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A NATIONAL FAMILY WEEKLY

Stop Overthinking and Start Living



'March with the Rosary' And Fr. Tom, survivor from Yemen

— Ivan Saldanha-Shet. M'lore.

May day was special in 'Rome of the East' - Mangalore, thousands of indigenous Konkani Catholics in a unique manner held 'March with the Rosary' a meditation and procession from Milagres Church to Rosario Cathedral. It was part of the 450 years of the church in Mangalore and commemorating the year of the rosary 2018.

The crowning glory was the presence of Rev. Tom

Uzhunnalil, a Salesian (SDB), priest of Kerala origin of Karnataka province, who was deputed to Yemen in 2015, and his soul shattering experience of abduction by ISIS terrorists in Aden in March 2016 and release in September 2017, after the intervention of the Pope, Sultan of Oman and Indian Govt.

For this occasion efforts of the key people of the Mangalore Diocese with the youth organisations is well done. Rosaries were distributed to all. The procession was blessed and seen off at Milagres church by the Bishop of Mangalore; the piety of the people was impressive. Rev. Boniface Pinto in his erudite homily gave some very inspiring thoughts. The Rosary to the Konkani Catholics was everything in ancient times, church rituals were in Latin, they could not read the scriptures. When Tipu held them captive from 1784 to 1799 in Srirangapatna, the rosary was their only means of support and communication with their God. Rosaries were all confiscated, yet they innovated to make rosaries from all kinds of materials available...even the long tresses of women were cut and knotted with twigs and so on to form rosaries. The miraculous happenings through the



rosary locally were highlighted.

People today hold on to money, gold, mobiles, keys and such material objects...but when dead the Catholics hands are entwined with a rosary to



go to eternity. It was stressed that today the rosary is the tool to hold families and stability for people in the fast



paced life. He mentioned that Pope Francis amidst his packed schedule still recites all 20 mysteries of the rosary each and every day.

Rosario grounds witnessed an animated version of the 'Rosary Meditation' presenting the Sorrowful mysteries in a heart touching articulate manner on screen and most had their arms lifted in supplication and reverence flowed. The final blessing was given by the Mangalore Vicar Gen-

eral, Rev. Denis Moras Prabhu with Fr. Tom.

Experiences shared by released Rev. Tom Uzhunnalil :

While narrating selected facts Rev Tom said that after his release he was visiting places specially to thank people who prayed and grieved for his plight. He said " It is your concern and prayers that saved me and God was moved by the prayers and efforts and I am always grateful. People of Mangalore too, I am aware you prayed and were much concerned for me, along with with so many in other places".

He mentioned that he came to know of many facts only after his release. For example he did not know that the fifth nun hid and miraculously escaped from the abductors. He stressed that by God given grace, he never felt any serious depression, mental breakdown, fear or any such negative things after his release and his health is improving and the love shown by all people really sustains him.

Rev Tom Uzhunnalil was kidnapped during an attack on the missionary compound by gunmen in Aden, Yemen, killing sixteen people, including four nuns belonging to the Missionaries of Charity, the order founded by Mother Teresa. He met with Pope Francis after his release. According to L'Osservatore Romano, the Vati-

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'Thought for the week'

Right things happen when you trust and give too much attention to the right people.

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Being Intimidated, Ostracized if Modi and the BJP are Criticized

By Don Aguiar

My friend who is part of this government right wing political ideology machinery came over for a chat or "gappa" as is his take for time pass but actually to get secular feedback on various topics. This time the conversation spanned a million conversations and covered politics, technology, society, faith. These are some of the topics close to the heart of those leaning on right wing ideology and wanting to make India a Hindu Rashtra.

It is all these topics covered that got alarm bells ringing in the context of the direction taken by our present right wing government and their ideology. Quite casually I dismissed the so called 'development dream' that was the promise of this party to vote them to power and that I have come to believe has settled in the minds of many Indians. The belief (no longer an accusation) is that the government with its fixed ideology is rampantly converting India to a Hindu Rashtra; this with it being state sponsored together with their band of party workers who are mostly unemployed, as well as by spreading fake news repeatedly for we the people who after hearing it repeatedly and nothing to the contrary take it as believable. To my surprise my friend confirmed that of late he has been receiving a slew of messages on these very topics, making this fake news almost believable in his mind and may I say with conviction, into the minds of many Indians!

There is something going horribly wrong in our nation since the last couple of years. A campaign of hate and fear has been spread, fuelled by the callous responsibility to the truth that comes with the 'compulsion' to share everything via social media. Little thought is being given to the truth behind the messages sent and even less to the consequences of spreading it to others.

In the past few years the recurrence of fake news repeated many times over seems to have been doing its rounds at a rapid pace and such kind of propaganda worries and puts fear in those with a secular mindset, for when my friend admitted that he has received this type of message more than twenty

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five times, it sets me wondering about the consequences in India!

It is to the Nazi, Joseph Goebbels that the line “repeat a lie a thousand times and it becomes the truth” has been attributed. His kind was notorious for spreading propaganda of hate and fear, sadly to the disastrous consequence of the extermination of more than a million Jews. All this was done with a campaign that first rode on whispers behind closed doors. When the Nazis came to power, the campaign became state sponsored. When the seeds of hate are sown, the harvest of that hate happens swiftly and without warning, as has happened across the world and now in India.

Perhaps the greatest forced conversion is being imposed by the ideology of vested interests, who for their political gain, perpetuate hate and lies against minorities and never cease or attempt to change every belief, from history to culture, often using the machinery of the state to meet their devious ends. Such persons can never lay claim to nationalism for they are truly anti-national.

There is no truth what so ever to the so called promises this government made to we the people when they wanted us to get them elected, none what so ever! The laws of this country are being compromised to suite the ideology of the present government, and south and north block in New Delhi including the Prime minister and his party president maintains a deafening silence or at times without any firmness or truthfulness halfheartedly issues a diluted statement just to please the aggrieved person/community or the country/ world at large.

The promise of development is a lie and a mask of promoting right wing political ideology and the aim of making India a Hindu Rashtra; a lie that is fed by the propaganda machine of a political and religious group that use it for promoting their goals that permanently scar this nation of ours. And if

our journalists and press put out unfavorable reviews about this government being deceitful or being anti-secular, then even though India has constitutional guarantees of freedom of speech and by some measures the biggest and most diverse media industry in the world, the journalists and press are presently increasingly facing intimidation aimed at stopping them from running stories critical of Prime Minister Narendra Modi and his administration.

At least three senior editors have left their jobs at various influential media outlets in the past six months after publishing reports that angered the government or supporters of Modi's Hindu nationalist Bharatiya Janata Party (BJP), according to reports.

Some reporters, as well as television anchors, have told Reuters they have been threatened with physical harm, abused on social media and ostracized by Modi's administration.

Reporters Without Borders said that “with Hindu nationalists trying to purge all manifestations of ‘anti-national’ thought from the national debate, self-censorship is growing in the mainstream media and journalists are increasingly the targets of online smear campaigns by the most radical nationalists, who vilify them and even threaten physical reprisals. Hate speech targeting journalists is shared and amplified on social networks, often by troll armies.”

Reporters Without Borders counted instances of Indian journalists being killed because of what they write.

“At least three of the journalists murdered in 2017 were targeted in connection with their work,” it said.

Among them were editor and publisher Gauri Lankesh, a vocal advocate of secularism and critic of right-wing political ideology. A member of a hard-line Hindu group has been arrested for the murder of Lankesh, who was gunned down outside her home..

Some journalists in India say they believe media freedoms are now under even more threat in the run-up to an election due next year. Restrictions on reporting are likely to intensify heading into the election, it (the government) will use every resource in its command to pressurize, manipulate, misguide media or any other voice which seeks to be independent of the government,” said Harish Khare, who resigned as editor-in-chief of the widely read Tribune newspaper last month.

There have been some signs of increasing opposition to Modi's economic policies and to the BJP's muscular Hindu nationalism. Government ministers have coined this word, *presstitute*, to describe journalists who are unfriendly to them or who don't do their bidding,

Ravish Kumar, a news anchor who has been scathing about the government in his program for NDTV's Hindi-language channel, said he has been constantly harassed and threatened by pro-government activists. He told Reuters “This is very organized, they follow me. When I go out to report, a crowd gathers in 10 minutes.”

Journalists say that media proprietors, who often have multiple kinds of businesses, are risk averse and can be leaned on by the government. Media proprietors are notorious for reading the tea leaves; they get a clear sense of the tolerance level of politicians in power.

With the right wing government actively pursuing the promotion of their policies, like that of a One Way Street, with regards to their right wing political ideology and with scant secular or media opposition to remedy the situation, my friend is happy that someday his right wing political ideology group dreams may materialize.

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A day for East Indians

This special day for the East Indian community of Mumbai is celebrated on every 3rd Sunday of May. East Indians (the original Mumbaikars) come together for a day of celebration at the 'Kaka Baptista East Indian Museum' at Manori in Malad.

The highlights for this year's function are as follows:

- * East Indian dialect Holy Mass at 10.30 am
- * Stalls selling fresh taari, local produce of vegetables and fruits and a variety of mangoes
- * Variety East Indian food, merchandise, books and goodies on sale
- * East Indian lunch at Rs.150/- per head
- * Introduction of special displays at the museum
- * Special performances by the East Indian community members through song and dance
- * East Indian brass band to make the programme lively
- * Special games like housie, spot prizes and raffle draw
- * Surprises to ensure you have a great day on this annual day for the community

A note to readers: East Indians are a community of Roman Catholics who are the original people of (Mumbai). Mumbai is an East-Indian Marathi word for Mumbai/Bombay.

—Jubel D'Cruz, Mumbai

Pope Francis : "Heaven is not boring!"

At his daily mass homily at Casa Santa Marta, Friday morning, Pope Francis said that heaven is not just

some boring place as some imagine. Pope Francis explained that some Christians were unable to understand exactly what Heaven is. He said, "We don't know well how to explain what heaven is. And some think: 'But won't it be boring there for all eternity?' No! That is not heaven. We are on the path toward an encounter: the final meeting with Jesus. Heaven is the encounter with Jesus."

So how do we explain Heaven? In order to do that we need to understand the opposite of heaven viz hell. In the book of Genesis Ch.1 we are told that in the beginning there was complete darkness. Then God said "Let there be light, and there was light". And God separated the light from the darkness and He called the light 'Day' and the darkness 'Night' (all opposites). According to the German philosopher Hegel, grasping the meaning of any event happens in terms of two direct opposites. The human mind cannot grasp the true meaning and nature of any event, without understanding its opposite, like day and night, true and false. We cannot appreciate one without understanding the opposite e.g. we take notice and appreciate the ceiling fan only when it suddenly stops .

Now we know that in hell there is excruciating pain and suffering. Hence in heaven we can be sure there will be immense happiness . However, our idea of happiness is limited to our mortal knowledge and ends with wealth, fame and power. But those who have a super abundance of all these (like king Solomon) find these hollow. They want more, which is beyond our knowledge. Recently we have seen several very wealthy Jains renouncing their riches and worldly pleasures and taking 'diksha' in the quest of real happiness. And this is what we will find in heaven: real happiness. Since we are certain

that there is extreme pain and suffering in hell, we can safely assume that heaven will be the exact opposite: a place of infinite peace, joy and happiness, the complete antithesis of hell..

—Prof. Robert Castellino, Mumbai

'Make Asaram case verdict more relevant'

With reference to PROF ROBERT CASTELLINO 's letter titled : The Asaram case verdict augurs well for our criminal justice system in THE SECULAR CITIZEN dated MONDAY 7, MAY 2018 - SUNDAY 13, MAY 2018 the victims of the godman Asaram must be monetarily compensated for all his misdeeds by distributing all the money acquired by him and by fining him.

A reasonable and affordable fee must be charged by fast track courts and where ever and when ever possible these courts must fight cases free of charge so that poor people get can justice done without fail.

Writers who crusade against evil godmen must constantly warn people about falling into the trap of these evil people.

—Peter Castellino.

Celebrate International Day of Families

With reference to MR JUBEL D'CRUZ's letter titled : International Day of Families in THE SECULAR CITIZEN dated MONDAY 7 MAY 2018-SUNDAY 13 MAY ,2018 other ways of celebrating this day are having a family game like Scrabble or Carrom etc or going on a family picnic or even going on a family holiday .

A chart with pictures and dates and captions of all the members of the family and/or a pictorial diary of the

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family or just a simple family diary will serve as a reminder of the good times and bad times a family has experienced.

A pictorial family tree can help one learn more about the family besides researching information for a book on the family.

In this way family life can be made more interesting and more enjoyable for one and all..

— Peter Castellino

Thanksgiving



Thanks to St. Francis Xavier for the favours granted. Praying for more favours.

— Mrs. Maria F. Pereira, *Bandra*

(Contd.. from p. 2)

can newspaper, the priest kissed both the pope's hands and the ground at his feet when he greeted the pontiff. Francis hugged the priest, and told him that he was praying for him during his captivity.

Rev Tom Uzhunnalil said that during his captivity, he was not able to celebrate Mass, he internally said the words every day. He also said he prayed especially for those killed in the attack. After his release, the Vatican press office released a statement saying, "The Holy See fervently thanks all those who worked for his release, and especially His Majesty the Sultan of Oman and the competent authorities of the Sultanate and all concerned." Fr.Tom said he was "not mistreated and that as a result of his rapid weight loss kidnappers provided him with the diabetes medicines he needed". The kidnappers, who spoke Arabic, communicated with a bit of English with him rarely. He was moved two or three times but always blindfolded. The people of Mangalore heard him very warmly and honoured him all over the city.

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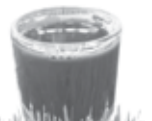
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Battle for the Soul of India

-*Fr. Cedric Prakash SJ

The 'soul' of India is in essence everything that makes up the greatness and wealth of India! From ancient history so vividly characterized by the Mohenjo-Daro and Harappa civilizations to the 'temples of modern India' so poignantly put by the statesman and first Prime Minister Jawaharlal Nehru; from the pluralism of religions to the diversity of cultures; from the grandeur of the Himalayan range to a coastline, the length of it few countries possess; to forests rich with flora and fauna and bio-diversity at large; from visionary leaders like Gandhi and Ambedkar to courageous human rights and free speech defenders; from a Constitution which has its core values in justice, liberty, equality and fraternity for all to the 'idea of India' which millions want to treasure and mainstream! All this and more embody the 'soul' of India!

In the last few years this 'soul' has been ravaged, raped, corrupted, communalized, manipulated in every possible way. Perhaps never before there has been such an urgency to restore the essence of this soul; to enhance it; not to leave it to fascists with their single-minded agenda of destroying it. Karnataka today has virtually become a modern day Kurukshetra. Come 12 May the elections in the State is in effect a 'battle for the soul of India.'

Social media is bursting with messages and cartoons; analysis and comments about the Karnataka elections. Several of the mainstream media have also taken sides on expected lines. There are already some 'polls' that have been conducted forecasting the 'outcome'. There is a powerful Kannada video (FB/YoungINDYI), with English subtitles, which has gone

viral! The message is loud and clear "what we eat; what we wear; who we love; what we say: **Should be our right!**" It is a video worth watching and sharing. It is all about how some fascists have been in charge in the recent past. The results of the Karnataka elections will not only impact the soul of the country but will also define the India of tomorrow; besides, it will have far-reaching consequences for the General Elections of 2019.

Recently (3 May) all major Indian channels highlighted the fact that Prime Minister Narendra Modi shared the stage in Bellary with Gali Somashekara Reddy, who is the BJP candidate from the area. Known as the 'Reddy Brothers', Somashekara and his two siblings Karunakara (also a BJP candidate) and Janardhana (who is actively campaigning for the BJP) are regarded as some of the most corrupt persons in India. It is common knowledge that all three have amassed an incredible amount of wealth (estimated to be at least 35,000 crores) through large-scale illegal and rapacious mining across the iron-ore-rich district of Bellary. All three brothers were lawmakers and Ministers when the BJP ruled Karnataka some time ago.

The PM thus sent an unequivocal message to all: the BJP will do anything to win the battle for the soul of Karnataka in the forthcoming elections, on 12 May. In the past, as a smokescreen, in the run up to elections in some States, they cleverly played the 'development' card. This time however, they have thrown all caution to the wind- neither development nor environmental concerns matter any longer. The writ of the Reddy brothers with their money and muscle runs large in certain areas of Karnataka. Besides, choosing the scam tainted 75-year old Lingayat leader B.S. Yeddyurappa as the chief ministerial candidate of the party only proves, that there is no one to rival the BJP in corruption and in looting the country.

In Karnataka, the BJP-supported right wing elements are doing all they can to destroy the sanctity and the rights guaranteed to every citizen by the Constitution. The State for years has been the bastion of the Congress and other secular parties, but in June 2008, the party won the State elections. There has been a downslide ever since. In September 2008, Christians and church institutions were attacked in Mangalore and other places across the State. Over the years, the BJP (even as opposition) has also played their communal agenda to the hilt, effectively dividing the people on religious and caste lines.

Sanjay Patil, a BJP legislator standing for elections from North Karnataka, amplified this agenda recently when he vociferously proclaimed, "This election is very important. It is not about roads, drinking water or gutters. This election is about Hindus and Muslims. Those who want to build the Babri Masjid, those who want to celebrate Tipu Jayanti, let them vote for the Congress. Those among you who want Shivaji Maharaj, those who want Sambhaji Maharaj, those who want to pray at a Lakshmi temple, you must vote for the BJP."

In the run-up to the elections, it was common knowledge that the right-wing elements were buying up people from different sections of society, just

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WHETHER MACRON'S STIRRING SPEECH, ON JINGOISTIC NATIONALISM AS AN ILLUSION THAT IS DIVIDING THE WORLD, IS AN WAKE UP CALL NOT ONLY FOR AMERICANS, BUT ALSO FOR US INDIANS?

by Eric D'Sa

By mere accident I happened to listen to the French Presidents live address to the joint session of the Congress of United States of America. It is one of the finest speeches that I have heard for a long time and it came as a surprise to me, as he was dishing out emphatically some home truths to his friend, President Donald Trump and many of his American supporters, of what he really thought was the wrong way the world was going, without mincing any words. As he spoke you could see the world was witnessing on their TVs, a real statesman of some unique qualities taking the prominent stage in this world. I am sure the world will hear more from him in the coming days, more of such home truths and we will have to be grateful for having such a world statesman, with a very clear vision among us.

Macron said, " Personally, if you ask me, I do not share the fascination for new strong powers, the abandonment of freedom, and the illusion of nationalism. The Unites States and Europe have a historical role in this respect, because it is the only way to defend what we believe in, to promote our universal values, to express strongly that human rights, the right of minorities and shared liberty are the true answer to the disorders of the world. I believe in these in these rights and values.

Speaking specifically on nationalism in particular, Macron really nailed his personal views to the high mast for all of us to see. He said, " We can choose isolationism, withdrawal and nationalism. This is an option. It can be tempting for us as a temporary remedy to our fears. But closing the door to the world will not stop the evolution of the

world. It will not douse but inflame, the fears of our citizens. We have to keep our lives wide open to the new risks, right in front of us. I am convinced if we decide to open our eyes wider, we will be stronger. We will overcome the dangers. We will not let the ram-paging work of extreme nationalism, shake a world full of hopes for greater prosperity"

We have not heard a world leader say such words emphatically for a long

YOU THE CITIZENS DECIDE:

time. We Indians specially love a globalised world that is open to receive our goods and our surplus young workers and provide them an open society, equal opportunity, freedom to profess their faith and remit back their savings. We believe we have a right to the H1-B visas and all their technology, but don't want refugees to enter our nation unless they are Hindus. We are these days fed to believe, unlike what Macron was trying to convey to the world by calling nationalism an illusion and a danger, that nationalism will solve all our current problems. By standing to national anthems before each movie we see and shouting " Bharat Mata Ki Jai" after every speech we make, would some how make our numerous problems disappear, is what we are being indoctrinated with constantly. Macron's speech is the sort of aggressive, head on challenge to such doctrines, that we the people of this country so desperately need. And of course our nationalism is worse than the one Macron is recoiling against, because it is a greater danger to our own people, against whom it is turned mostly against.

Macron further reminded his audience: "The most indestructible, the most powerful, the most definitive knot between us is the one that ties the true purpose of our people to advance, as Abraham Lincoln said, 'the unfinished business' of democracy, which is human rights for all". This should also be the same knot that unites the most powerful democracy in this world to the largest. This positive reference by Macron to human rights sounds quaint and out of place in our times. We in India need to be concerned that India's religious nationalism has managed to make the words ' secular' 'liberal' and more importantly ' human rights' an outrage on the people rather than what it is, the guarantor of their existence as humans.

The challenge for us Indians who have heard the speech of Macron or read it later, is to see the similarity in Macrons speech content and that of our nations constitution, that our great democratic founding fathers gave us, after debating its contents for long in the constituent assembly. More importantly it is a bigger challenge for us in a very large nation that is highly pluralistic in its make up, with all the religions and sub religions of this world, it's destructive caste and sub caste systems, the large number of languages written and spoken, different cultures, it's colourful clothes and varied spicy food habits. Contrary to all the expectations of other nations at that time we achieved independence, so far we have continued to show to the world, that we the people with all the above diversity, have managed to live as a nation in relative peace and harmony.

For all the hype that is being dished
(Contd.. on p. 9)

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out today about our glorious past history, no one has been able to show to the common man, a period when they had a free choice to chose their own leaders and rulers, be governed by the rules laid down in a written constitution of 'we the People, off the people and for the people'. The one large nation as we know today, never ever existed in our written history or even in days of mythology. The boundaries of our nation as we are today were unfortunately drawn up by foreigners and recent history has shown it could be flexible. Our founding fathers gave us a national flag, a national anthem and more importantly the single vote that we can use from time to time, to wisely choose our leaders and change them later if they do not perform. But most importantly they gave us a constitution that recognised the pluralistic nature of our persona. They enshrined in the constitution a number of freedoms and rights, which even the state could not strike out and most importantly ensured a number of independent institutions were set up to safeguard the fundamental rights of all its people.

A lot of muck is being thrown at our founding fathers and the democratic and non violent system they followed to govern our nation. If we discard the hype and look at the truth and facts, the world may have never seen a silent peaceful revolution that we have witnessed during the last 70 years, to raise millions of people from stark poverty and ignorance, to much longer and healthier life above the poverty line. For the first time in our history, a gradual empowerment of sections of the society who were for millenniums subject to humiliation is taking place, so that they could try and be equal citizens of this great nation. The world has marvelled of how this hugely diverse nation has managed the largest functional democracy and the peaceful ways in which it has gradually tried to bring in the required social changes and at the same time growth and prosperity to all its people.

A closed reading of Macrons strong words will reveal shamefully even to us, how narrow a people we Indians have become in recent days. The real strange thing that the themes that have been highlighted by Macron in his speech and warmly applauded by the congressmen who heard it, even with a long standing ovation when it ended, are closely aligned with those in our own constitution. When our nation awoke at the midnight hour just around 70 years ago, we it's people started on a journey that the mankind has never seen before. Would you the Citizens as we hear what Macron has said in his speech, take it as a wake up call to keep our eyes wide open, to ensure that what we and our leaders promised ourselves at that midnight hour, remains for long and keep us strong as a nation?

Happy Mother's Day!!

Mother's Day is celebrated throughout the world on the second Sunday of May every year. The extent of the celebration varies greatly. In some countries, it is potentially offensive to one's mother not to mark Mother's Day. In others, it is a little-known festival.



Motherhood is termed as the greatest gift of God to mankind and the creation will ever be indebted to its 'mother'. The word 'motherhood' symbolises love and kindness, patience, sacrifice, tenderness and many other human behavioural expressions in the human nature. It can be rightly said that these words could never have been in the dictionary without 'motherhood'.

Almost every single group in our society and every family relationship has a special day such as Children's Day, Women's Day, Father's Day, Labour Day and Mother's Day. It is a common saying in our society that all the days of the year are Mother's Day, but we cannot celebrate all the 365 days of the year as Mother's Day. That is why this day is celebrated on the 2nd Sunday of May each year so that everyone is able to celebrate this day with their mothers who gave them birth.

Keeping aside a day especially for mothers out of the 365 days of the year, is a good idea. A mother has been historically expected to contribute her whole career to her family. Mothers are loving and they play a vital part of a child's care. A mother is always with her child during the worst and best times. A mother is a great gift for us from God and no one can take the place of a mother. So without a mother, our life is black and white as a mother is everything for a child to survive in this world.

A mother is the only person in the world whose love is very much pure and unlimited for her children. She is a personality who needs just love and a smile from her children to make her life a pleasure. Don't mother's deserve a smile? Absolutely, they do deserve more than a smile because they only demand happiness from their children. Finally, never ever hurt your mother and always give due regard and respect to her. Mother's Day is a happiest and highly memorable day of the year for every child.



**Happy Mother's Day!
May God bless you!!**

BY JUBEL D'CRUX

(Contd.. from p. 7)

to split the votes of the other parties. The 'demonetization' heist foisted by them on the nation provided them and their crony capitalists a windfall. Therefore, they do in fact have plenty of 'black money' to buy up unsuspecting people and to continue with their divide-and-rule strategy. A young ambitious Catholic doctor from Mangalore, who felt that the Congress had no time to 'listen' to him – very candidly said recently that the BJP is offering him a 'ticket' in the next elections. Of course, they will do so! They will also make sure that this 'Christian' will be made to stand from a constituency from where he is bound to lose; but would help in dividing the votes.

Freedom of speech and expression, like in other parts of the country, has taken a severe beating in Karnataka too. The fascist forces have left no stone unturned to throttle anybody who takes a stand for justice and truth or for that, matter thinks differently. On 30 August 2015, eminent intellectual Prof. M. M. Kalburgi was brutally murdered in Dharwad. On 5 September 2017, journalist-activist Gauri Lankesh was gunned down. Both Kalburgi and Lankesh were highly critical of the Sangh Parivar.

In 2015, Professor B.P. Mahesh Chandra Guru, dalit intellectual (also a professor of journalism) offered an interpretation of the Ramayana, in which he said Ram was guilty of misogyny when he banished pregnant Sita to live alone in a forest. He used the Kannada word 'alemari' to describe Ram.

Guru says, "I meant he was 'nomadic' or 'wandering'". Eighteen months later, Guru spent eight days in a Mysore jail after some functionary (who was not present at the lecture) of a Hindutva group 'Karunawu Sarvodaya Sene', took offence at Guru's speech and filed a police complaint, claiming that his Hindu religious sentiments were hurt, since Guru called Ram a "loafer". At first, Guru's bail plea was rejected and he was released only after he spent over a week in prison. Today Guru continues speaking out vehemently against those forces who trample 'freedom of speech and expression' and destroy the intellectual fibre of the country.

Mangalore will never forget 24 January 2009 when a group of goons belonging to another extremist outfit the 'Sri Ram Sene' barged into a pub, beat up young women and men, screaming at them for having "loose morals". The group claimed that the women were violating traditional Indian values. Two women were hospitalized for the injuries they sustained. However, after more than nine years, a lower court in Karnataka on 13 March acquitted twenty-six of the attackers including the founder of the group, Pramod Muthalik for 'want of evidence'. This was indeed a travesty of justice. There is ample amount of video evidence to show how blatantly the goons had carried out the attack. Fortunately, a group of concerned citizens, 'the Citizens Forum for Mangalore Development' has launched a massive campaign demanding that the state government appeal the ruling so that the cause of justice is served and the attackers are suitably punished.

an culture, all this, while mishandling and reportedly molesting the women themselves.

More recently, in June 2017, the Sene made its opposition to an *iftar* hosted inside the ancient Udupi Sri Krishna temple by the head of the Pejaware Mutt, Sri Vishvesha Teertha Swamiji, and called for a statewide protest against it. The outfit couldn't swallow the bitter pill that at a time when their ilk the Hindutva forces were galvanizing themselves across the country and cow vigilantes were making headlines nearly every month, the Swamiji had invited both Hindus and Muslims to promote communal harmony.

The elections in Karnataka is no longer about an impartial, objective look at this or that national political party. It is about a more subjective and passionate look, at the future of India. When Union Minister Anant Kumar Hegde said on 25 December 2017, in Bangalore, "we are here to change the Constitution" – only a very few would have thought that he was talking through his hat. A victory for the BJP in Karnataka would be a significant step closer towards the realization of this one objective. It is true that on some other points there might be little to choose from the two major parties. However, on the point of the Constitution, on the diversity of the country and on the pluralistic, secular fabric of the country, there can be very little doubt, on who is on the side of the people of the country. No one can deny though that the coming elections in Karnataka will truly be a battle for the soul of India.

*(Fr Cedric Prakash sj is a human rights activist. Contact: cedricprakash@gmail.com)



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With due patronage received from the BJP/RSS combine, the Sene over the years has been taking law and order into their own hands, and pretending to be the sole custodian of 'Hindu Culture' They have made 'love jihad' their main objective, attacking any couple in love who belong to different religions. In 2012, a group of them attacked a party of youngsters enjoying inside a private guesthouse in Mangalore and manhandled them, accusing them of indecency and violating Indi-

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Horse Sense

It was sad to hear the news report about a young girl falling off a horse in Matheran. The child is supposed to have suffered head injuries and had to be rushed to Mumbai for proper medical care. A similar incident had occurred in South Mumbai Band Stand. There the girl succumbed to the head injuries. The BMC acted swiftly banning horses or ponies not only at the Band Stand but also from all the beaches. The reason for the ban is not only the safety of the kids but to avoid exploitation of the poor animal – the horse. A few years back, the horse carriages were also banned because the owners did not take good care of the poor animals and exploited for money. The PETA activists were happy as their long standing demand was met. They viewed these joy rides on ponies and in carriages as cruelty to animals. Do these activities really amount to cruelty? Kids hardly weigh much. A couple of passengers in a horse carriage hardly amount to much. The carriage also shares part of the burden.

The larger question is why this concern only for horses. Are bullocks and even donkeys not being used in villages and small towns to ferry people as well as huge pay-loads? They are underfed as there no one bothers there, unlike the cities. Why no concern is shown to those poor animals? They too deserve sympathy because the exploitation is more in rural areas. Those animals are no different from the urban animals particularly horses. Are we not being selective in our 'love for animals'? Just because the horse has a royal look does not mean that it should not be exploited? This is a case of class bias. PETA must show same concern for ALL animals. You don't need horse sense for this. This is common sense.

Banning horses and ponies from beaches and Band Stands is not the answer. There is a demand to extend the ban to places like Matheran. This is absurd because the ponies are the only means of transport in that hilly region to ferry men [children, the old and infirm] beside material. Bulk of the local population depends on ponies for their livelihood as there is hardly any manufacturing or other commercial activity to provide employment to all the local people. Such a step would be cruel. If the safety of the kids enjoying horse rides is a concern, one can always find

VIEWS on NEWS

some solution to such problems. You cannot throw out the baby with the bath water. It may be worthwhile to develop smaller helmets suitable for children. They can wear such helmets while riding a horse or a pony. Surely, we have enough expertise in this country to develop this simple device. People travel to places like Matheran only to enjoy horse rides as there is no other entertainment. Every horseman should be asked to compulsorily provide helmets to the riders. Why deprive the poor kids of their small joys?

Holy Ministers – a 2019 trailer

MP CM, Shivraj Singh Chouhan takes the cake for appointing a few Godmen as ministers. Normally a CM consults the High Command in such matters, so we can safely assume that he had the blessings of the party president. Was this a case of majority appeasement or a deal to preempt some scandal from coming to the fore? If reports are to be believed, one of the Godmen had threatened to bare some facts which could highly embarrass the CM in the election year. In his desperate attempt to preempt it, the CM makes him a minister and adds a few more to make it look like a normal cabinet expansion.

We already have CM Yogiji [of Nautangi fame post school kids tragedy] who is a Godman in UP and a few other Holy men and women at the centre / Parliament and therefore it appears that it is likely to be a norm rather than an exception. One of such MPs inaugurates a Night Club – some 'We Meet Night Club'. The name says it all but the MP thought it was a 'normal' restaurant. Is this not a joke on our intelligence? Of course they are citizens of the country and are eligible to be appointed ministers. But when men of God choose to serve God, it is understood that they remain away from materialistic world. This is the general norm in any religion. But somehow for the BJP, power is so important that they are prepared to deviate from the established practice. How else would you justify a CM appointing as many as five of them as ministers? Maybe the BJP is contemplating a full-fledged Holy cabinet in 2019. No doubt, the majority community is unhappy that the non-BJP



by Marshall Sequeira

parties have been indulging in minority appeasement but to replace it with majority appeasement is being no different. You can take a high moral ground when you scrupulously avoid it. By doing this, you have lost the right to even speak about it. Appeasement of any kind is not a very healthy sign in any democracy – more so in India which has such diversity and pluralism. "Sabka ka Vikas" cannot be achieved when you indulge in such gimmicks.

Without any malice, unfortunately the likes of Baba Ram Rahim, Assaram Bapu and his son, Nityanand, Chandraswami to name just a few - all self proclaimed spiritual leaders have demeaned Hindu religion. Some of them have been charged with heinous crimes. Crimes against women and other serious misdemeanors against society have made these men unholy and repulsive. Of course there are many good Holy men doing yeomen service to society through good work of charity and religiosity. But the bad guys have hijacked public attention towards them through their cronies and built a massive propaganda and wealth around them. This has alienated the good guys who remain on the sidelines.

The nation is going through a very difficult period for variety of reasons. With agrarian distress topping the list, there are social tensions caused by the fringe elements. The politicians from all parties have tried to capitalize on the social unrest for electoral gains. The society is getting increasingly polarized which could harm the secular fabric of the nation during the next elections. The parties in power must refrain from doing anything that could aggravate the fluid situation. The nation comes first and that should remain the mantra. While political parties have a shelf life the nation is eternal provided we nurture it. As a PM for the whole country, he has a huge responsibility to ensure that. He has the power and the capacity but will he be allowed to have his way by RSS and others?

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PRAYER TO THE HOLY SPIRIT



"Holy Spirit, thou who makes me see everything and shows me the way to reach the ideal. You who gives me the divine gift to forgive and forget the wrong that is done to me and are in all instances in my life with me. I, in this short dialogue want to thank you and confirm from you once more that never want to be separated from you, no matter how great the material desire may be. I want to be with you and my loved ones in your perpetual glory. Amen".

— M. Rodrigues

Prayer & Thanksgiving Prayer to the Sacred Heart



Oh Lord Jesus Christ, to Your most Sacred Heart I confide this intention (your request). Only look upon me, then do what your love inspires. Let your Sacred Heart decide ... I count on You ... I trust in You ... I throw myself on your mercy. Lord Jesus, You will not fail me.

Sacred Heart of Jesus, I trust in you.
Sacred Heart of Jesus, I believe in your love for me.

Sacred Heart of Jesus, Your kingdom come.

Sacred Heart of Jesus, I have asked you for many favors, but I earnestly implore this one. Take it, place it in your open Heart. When the Eternal Father looks upon it, he will see it covered with your Precious Blood. It will be no longer my prayer, but yours, Jesus. Sacred Heart of Jesus. I place all my trust in You, Let me not be disappointed. Amen.

— Devotee Hilda, Bandra

Thanksgiving



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

—A Devotee

THE WORD

Passport to Heaven

John 3:16

God Grant me the SERENITY to accept the things I cannot change..... COURAGE to change the things I can, and WISDOM to know the difference



"Thy will, not mine be done"

—Louis M. Coelho

Thanksgiving



Thanks to
Our Lady of
Perpetual Succor
for favours granted

—Baby Liberata,
Goa

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

Prayer to St. Expedite for solving a financial crisis



I call forth the Power and the presence of **St. Expedite** in my time of financial trouble. I offer my body, heart, mind and soul upon your altar of light. I have faith and trust and complete confidence that you will be my strength in this time of need. Quickly come to my assistance.

(State Your Petition) _____
My financial need is urgent. Be my

Light and Guide in this situation so that I may live with peace, love, prosperity and abundance and in the Praise of God.

Amen. (Promise Publication)

—A Devotee

Spice up your relationship

Keeping your relationship fresh is hard work. Though you may be more in love with your honey than ever, you have to make an effort to keep your connection and your love life from growing stale. If you want to know how to spice up your relationship, just follow these easy tips.

Do you find sometimes that your relationship is becoming stagnant? Sometimes when you get comfortable with your special significant other, you can find yourselves missing out on the old romance that brought you together in the first place. There are a few little things that you can do to put the spark back into the fire and find what it was that brought you together in the first place. Sometimes the little things really do count and you can show each other through the little gestures. Look through some of these suggestions to spice up your relationship and love life.

Post on social media

Without being a show off, sometimes post a true and unexpected praise for them on Facebook or Twitter. Let the world know why they mean so much to you. But do not overdo it, as it may look like you are being over the top. Such messages would mean a lot to your partner on special days, like their birthdays and your anniversary.

Send him roses

Rose being a symbol of love and togetherness does wonders for your relationship at any phase of your life. Send roses to your spouse's workplace. This is yet again an effort



to re-create your college or courtship days, telling your partner that you are still attracted to them. The creative idea here is to collect different types of roses and send it along with a note mentioning different things you like in your partner.

Give missed calls

When you are in office or out for official work, you can give a missed call to your partner in between your breaks or so. As this indicates that you miss your spouse. This also shows that while you are out on work your partner is still in your mind and heart. So, give a missed call to show that you miss them.

Have a different date

Surprise the other with a special date on the rooftop or a random day trip to a fantastic area to take a hike together. Clear your schedule and make a quick weekend get away or justt even make time to go out for coffee on a weekend morning. Make sure you make time to have these dates on a regular basis.

Flirt in a crowd

Catch your husband's eye in a crowded room and wink at him. Pass him a note that says you're always available for him and you think he's cute.

Give compliments

Compliment him on something unexpected and boost his ego

for the rest of the day. Tell him how you feel when he holds your hands or kisses your cheek. By the way, the more you compliment him on certain behaviours, the more he'll repeat them.

Flirting is the most playful way to spice up any relationship as it tells your partner that you are still attracted to him. As the saying goes, never let the romance inside you die. It is a huge part of a relationship, yet the first thing to go out the window, after marriage and kids. So, do not let it go out and maintain the spicy relationship with your spouse.

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Youth as nation builders

ENGAGING YOUTH AS nation builders can be a key strategy whether a nation is brand-new or hundreds or thousands of years old. Read on to know more

Today's youth are the nation's future. Children and youth can participate in creating, teaching, sharing and promoting flags, anthems, national days, national stadiums, national airlines, national languages and national myths - in short, the nation itself. Young people can also be essential in bringing different groups into a nation, whether tribes, ethnicities or religions. This can all change the world in positive ways and young people can be essential to every part of it.

How youth can change the world:

Youth as policymakers:

Engaging youth as policymakers can transform national identity, belonging and purpose in powerfully engaging ways, both for young people and adults. Given opportunities to be elected to office, serve in governmental roles and conduct official business, children and youth can become substantive nation-builders whose roles ensure relevance, effectiveness and sustainability.

Youth-led programmes:

Youth-led action focussed on nation-building can include educational. Social, cultural and political engagement that helps people of all ages learn, grow and become active citizens. Youth-led programmes start with educational opportunities for children and youth that deliberately move them from being passive recipients of adult-led programmes to-



wards becoming self-led. Doing this can support long-term commitment and significant outcomes.

Youth as advocates:

When adults won't ally with children and youth or when youth voice is denied throughout government organisations, youth as advocates can shift opinions, attitudes and cultures. Rallying their families, peers and communities, youth can lead protests, develop research projects, teach nation building, evaluate current efforts and proposals and demand youth involvement in decision making.

Things youth need to change the world

Education:

Teaching young people about nation building isn't enough. Learning about nation building requires devoted learning time as well as doing the work of nation building and reflecting on nation building. Skills such as critical thinking and communication, as well as the knowledge of history, diversity and empowerment are important for young people to learn, too.

Inspiration:

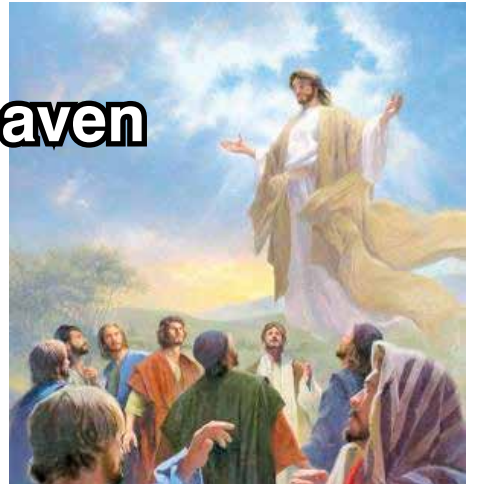
After centuries, decades or years of oppression, alienation and separation from adults throughout society, it may be vital to inspire young people to action. Sharing stories of children and youth in a nation's history and acknowledging the role of diverse communities can motivate young people.

Opportunities:

Providing practical, tangible opportunities to become engaged in the work and see the outcomes of nation building is essential. Whether activities and programmes are youth-led or rely on youth-adult partnership, it can be important to show young people specifically what they can do and how they can get it done.

The role of the youth in the nation building is crucial. They are problem solvers, have a positive influence on other young people and the nation and are extremely ambitious. They have the ability to create an identity for themselves and move the nation forward. However, they will not be able to do this without the support of their government and fellow youth. So the youth can make the beautiful lands of their nation flourish and shine in success.

Jesus Was Taken Up Into Heaven



consubstantial with us in every respect except for sin". (Heb.4:1).

The liturgy declares: "Jesus was taken up into heaven". (Mk.16:19). Not surprisingly, we read of how two men in shining white robes were present in the crowd. They spoke of the Beatific Vision, saying: "Men of Galilee, why do you stand looking into heaven? This Jesus, who was taken up from you into heaven, will come in the same way as you saw him go into heaven." (Acts1:11).

In the Old Testament, the psalmist had cried in joy when he correctly predicted: "God has gone up with a shout, the Lord with the sound of a trumpet." (Ps.47:5).

In the First Epistle of Timothy (3:16) states that Jesus was taken up in glory.

"Great indeed, we confess, is the mystery of our religion: He was manifested in the flesh, vindicated in the Spirit, seen by angels, preached among the nations, believed on in the world, taken up in glory."

This day, the unimaginable happened: "Jesus was taken up into heaven." (Mk.16:19).

The Ascension of Christ put closure to the magnificent true history of the world's greatest living faith. The Jewish Messiah had carried out all the predictions of the holy prophets; he had fulfilled the Word of God, and gifted humankind with the wisdom, protection and inspiration of the Holy Spirit.

It was a surprisingly bright day on Mount Olivet, northeast of Bethany, where Jesus stood tall and in clear view of all the people gathered before him. It was the perfect scenario for his ascension.



BY MELVYN BROWN

But even as Christ spoke, others listened, observed and remembered: "And these signs will accompany those who believe; in my name they will cast out demons; they will speak in new tongues; they will pick up serpents, and if they drink any deadly thing, it will not hurt them; they will lay their hands on the sick, and they will recover." (Mk.16:17-18).

"And when he had said this, as they were looking on, he was lifted up, and a cloud took him out of their sight." (Acts.1:9).

Christ had ascended to his Father. The final chapter was closed. Eternity would bear witness to his suffering, pain and sacrifice. He had won victory over death. He had died for our sins: Jesus

Christ, Incarnate God.

Jesus had known about his Ascension which had yet to come. He had asked his disciples, "What if you were to see the Son of man ascending where he was before?" (Jn.6:62).

It is interesting to note that in Jerusalem there is a Chapel of the Ascension where a place is marked with a stone foot-imprint, many claim it to be the footprint of Jesus.

The Resurrection and the Ascension are the forte of the faith. In a man-centric earth, the ego-centric person should try, in his quiet moments to be Christ-centric.

Years after the Ascension of Christ, The Council of Chalcedon (451) stated: "We declare that he is perfect both in his divinity and in his humanity, truly God and truly man composed of body and rational soul; that he is consubstantial with the Father in his divinity,

This was the fortieth day since his resurrection. The apostles, in their simple, spotless tunics and discolored robes, moved forward to be closer to Christ, especially to absorb wholeheartedly every word of the Messiah.

Earlier, after the resurrection Jesus had appeared often to his disciples and he had drawn their attention to the Kingdom of God, telling them all that was needed for the establishment of His Church.

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Picnics, Peaceniks, Peacemakers & Pacemakers

(Contd... from last issue)

by **chhotebhai**

He also cautioned against unnecessarily communalising situations. He gave the example of the Konkan Railway (KR) in 1994, when he was the National President of the AICU. Two senior Catholic bureaucrats in Delhi asked him to oppose the KR as it was a threat to Catholic holy places, life and culture in Goa. Despite pressure being exerted on him he declined to give a communal colour to that national project.

This presentation was followed by group sessions where the participants were asked to respond to four questions:

1. To propose ways to collectively and individually promote peace
2. To identify the methods/tactics used to inflame communal passions
3. To determine the role of the mainline/ social media in promoting peace and communal harmony
4. Whether it was proper to pursue aggressive forms of evangelization in an already communally surcharged atmosphere.

The responses were enlightening. It was felt that we should not wait for things to happen, but we should take pre-emptive steps to promote peace. We should have common celebrations of major festivals like Diwali, Eid and Christmas. Others advocated the formation of neighbourhood parliaments. There was a need for inclusive language, and not pointing out the "other". Children, in particular, should be made agents of peace.

The groups were unanimous that the social media was being exploited for spreading communal hatred. Hence

it was imperative to verify messages on WhatsApp etc instead of blindly forwarding them. We should not be "WhatsApp Crusaders" who have no other commitment to society. Likewise we need to be wary of religious polarization disguised as "social engineering", especially before elections. It was also felt that some TV channels had been sold out to the powers that be, and had thereby compromised their role as watchdogs. They had become stooges in the hands of the powerful, repeating ad nauseum what their political masters wanted to con-



vey.

Contrary to popular perceptions about sensationalizing news, an example from Andhra Pradesh was given of how a newspaper began a weekly page on "positive news", and its circulation actually increased manifold.

The participants were again unanimous in rejecting all forms of aggressive or insensitive proselytisation. We should never condemn the beliefs, practices or sacred symbols of other religions. There was also no need of "competitive" religion, using loud-speakers or taking out processions on the roads, thereby inconveniencing others. Christian evangelists needed to be humble and broadminded.

The next session was on the "Christian Contribution to make India what she is Today". This was presented by Sqn Ldr Mohan Philip (Retd) and Dr Raju Abraham. It was an important counter narrative to negate the criticisms levelled against the Christian community in some quarters, where our loyalty to the nation is questioned.

Dr Sunil Sardar, a firebrand dalit leader from Maharashtra, spoke on "An Indian Face of the Christian Faith". He sought to re-interpret classical Christian beliefs in ancient Indian terms. The social reformist Jyoti Phule had referred to Jesus as Bali-raj, the sacrificial king. He strongly felt that Christian churches had not done enough to integrate the dalit community into their own.

Dr Kasta Dip of the Indian Peace Centre, Nagpur, opined that 90% of the conflicts in India were linked

to religion, hence the urgency to tackle this. Most religious leaders do not undergo critical examination of their thoughts and actions. They need exposure to other points of view. There is too much of generalization and absolutism. We tend to see everything in black and white, rather than in several shades of grey. None of us has a monopoly over truth. His centre in Nagpur conducts weeklong residential programmes for youth from different religious persuasions to help them recognize and appreciate each other.

Rev Joy Karayampuram SJ of the Indian Social Institute, New Delhi, shared his rich experiences of promoting peace. He averred that the preamble

(Contd.. on p. 18)

Inspiration!

Stop Overthinking and Start Living

COULD YOU? WOULD you? Should you? Welcome to the mind of an over-thinker otherwise known as someone who has too many tabs open in his or her brain at all times. There is no switch-off button there - it's a constant cycle of thoughts! Sure, as a human, we all have a brain and we all use them but chronic overthinkers repeat conversations they had yesterday, second-guess every decision they make and imagine disastrous outcomes all day every day. Thinking too much prevents them from getting anything done and it wreaks havoc on their mood. Like all habits, changing your destructive thought patterns can be a challenge. But with consistent practice, you can train your brain to think differently

Worrying is like sitting in a rocking chair. It gives you something to do but it doesn't get you anywhere.

You will never be free until you free yourself from the prison of your own false thoughts.

What is holding people back from the life that they truly want to live? They overthink every little problem until it becomes bigger and scarier than it actually is. They overthink positive things until they don't look so positive anymore. Or over-analyse and deconstruct things and so the happiness that comes from just enjoying something in the moment disappears. We bring you ways to stop overthinking everything and also how you can become a simpler and

smarter thinker and to live a happier and less fearful life.

Be aware:

Before you can begin to address or cope with your habit overthinking, you need to learn to be aware of it when it's happening. Any time you find yourself doubting or feeling stressed or anxious, step back and look at the situation and how you're responding. In that moment of awareness is the seed of the change you want to make.

Distract yourself:

Sometimes it's helpful to have a way to distract yourself with happy, positive, healthy alternatives. Things like mediation, dancing, exercise, learning an instrument, knitting, drawing and painting can distance you from the issues enough to shut down the overanalysis.

Be rational:

It's always easy to make things bigger and more negative than they need to be. The next time you catch yourself making a mountain out of a molehill, ask yourself how much it will matter in five years or for that matter, next month. Just this simple question, changing up the time frame, can help shut down overthinking.

Challenge your thoughts:

It's easy to get carried away by negative thoughts. So before you conclude that calling in sick is going to get you fired or that forgetting one deadline will cause you to become homeless, acknowledge that your thoughts may be exaggeratedly negative. Remember that your emotions will interfere with your ability to look at situations objectively. Take a

FEW WORRIES OF THE OVERTHINKERS

- They know relationships can be challenging.
- They worry a lot.
- They plan more than they undertake.
- They are victims of mind.
- They have it tough sustaining a relationship.
- They just can't forget.
- They have to apologise for everything.
- They ask themselves a lot of questions.
- They are always comparing themselves to others.
- A sound sleep is rare for them as they are in swirl of thoughts.

step back and look at the evidence. What evidence do you have that your thought is true? What evidence do you have that your thought isn't true?

Change the channel:

Telling yourself to stop thinking about something will backfire. The more you try to prevent a thought from entering your brain, the more likely it is to keep popping up. Change the channel in your brain by changing your activity. Exercise, engage in conversation on a completely different subject, or work on a project that distracts you. Doing something different will put an end to the barrage of negative thoughts.

Realise that you cannot control everything:

Trying to think things through 50 times can be a way to try to control everything. To cover every eventuality so you don't risk making a mistake, fail or looking like a fool. But those things are a part of living a life where you truly stretch your comfort zone. Everyone who you may admire and have lived a life that inspires you has failed. They have made mistakes. So stop trying to control everything. Trying to do so simply doesn't work because no one can see all possible scenarios in advance.

(Contd.. from p. 16)

to the Constitution of India, and the Fundamental Duties of citizens as enshrined in Article 51(A) should be the mainstay of our peace mission. His institute had formed a Shanti Sadbhav Manch in 2006, and was working in 7 States of central India, with 40 units, to promote peace, especially in and through school children. For Govt schools they had obtained permission from the concerned authorities.

Sri Augustine Veliath, who had worked with several UN organizations for several years spoke on the "UN and International Peace Initiatives in India". He admitted that in many ways the UN had failed in its peace keeping mission. He is now the Chairperson of a UN agency, the Non-Violence Project Foundation, India. Its symbol is a gun whose barrel has been twisted out of shape, rendering it useless. This symbol, now adopted by the UN, was made by a Swedish sculptor to honour John Lennon, one of the four Beatles; who was killed because he promoted peace through his songs. This is a price that peace makers must be prepared to pay.

On the final day of the Seminar Swami Sachidananda conducted an ecumenical service which called for a commitment to his STF for promoting peace through his Tyagarchana (happy childhood) programme. 31 of the 81 delegates gave a written pledge to join the movement. Some others said that though they may not be formally

part of this movement, they would nevertheless collaborate in different ways for promoting a culture of peace.

The service was followed by Swami Sachidananda's vision of a "Second Freedom Struggle" for India. He had begun it as a fight against corruption, but soon realized that it required a spiritual and moral struggle to change peoples' attitudes. Working in an NGO mode was not enough for obtaining this freedom. He gave the example of himself organizing 20 peace meetings in Muzzafarnagar after the communal riots had erupted there a few years ago.

For a plan of action several suggestions came from the floor of the house. Dr Joseph from Chennai gave the example of children's parliaments that he is running, involving three lakh children. Dr Sundar reiterated that we should have a special outreach to the so-called lower castes. We must break the culture of dominance and arrogance. Baba Gautam from Kasganj, U.P., said that there was a greater need for prayer. Swami Mukhtanand from Kerala appealed for concern for the environment. His organization had created a green belt by planting trees in a 17 kms stretch on the Kollam coastline. Acharya Ram Surat from Ayodhya, quoting Dr Ambedkar, said if you educate a woman you are educating an entire generation. Rev Anand felt that there was a concerted effort to bring back a manuvad culture. Dr Raju Abraham from Mirzapur, U.P., said that we should avoid Sanskritization/Brahmanization in our discourse, else we will alienate the Ambedkarites. We also need to counter the presentation of ancient myths as scientific facts. He said that if 25% of the country is committed to a particular political ideology it cannot be just wished away. Sr Marianne SCN from Mokameh, Bihar, said that we need to involve the first tier of

democracy, the gram panchayat (village council) in our efforts for peace. Rajeev Sapera from Kannauj, U.P., opined that it was necessary to align with a secular political party to attain one's goals. This was an open house, and not a collective intent; but nevertheless gems of wisdom that could guide our future course of action said Rev Norbert Menezes SJ from Patna.

The seminar concluded with the Delhi Declaration. It was not a resolution or a diktat but an expression of intent. It included a four-point charter for the 31 persons who had volunteered for the STF. This was followed by the release of Swami Sachidananda's latest book by Padmashree Rev Dr Tom Kunnunkal SJ. In his concluding remarks chhotebhai said that the word "impossible" was not in God's lexicon. God's greatest "weakness" was that he was a poor mathematician. His numbers never stacked up, as evidenced by the feeding of 5000 with just five loaves and two fishes. The Seminar, not the mission, ended on this note of faith, hope and trust.

Among those who had actively contributed to its success were the local co-ordinators Dr Nalini Abraham, Deepak and Monica Verma. Special mention must be made of Rev George Peter SJ, the unassuming and indefatigable Director of the NRC, Thomas Satyanand DCP, who did all the programming and photography, Acharya Rajhans DCP, from Nagpur, Sr Benedicta Pinto AC from Patna and Rev Allwyn Misquitta SDB from Aurangabad, Maharashtra. The choir was led by Praveen Ddungdung of St Patrick's youth, Kanpur. Incidentally, the largest contingent of 18 delegates came through the Kanpur Catholic Association.

It is hoped that this humble effort will contribute to promoting that much sought after, and often elusive, culture of peace. Surely some of those who attended will have come out of the picnic mode to become, not just passive peaceniks, but real peacemakers and true pacemakers!

** The writer was the Co-convenor of this National Seminar.*

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

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Grooms



MATRIMONIALS

6768 MANGALORE : Mangalorean Roman Catholic Divorce, (Born in August 1975), Ht. 174 cms, Wt. 70 kgs, Wheatish Complexion, Edn. HSC + 2 years Mechanical, working on Cruise Line. Contact email : roshanpilar@gmail.com

6766 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in August 1973), Ht. 5' 5", Wt. 68 kgs, Tan Complexion, Edn. SSC, working as a Mech. Fitter in Private Limited Company. Having own accommodation. Contact email : maxielobo1973@gmail.com

6735 MUMBAI : Born and brought-up in Mumbai, Tamilian RC Bachelor, (Born in August 1977), Ht. 6', Wt. 89 kgs, Tan Complexion, Edn. FYJC. having own Transportation Business. Contact email : michaelenterprises07@gmail.com OR 9222008111

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 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

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

6424. MUMBAI : East Indian Roman Catholic Bachelor, (Born in October 1991), Ht. 5' 11", Wt. 65 kgs, Fair Complexion, Edn. B.Com., well employed, working as Sr. Customer Care Executive. Contact email

: gerardd754@gmail.com, Mob:9594766322 / 9930620943

6250. MUMBAI : East Indian Roman Catholic 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

6353. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in December 1977), Ht. 5' 11", Wt. 80 kgs, Fair Complexion, Edn. HSC + Dip. in Catering, working on cruise line in store department. Handsome, sober, having own house, seeks a simple, godfearing, working Mangalorean girl. Currently in Mumbai contact immediately. Contact email : lewisroyston@yahoo.com OR 7208759704

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

6507. MUMBAI : Mangalorean Roman Catholic Bachelor (Hearing Impaired) (Born in September 1989), Ht. 5' 9", Wt. 62 kgs, Fair Complexion, Edn. HSC., Dip. in Computer Hardware. Working as a Cashier. Contact email : clifford9948@gmail.com OR 9920331773

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

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6867. PUNE : Goan Roman Catholic Bachelor, (Born in April 1984), Ht. 5' 4", Wt. 70 kgs, Wheatsih Complexion, Edn. MBA Finance, working For Bank. Contact email : adrian.aries@gmail.com

6865. MUMBAI : East Indian Roman Catholic Bachelor, (Born in November 1986), Ht. 5' 4", Wt. 60 kgs, Fair Complexion, Edn. B.Sc., working as a Senior Risk Operations Analyst in Finance Company. Contact email : ryberg07@hotmail.com

6800 MUMBAI : Goan Roman Catholic 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

6799 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in November 1989), Ht. 5' 11", Wt. 95 kgs, Fair Complexion, Edn. B.Sc., Nautical, working as a 2nd Officer in Merchant Navy. Contact email : dsouzaal.89@gmail.com

6798 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in November 1987), Ht. 5' 8", Wt. 74 kgs, Fair Complexion, Edn. BE, working as a 2nd Engineer in Foreign Ship. Well settled, handsome, simple and humble. Contact email : marialewis198@gmail.com

6797 MUMBAI : Goan Roman Catholic Bachelor, (Born in December 1987), Ht. 5' 7", Wt. 72 kgs, Wheatish Complexion, Edn. B.Com., working for Five Star Hotel in Mumbai. Contact email : johnserrao14@yahoo.com

6796 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in August 1985), Ht. 5' 5", Wt. 68 kgs, Wheatish Complexion, Edn. BE- IT & PGDM - Operations, working as a IT Audit. Contact email :

shawnds185@gmail.com

6794 MANGALORE : Mangalorean Roman Catholic Divorcee, (Born in May 1976), Ht. 5' 6", Wt. 74 kgs, Wheatish Complexion, Edn. M.Sc., MS Counselling & psychotherapist, Working as a Associate Professor in Psychology & Counselling at Managalore. Contact email : naveensrasquinha@gmail.com

6788 MUMBAI : East Indian Roman Catholic Bachelor, (Born in May 1987), Ht. 5' 3", Wt. 75 kgs, Wheatish Complexion, Edn. Diploma in Industrial Electronics, BAMAC., Having own business. Contact email : info@icmtraining.in

6787 MUMBAI : Goan Roman Catholic Bachelor, (Born in August 1986), Ht. 6' 1", Wt. 80 kgs, Wheatish Complexion, Edn. 12th Std., born, broughtup, worked in Bahrain, currently settled and working in Mumbai. Contact email :

schinderfernandes1986@gmail.com

6786 MUMBAI : Goan Roman Catholic Bachelor, (Born in May 1981), Ht. 5' 11", Wt. 65 kgs, Fair Complexion, Edn. BA working as a Sales Associate. Contact email : saviotorres56@gmail.com

6784 MUMBAI : Roman Catholic Divorcee, (Born in April 1982), Ht. 6', Wt. 75 kgs, Wheatish Complexion, Edn. MBA working as a Accountant. Contact email : getaustin@gmail.com

6783 MUMBAI : Goan Roman Catholic Bachelor, (Born in June 1983), Ht. 5' 4", Wt. 60 kgs, Wheatish Complexion, Edn. Edn. H.S.C. working as a Dept. Manager. Contact email: faugustine992@gmail.com

6781 MANGALORE : Mangalorean Roman Catholic Bachelor, (Born in January 1989), Ht. 5' 11", Wt. 60 kgs,

Fair Complexion, Edn. MBA (Finance) working as a Corporate Officer. Contact email : sudeshmascarenhas@gmail.com

6778 USA : Mangalorean Roman Catholic Bachelor, (Born in December 1989), Ht. 5' 6", Wt. 65 kgs, Very fair Complexion, Edn. B.E. Electronics / Telecom Engineering, M.S. in USA, working as an Engineer. Contact email : jenniferdmello@gmail.com

6777 MUMBAI : Wanted Bride (Spinster, widow or Divorcee) Mangalorean or Keralite christian for a Bachelor Mangalorean R.C., Ht. 5' 9", Age 49 years (Born in April 1968), Own Business, own house in Mumbai & Mangalore. Girl should be min. HSC, Ht. above 5' 5". Contact email : patberin@yahoo.com OR Mob: 09322156322

6773 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in April 1989), Ht. 5' 10", Wt. 76 kgs, Wheatish Complexion, Edn. B.Sc. (I.T.), working as a Information Security Analyst, Contact email : conyderic.andrade@gmail.com

6771 CANADA : Bombay born, broughtup and educated Kerlaite Roman Catholic Bachelor, (Born in October 1987), Ht. 180 cms, Wt. 75 kgs, Fair Complexion, Handsome, Edn. B. Tech Computer Engineering, working as a Software Engineer. Permanent Resident Canada. Seeks a well educated girl from Canada, U.S. Or Mumbai. Good looking, ready to settle in Canada. Keralite / Mangalorean / South Indian. Contact email : anthony99ignatius@gmail.com.

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6868. MUMBAI : Goan Roman Catholic Spinster, (Born in January 1992), Ht. 5' 4", Wt. Medium, Wheatish Complexion, Edn. M.A., HR Toronto and International Business Management Toronto. Working in **CANADA**. Only U.S. and Candian Citizens from good family background apply. Contact email : sugarlog2009@hotmail.com

6870. MUMBAI : Goan Roman Catholic Spinster, (Born in July 1974), Ht. 5' 2", Wt. 65 kgs, Wheatish Complexion, Edn. B.Ed., Self employed. Contact email : caand.reb@gmail.com

6869. MANGALORE : Mangalorean Roman Catholic Spinster, (Born in December 1985), Ht. 5' 2", Wt. 52 kgs, Fair Complexion, Edn. B. Com., pursuing MBA, working as an Executive Asst. in **BANGALORE**. Contact email : weddingvow85@gmail.com

6790. MUMBAI : Roman Catholic Spinster, (Born in October 1987), Ht. 5' 3", Wt. 58 kgs, Fair Complexion, Edn. B.A., LL.B., (M.A - I), working as a Legal Executive. Contact email : robertalbuquerque10@gmail.com

6785 MUMBAI : Alliance invited for 1985 born RC East Indian Spinster, 5' 6", B.Com., LLB., LLM., Manager in an MNC, from Mumbai, Maharashtra for suitably educated RC bachelor, 32-35 years from Mumbai/abroad preferably Engineers/Doctors/Lawyers/CA/MBA. Kindly reply with details to : faith_forever_2017@yahoo.com

6795. ALLAHABAD : Roman Catholic Spinster, (Born in March 1978), Ht. 5', Wt. 60 kgs, Wheatish Complexion, Edn. M.Com., Workaing for MNC. Contact email : sujata.josephine@gmail.com

6782 MANGALORE : Mangalorean

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Roman Catholic Spinster, (Born in April 1992), Ht. 5' 3", Wt. 50 kgs, Fair Complexion, Edn. BHM, working as a Receptionist. Contact email : savinajmascarenhas@gmail.com

5619 DUBAI : Mangalorean R.C. Spinster, (Born in November 1981), Ht. 5' 5", Wt. 60 kgs, Fair Complexion, Working in Govt. Hospital in Dubai as Specialist Doctor (M.D.) Seeks a well quified bachelor from Decent family. Kindly send the profile and recent photograph to Email : alliance12313@yahoo.in

6780 GOA : Goan Roman Catholic Spinster, (Born in March 1987), Ht. 5' 4", Wt. 50 kgs, Fair Complexion, Edn. M.B.B.S., M.D. (Armenia), Doctor by profession. Working in **DELHI**. Contact email : samantha.saldanha07@gmail.com

6779 MUMBAI : Goan Roman Catholic Spinster, (Born in September 1988), Ht. 5' 3", Wt. 50 kgs, Wheatish Complexion, Edn. M.A. in Literature, Teacher by profession. Contact email : angelagurjao1@gmail.com

6776. MUMBAI : Goan Roman Catholic spinster, (Born in September 1992), Ht. 5' 1", Wt. 65 kgs, Wheatish Complexion, Edn. MBA, working as an Executive. Contact email : neilcarvalho1234@gmail.com

6775 AUSTRALIA: Australian citizens of Indian Christian origin residing in Sydney seek matrimonial alliance for their daughter: Age: 43yrs Ht.: 5'4", Wheatish complexion, Beautitul with black hair Understanding, trust worthy, physically active, having a pleasant & affable disposition with strong family values and social networking skills. Marital Status: Divorcee/Female living

in New South Wales Australia (has no children) Annulment in progress. Well educated employed in the Australian Financial Sector in a responsible position. Expressions of interest are solicited from eligible male suitors meeting the following criteria: Must be Christian settled either in Australia, UAE, Kuwait, Bahrain, North America, Canada Age: under 47yrs Marital Status: Bachelor or Divorce (with no children) Personality traits: Suitor must be healthy with a pleasing personality & strong family values. Height : minimum 5'8" Suitors with strong financial resources pursuing either a Professional/Corporate/ Business career will be highly favoured. Interested suitors are requested to send profiles to the following email: sme94427@bigpond.net.au

6866. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in May 1991), Ht. 5' 4", Wt. 50 kgs, Wheatish Complexion, Edn. Graduate, Service. Contact email : bidisharocking@gmail.com

6774. U.S.A. : Mangalorean Roman Catholic spinster, (Born in June 1979), Ht. 5' 6", Wt. 58 kgs, Fair Complexion, Edn. B.E. (Civil), M.S., working as a I.T. Engineer (Team Leadaer) . Contact email : alicedsouza722@gmail.com

6772. MUMBAI : Goan Roman Catholic spinster, (Born in August 1984), Ht. 5' 6", Wt. 59 kgs, Fair Complexion, Edn. B.Com., working as a Accountant. Contact email : josephpiadadepereira@yahoo.in

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6761. MUMBAI : Mangalorean Roman Catholic spinster, (Born in April 1990), Ht. 5' 1", Wt. 54 kgs, Fair Complexion, Edn. B.Com., Teacher by profession. Contact Mob: 9892316638

6760. KUWAIT : Mangalorean Roman Catholic spinster, (Born in November 1987), Ht. 5' 4", Wt. 70 kgs, Fair Complexion, Edn. B.Com., MBA Finance, working as a Administration in IT firm. Contact email : astridmathias@gmail.com

6842. USA : Mangalorean Roman Catholic Spinster, (Born in October 1989), Ht. 5' 3", Wt. 57 kgs, Wheatish Complexion, Edn. M.Pharma, Masters in Pharmaceutical Sciences - USA, working as a Formulation Scientist in Laboratories in USA. Contact email : jgonsalves@wockhardt.com

6839. MUMBAI : Mangalorean Roman Catholic Issueless Divorcee, goodlooking, (Born in May 1980), Ht. 5' 4", Wt. 70 kgs, Fair Complexion, Edn. M.Com., MBA., working as a HR in TCS., Contact email : matrimony-watch@gmail.com

6772. MUMBAI : Goan Roman Catholic spinster, (Born in August 1984), Ht. 5' 6", Wt. 59 kgs, Fair Complexion, Edn. B.Com., working as a Accountant. Contact email : josephpedadepereira@yahoo.in

6166 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

6759. MUMBAI : Mangalorean Roman Catholic spinster, (Born in April 1991), Ht. 5' 4", Wt. 45 kgs, Fair Complexion, Edn. B.A. (Economics), M.

Communication, working as a Account Manager. Contact email : anlobo21@gmail.com / avi03lobo@gmail.com.

6806. MANGALORE : Mangalorean Roman Catholic Divocee, (Born in March 1984), Ht. 5' 5", Wt. 65 kgs, Fair Complexion, Edn. M.Sc. Nurse by profession. Contact email : lailasweety143@gmail.com

6733. MUMBAI : East Indian RC Spinster, (Born in October 1989), Ht. 5' 4", Wt. 60 kgs, Wheatish Complexion, Edn. B.A. (Hons), & CS (Company Secretary) working as a Company Secretary in Financial Company. Contact email : cslibra89@outlook.com

6732. MUMBAI : TAMILIAN RC Spinster, (Born in June 1990), Ht. 5' 1", Wt. 52 kgs, Wheatish Complexion, Edn. M.Com., B.Ed., Teacher by profession. Contact email : adnadar@gmail.com

6730. MUMBAI : Mangalorean RC Spinster, (Born in June 1989), Ht. 5' 2", Wt. 68 kgs, Fair Complexion, Edn. M.Com., MBA Finance, doing B.Ed., Teacher by profession. Contact email : jgkelshikar@gmail.com

6728. MUMBAI : Maharastrian Protestant Spinster, (Born in June 1989), Ht. 5' 3", Wt. 53 kgs, Wheatish Complexion, Edn. 10th + Nursing Diploma, Nurse by profession. Contact Mob: 9892562906

6727. IMDORE : Mangalorean Roman Catholic Spinster, (Born in May 1990), Ht. 5' 7", Wt. 58 kgs, Fair Complexion, Edn. B.Com with Computers, working for Airlines. Contact email : triptananda@ymail.com

6792. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1990), Ht. 5' 2", Wt. 60 kgs, Wheatish Complexion, Edn. MBBS., pursuing MBA., Doctor by profession. Contact email : dr.criss25@gmail.com

6791. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1987), Ht. 5' 5", Wt. 67 kgs, Wheatish Complexion, Edn. C.A., Working as a Senior Specialist, Seeks a suitable match. Contact Email : jol lie_rosetta@yahoo.co.in

6033 ABU-DHABI : Goan Roman

Catholic Spinster, (Born in May 1979), Ht. 5' 2", Wt. 58 kgs, Wheatish Complexion, Edn. M.A. Eng., Literature, working as a Copy Editor. **Contact email : barretto.lorraine@gmail.com OR 9730454857**

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6502 MUMBAI : Mangalorean R.C. Spinster, Date of Birth 14-5-1983, Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. M.Sc. Nursing, working as a ICU Head in Abudhabi - UAE. Military Hospital, Shortly visiting Mumbai. Seeks a well educated having a good job. Contact immediately email : janydz_1484@yahoo.com OR Tel.: 0971 557463484 / 9930076741.

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

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

6716. MUMBAI : Anglo Indian Roman Catholic Annulled (Divorcee) (Born in November 1983), 5' 2", Wt. 56 kgs, Fair Complexion, Edn. Master's Management, working in DUBAI as a Marketing/Sales. Contact email : diana-marriot@rediffmail.com OR maskelld795@gmail.com

6715. MUMBAI : TAMILIAN Roman Catholic Spinster, (Born in August 1987), 5' 4", Wt. 76 kgs, Fair Complexion, Edn. B.Sc. MBA., working as a Team Leader. Contact email : cdgopal@gmail.com / nishachandra05@gmail.com

“Proxy Voting”!

A two-day forum was hosted on the weekend of 28 and 29 April 2018, by the *Bank of America Merrill Lynch*. Nearly 100 financial advisors, fund managers and Catholic Chief Financial Officers gathered at the *Second Annual Faith Consistent Investing Forum* in Midtown, Manhattan, U.S.A.

This was especially driven by Emeritus Pope Benedict XVI's reflection in *Caritas In Veritate*: “Every economic decision has a moral consequence; and the Catholic's responsibility to adhere/invest according to *Catholic Social Teaching Principles*.”

James Ryan, managing director of *Merrill Lynch* and host of the forum, consulted the *Socially Responsible Investment Guidelines*, a set of principles to aid Catholics on investment portfolios, released by the *United States Conference of Catholic Bishops (USCCB)* in 2003.

In this document, the USCCB identifies six investing priorities: protecting human life; promoting human dignity; reducing arms production; pursuing economic justice; caring for the environment; and, encouraging corporate responsibility!”

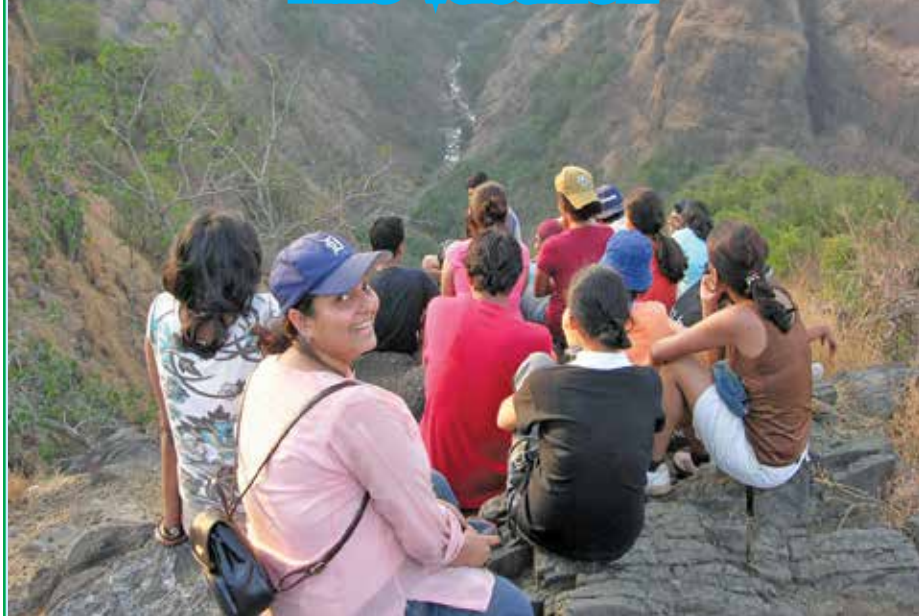
Screening out so-called “sin-stocks” – companies that are involved with alcohol, tobacco, arms trading, pornography, etc. was not the only goal. Catholics have to positively affect corporate responsibility through “*Proxy Voting*” which occurs during a shareholders general meeting.

Some Proxy Voting that were of high importance in 2017 included, the reduction of environmental pollutants; transparency on the sale of weapons; parity on pay gap based on gender, race or religion; establishment of human rights committees; and transparency on labor practices.

Pope Francis exhorted: “It is important that ethics play its due part in the world of finance; and that markets serve the interests of people and the common good of humanity.” (cf. *1 Corinthians 12:7*).

—Dr Hazel Colaso,
Bandra (W), Mumbai.

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You don't have to go very far. Khandala or Lonavla are only about a 2 and a half hours ride by train from Mumbai city. The world of nature is so refreshing and invigorating. Children will love the feel of the grass beneath their feet and enjoy the breath of fresh air. The sounds of the birds chirping and singing in the trees is absolutely heavenly. They can hear the sounds of the monkeys too and the insects towards the end of the day. The beauty of the wild flowers reminds us that even Solomon was not arrayed like one of these. As they walk along the hillsides they will hear the sound of gurgling water

and discover a stream of flowing water or a waterfall. They will have fun splashing around in the cool, pure water.

These are the simple joys that money cannot buy and that our children cannot enjoy in the concrete jungles of our cities. Here at the hill stations children will be thankful for the open spaces where they can get together for games or a sing song around a campfire and watch the stars at night and the little fireflies too.

And then at the end of the day as they go to bed they will be full of gratitude for the gift of Creation and marvel at the Creator Himself who has created such Magnificent beauty!

—Sunita Valladres

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