contact email : snlpinto@gmail.com

6686. MUMBAI : Mangalorean RC Spinster, (Born in October 1979), Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., working as a Sr. Customer Service Associate. Contact email : springwater1948@gmail.com

6592. MUMBAI : Mangalorean RC Spinster, (Born in October 1989), 5' 3", Wt. 50 kgs, Wheatish Complexion, Edn. M.Sc. Microbiology working for Pharmaceutical Company. Contact email : mili.ferns123@gmail.com

6591. MUMBAI : Maharashtrian RC Spinster, (Born in October 1988), 5' 4", Wt. 58 kgs, Wheatish Complexion, Edn. Master of Management Study, working as an Asst. Professor. Contact email : geo8747@gmail.com

6582. MUMBAI : Mangalorean RC Spinster, (Born in October 1990), 5' 1", Wt. 56 kgs, Wheatish Complexion, Edn. B.Com., working as Coordinator, Seeks a suitable match. Contact email : btorres756@gmail.com

6580. MUMBAI : Mangalorean RC

Spinster, (Born in January 1982), 5' 2", Wt. 56 kgs, Wheatish Complexion, Edn. M. Pharm, Ph.D., Seeks a well settled qualified bachelor. Contact : email : apoline_ubi@yahoo.co.in

6686. MUMBAI : Mangalorean RC Spinster, (Born in October 1979), Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., working as a Sr. Customer Service Associate. Contact email : springwater1948@gmail.com

6661. GUJARAT : Goan / Mangalorean RC Spinster, (Born in November 1983), Ht. 5' 6", Fair Complexion, Edn. D'ed, B.A., B'ed, from Mumbai University, working as a teacher in Convent School. Contact email : juhaina.2015@rediffmail.com

6658. MUMBAI : Mangalorean RC Spinster, (Born in October 1987), Ht. 5' 5", Wt. 45 kgs, Wheatish Complexion, Edn. B.E. in E&T. with Master, working for Corporate firm. Contact email : jovi_tangerine@yahoo.co.in

6657. VADODARA : Goan RC Spinster, (Born in May 1989), Ht. 5' 9", Wt. 75 kgs, Fair Complexion, Edn. B.A., working for MNC. Contact email : cheryl24052001@yahoo.com

6656. MUMBAI : Mangalorean RC Spinster, (Born in May 1988), Ht. 5' 1", Wt. 49 kgs, Fair Complexion, Edn. MTech (Biotechnology), working as a Scientific Assistant, Contact email : rachealm28@gmail.com

6655. MUMBAI : Mangalorean RC Spinster, (Born in January 1990), Ht. 5' 5", Wt. 58 kgs, Fair Complexion, Good looking, Having own business. Contact email : raymondcoelho89@gmail.com

6653. MUMBAI : RC Spinster, (Born in July 1990), Ht. 5' 2", Fair Complexion, Edn. M.B.B.S., Doctor & pursuing M.D. Seeks M.D. / M.S., Doctors. Contact email : selwynhenriques13@gmail.com

6651. MUMBAI : Mangalorean RC Spinster, (Born in May 1984), Ht. 5' 2", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., working as a Customer Support in **DUBAI**. Contact email : dsilva.seema@gmail.com

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2 Super Hit Konkani Comedy Plays

FUTULLI MODKI & MHATARO CHORBELA



Written by :
Francis Fernandes
Cascia

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ಮ್ಹಾತಾರೊ ಚೊರ್ಬೆಲಾ



Directed by :
Joy Paladka

Starring : *Joy Paladka *Betty Naz - Bandra *Julie Vas - Marol,
*Gregory Sequeira - Niddodi *Peter Pais - Basroor,
*Shanti Barboza - Boliye *Flora D'Souza - Kalmady,
*Peter Coutinho - Mundkooor *Lavina D'Souza - Jerimeri and
Comedy King : Francis Fernandes Cascia

October 02, 2018
October 06, 2018
October 07, 2018

Futulli Modki
Mumbai

October 13, 2018
October 14, 2018
October 15, 2018
October 16, 2018

Futulli Modki
Mangaluru

October 17, 2018
October 18, 2018
October 19, 2018
October 20, 2018
October 21, 2018

Mhataro Chorbela
Mangaluru

October 27, 2018
October 28, 2018
November 03, 2018
November 04, 2018

Mhataro Chorbela
Mumbai

November 07, 2018
November 08, 2018
November 09, 2018
November 10, 2018
November 11, 2018
November 17, 2018
November 18, 2018

Futulli Modki
Mumbai

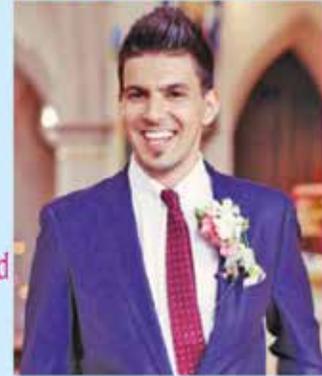
More Information Contact:

Joy Paladka-9004364747 / Francis Fernandes Cascia-9833070396

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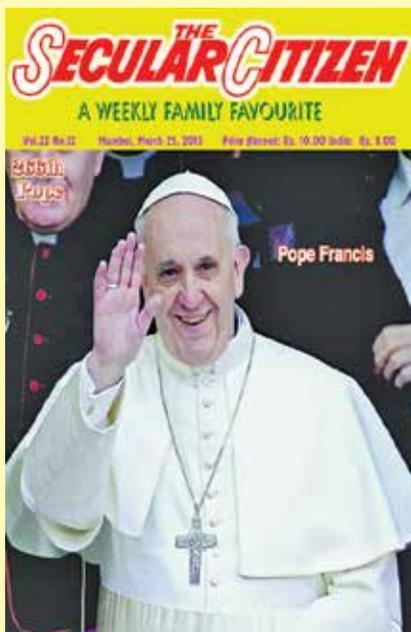
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