

RNI No. 56987/92

# THE SECULAR CITIZEN

Vol.27 Issue No.33 ■ (Total Pages 24) ■ Mumbai, 13 - 19 August, 2018 ■ Rs. 10

A NATIONAL FAMILY WEEKLY

Happy Independence Day



Proud to be Indian

I Love  
My  
INDIA!



Let's honor the  
PATRIOTISM  
of the people  
who lost their lives to free

**INDIA**



# My Favorite Convocation Speech of 2018

by Don Aguiar.

In so many ways, this convocation season has been an unforgettable one for our family, especially as we cheered from the stands watching my son post graduate, full of anticipation for what's next for him.

As a parent, these are the kind of moments that make your heart so full you wonder if it's going to burst. But they were far from the only ones that moved me this graduation season. The convocation speeches I heard were some of the most beautiful, stirring talks that I can remember—and that's coming from someone who's listened to a lot of them. Now that June has wound down, I wanted to make sure I shared a few of my favorites.

One of the standout speeches I heard this year came from the surgeon and writer Atul Gawande, who spoke to students about the growing sense of division in our world. "Much of society has become like an airplane boarding line, with different rights and privileges for zones one to ninety-seven," Atul said. "And many of those in line think—though no one likes to admit it—that they deserve what they have more than the others behind them."

Like a good doctor, Atul came prepared with a vaccine for that way of thinking: stay curious. You're going to meet plenty of people in life who are difficult, or who you disagree with—but never let that be a reason to stop listening. Our curiosity is what teaches us how people became who they are and believe what they believe. It's the seed for understanding and empathy. And it's absolutely essential to rebuilding trust in our society.

Everyday top Executives of Tata Motors used to take lunch together but from some days, Sumant Moolgaokar used to take his car and go out during lunch hours and come back as soon as the lunch break was over.

There was a grape wine that he is offered lunch at a Five Star Hotel by some dealers of Tata.

One day when some Executives followed him during Lunch Break, they were surprised to see that he stopped his car at one of the Highway Dhaba, ordered food for him and sat with the drivers of trucks who were eating food at that dhaba. He discussed with them what was good and what was bad in a Tata Truck, jotted down and came back to his office.

He use to improve upon the experience of drivers. Such was his zeal to listen and improve.

The football star and Indian professional football player Luciano Narsingh delivered an incredible speech about leadership — and I'm still thinking about one of the anecdotes he shared. When Luciano was a teenager, he got to play a match alongside his childhood hero Samir Nasri, who was already a seasoned pro. Samir spent nearly the entire game being a coach to the young man around him—but in the last quarter, he realized that his team was down three goals. That's when Samir ran back to the keeper, demanded the ball, and took it down the entire field, weaving past every opposing player until he scored. Then he did it again, and again, and again, until his team won.

As leaders, we can play to win and still support those around us. And we can claim what's ours while empowering others to do the same. As Luciano put it so beautifully: "Joy, success, power — these are not pies where a bigger slice for him means a smaller slice for you. These are infinite. In any revolution, the way to make something true starts with believing it is. Let's claim infinite joy, success, and power—together."

*"Joy, success, power—these are not pies where a bigger slice for her means a smaller slice for you. These are infi-*

*nite. In any revolution, the way to make something true starts with believing it is. Let's claim infinite joy, success, and power—together." — Luciano Narsingh*

## A lesson in leadership learnt from the current World Cup 2018

Ronaldo and Messi... (Arguably the 2 best players in the world) disappeared from the world cup 2018 without taking their teams to the QF... The leadership lesson is simple: You can take your organization to a level with your brilliance, but it's only Team that can make you a Leader & Winner... Brilliant Leaders cannot make a team succeed, but only a bunch of committed people with a purpose, higher than personal glory, guided by humble leader can make a team winner...

When the Emmy Award-winning actor Archie Punjabi delivered his address, he could have done what a lot of speakers do: dole out advice and speak from a place of total authority. Instead, he chose to do the exact opposite. He started his speech by sharing all the doubts he'd had going into it. He talked about the voice in his head that said he wasn't up to the task. He joked that he "must have started this speech about fifty-eleven times!"—and even then, he still didn't think it was good enough.

Archie's delivery got big laughs like this one. Parents ask college watchman, "Is this a good college?" Watchman replied – "probably the best, I did my engineering here & got campus placement". But he was speaking directly to the fear, self-doubt, and perfectionism that keep so many of us from sharing our gifts with the world—and he had the perfect response to it. "As a human being," Archie said, "it is my goal in life to become the best version of myself, which is ultimately, I believe, divine. If all of my life is comfortable and convenient, I rob myself of the opportunity to grow, to stretch, to expand.

(Contd.. on p. 4)

99, Perin Nariman Street, Fort, Mumbai - 400 001.  
Mobile: +91 9820485389, 9820473103

E-mail : secular@sezariworld.com / secular@vsnl.com  
Website: www.sezariworld.com  
Editor: LAWRENCE COELHO

## 'Thought for the week'

*If you focus on your problem, you're going to be distressed and depressed. If you focus on God, you're going to be at rest.*

## Contents

- pg. 2 - My Favorite Convocation...
- pg. 3 - Go green
- pg. 5 - Voice of the People
- pg. 7 - Our freedom - Where is it -...
- pg. 8 - You the citizens decide
- pg. 9 - Sacrament of ....
- pg. 10 - International Overdose ...
- pg. 11 - Views on News
- pg. 12 - Values and mannersms
- pg. 13 - I love my India!
- pg. 14 - Dwell or tell ...
- pg. 15 - The eternal word of god...
- pg. 16 - Our splendid liturgy!
- pg. 17 - Inspiration!
- pg 19 - Matrimonials

## THE SECULAR CITIZEN

Subscriptions Rate:

**One year (anywhere in India) Rs. 500**  
**Three years (anywhere in India) Rs.1200**  
**Five years (anywhere in India) Rs. 2000**

**One year (outside India) Rs. 3500**

### E-paper Edition

sent anywhere in the world (by email)  
**One year Rs. 600 or US \$ 15**  
**Two years Rs. 1000 or US \$ 25**

**Cover :** I love my INDIA !:

(Article on pg.13)

## Advertisement. Tariff

Over all size 21.5 cms x 27cms ● Print area 18 cms x 25.5 cms	
Full pg. back Colour (19 cms x 24 cms)	Rs. 15,000
Center spread colour(39 cms x 23.5 cms)	Rs. 15,000
Full pg. inside Cover colour(18 cms x 24 cms)	Rs. 10,000
Full pg. inner colour (18 cms x 24 cms)	Rs. 8,000
Half pg. Colour (18 cms x 12 cms)	Rs. 5,000
Full page B/W (18 cms x 24 cms)	Rs. 5,000
Half page B/W (18 cms x 12 cms)	Rs. 3,000

### Small Size Ads B/W

12 x 12cms Rs. 2400 ● 6 x 24cms Rs. 2400
18 x 6cms Rs. 1800 ● 6 x 12cms Rs. 1200
6 x 6cms Rs. 600

### Matrimonial Classifieds:

- Rs. 500 per insertion (for 35 words) (includes box no.)
- Rs. 3000 for 12 insertions. (1 year The Secular Citizen FREE)

## Go Green

By Jubel D'Cruz

**T**oday, more and more people are thinking about the environmental issues and ecological conditions of the earth. Why has this problem become so relevant? What should we do to save our future? In my opinion, people have understood that their irresponsibility causes harm to the natural environment. Our planet suffers from numerous problems, which have been caused by the results of excessive anthropogenic activity. The entire planet suffers from pollution, global warming, deforestation, extinction of biological species, etc. These problems are extremely relevant and require rapid and intensive solutions. It is possible to defeat these problems if the entire humanity changes its approach towards nature, natural resources and the value of nature for its well-being. In simple words, people should go green to save the earth from being polluted.

The phrase "going green" has become a part of everyday discussion and debate. People are being told to turn off the lights, buy energy-saving appliances, and drive less. What people are not being told is why, specifically. Global warming is the increase of the earth's average temperature. Greenhouse gases are the cause of this problem --- carbon dioxide, nitrogen oxide and methane. Normally the earth's atmosphere lets these gases in but does not release all of it. The excess gases keep the plants warm enough to sustain life. However over time, the atmosphere has sustained damage from chemicals, like the ones released in fossil fuels, and now the planet is heating up too much and too fast. Even just a few degrees can have catastrophic effects on the earth --- melting polar ice caps, rising sea levels, decreased food supply, and extinction of species. Indeed the ice caps are currently melting, but scientists predict we won't feel the full effects of global warming until the next century. But that means steps need to be taken now. The newest and increasingly popular trend for going green is hybrid technology. Hybrid cars, also known as hybrid electrical vehicles (HEV), use two or more power sources to run it. Most hybrids run use internal combustion engines and electrical motors. Internal combustion engines require fuel to create a combustion reaction which powers the engine. An electric motor uses electrical energy to produce mechanical energy which can then run the motor. An on-board rechargeable energy storage system (RESS) stores enough energy, which is also rechargeable, to run the electric motor. To lower fuel consumption, the RESS regenerates power, or energy, through regenerative breaking or sometimes through the combustion engine. Regenerative breaking uses some of the energy produced by the car when accelerating and stores

(Contd.. on p. 4)

(Contd.. from p. 3)

it. This is why hybrid cars cannot compete in the market for speed. In more modern models, a mechanism allows for energy to be taken from the combustion engine to charge the car batteries or electrical motor. In the sense of "going green", hybrids reduce idle emissions by shutting off the ICE during idle times, like stop lights and traffic, and then restarting it when the car needs to move. A smaller and more efficient engine also cuts back on power compared to large engines where all the parts may not be used, but need to be powered, thus reducing emissions. Other benefits from HEVs are noise-level reduction and air pollution. The goal of hybrid manufactures is to run vehicles without the use of fuel.

Why should we take efforts now in order to save the earth in future? Very few people understand that it is important to change their lifestyle now in order to see the results of these changes in a few decades. Doubtless, you will not grow a big forest in a year. You can plant a sapling, but it will grow to its proper height only in ten or fifteen years. To my mind, this activity resembles investment into a small firm. In a few years, the firm develops into a big company, which will provide you with the solid profit. Consequently, it is not right to say that the idea of going green is useless. When you do not see the results of your activity now, it does not mean that you will not see them in ten years.

Furthermore, we must not be selfish. It is important to think about the wellbeing of our children and grandchildren. We are responsible for the natural environment and problems which will become the burden for our children. I know that many people do not care about the condition of

**We offer natural, great-tasting, nutritious honey made in Spain.**

**For more info on improving your health CALL ON:**

**Peppy Fonseca,  
8879259997**

**Email: fernandes\_peppy@yahoo.com**

the earth after their death. They say that it is the headache of our future generation. People do not care about the future and they do not appreciate what they have. This approach is caused by greediness and consumerism. People want more money and material values in order to satisfy their needs. They are ready to exhaust the world they live in. They cut down trees, kill animals, birds and fish and pollute rivers, lakes, seas and oceans. They only care about their profit and nothing more. No wonder, people open new and new plants, factories and power stations, which cause harm to the natural environment but provide them with money. It looks ridiculous when people are ready to destroy forests and pollute rivers in order to gain profit. People do not appreciate fresh air and water, though they cannot survive a minute without them. They are ready to live in the unhealthy, terribly-looking and polluted environment in order to receive more money. Finally, they will have to pay for their treatment at a hospital, because they breathe in polluted air and consume contaminated food and water.

How can we save our planet from the results of our harmful activity? To begin with, we should reduce pollution, because it the cause of numerous problems. We must not litter the streets, parks and forests. We should recycle wastes in order to save our priceless natural resources. We should use public transport more frequently, because it does not release numerous harmful gases, which cause greenhouse effect and global warming. Next, entrepreneurs should use special filters at plants, factories and power stations in order to reduce the amount of poisonous emissions into the air and water. Then, people should stop cutting down trees, because they are the lungs of the earth. Moreover, every forest is a home for thousands of animals, birds and insects, which improve the balance of ecosystems.

In conclusion, our unwise and extensive activity causes harm to the natural environment. We lose priceless natural resources, fresh air, water, forests, animals, birds, fish, insects, etc. People should change their lifestyle rapidly in order to stop deforestation, global warming, pollution and other problems, which can destroy the life on the planet. We ought to go green in order to save the life of our future generation.

(Contd.. from p. 2)

"When I feel fear, as uncomfortable as it may be, I know I'm in the right place," he went on. "Whether you're 22, or 42, never allow fear to keep you from expanding your definition of self."

We come with nothing and go with nothing. But one great thing we can achieve in our beautiful life is a little remembrance in someone's mind & a small place in someone's heart.

*"When I feel fear, as uncomfortable as it may be, I know I'm in the right place. Whether you're 22, or 42, never allow fear to keep you from expanding your definition of self." — Archie Punjabi*

I also found myself thinking a lot about students like Diego Mendes, Luella Johansson, and Maria Foster. All three were supposed to speak at their convocation, but Luella's mic got cut when she started to talk about sexual assault on her campus—and Diego and Maria were barred from speaking at all.

That could have been the end of the story, but these students refused to be silenced. Diego grabbed a bullhorn and spoke outside his graduation ceremony. Luella published her speech in a newspaper. Maria delivered hers on YouTube.

These young people took risks because they wanted to call attention to the problems they saw in the world and inspire their communities to help solve them. Going forward, I hope they'll continue to speak out as loudly as they can.

And I hope post graduates and graduates everywhere will do the same as they begin the next phase of their lives. Change happens when people raise their voices for what's right—and if members of the Class of 2018 use theirs to push for progress, there's no limit to what they can accomplish.



## 'Confessions'----- Not Negotiable

The sacrament of reconciliation (confession) is an article of faith and is not negotiable. Neither the state nor the NCW has a right to interfere. The chairperson of the National Commission for Women (NCW) Rekha Sharma has created an unnecessary controversy by stating ( her personal view , rejected by a central govt minister) that confessions should be abolished as priests were misusing it . She added: "The priests pressure women into telling their secrets and we have one such case in front of us. There must be many more such cases and what we have right now is just a tip of the iceberg."

For the record, it is difficult for priests to pressurise women into telling their secrets. It is the choice of the penitent to choose his/ her confessor. In the unlikely event of a woman feeling pressurised by a particular priest she can just walk away without further ado and never go back to the said priest.( However, if she willfully keeps going to the same priest, that's her business).

The sacrament of confession has been around for centuries . In addition to the religious aspect of the sacrament , millions of people have benefited psychologically and therapeutically from confessions. I have known many people of other faiths, expressing a desire to confess to a priest and unburden themselves of their guilt or problems. There may be a few transgressions. But banning confessions is simply not on. Do we ban all religious pilgrimages just because there are a few accidents along the way ? No. Instead we take extra precautions for the safety of the pilgrims. Similarly the

church should consider taking steps to protect the identity of the penitent by reverting to the dark screen or even the box confessional (which is the norm in western countries) . Private confessions in rooms should also be discouraged. Guest priests to hear confession on exchange basis may also be considered. Suggestions should be invited from parishioners.

—Prof Robert Castellino  
Orlem.

## Multi-intention masses

This is with reference to the letter ' Pluri-intention masses' by Prof. Robert Castellino ( Secular Citizen Aug 6-12). Pluri-intention masses also known as Multi-intention masses are celebrated by clubbing together intentions for different purposes , such as those for departed souls , thanksgiving , praise , etc which are offered by the faithful for a particular day and time, even though such a practice is explicitly forbidden by canon law. According to Canon 948, only the intentions of the first donor (stipend payer) will be fulfilled by the Eucharistic celebration, and the rest of the intentions will have to be fulfilled on other days by the offering of separate masses for individual intentions, -----something that never happens, in view of the number of multi -intention masses offered every week. The question therefore is why do a few churches choose to flout church laws , while certain churches abide by the directives of the concerned Archbishop to priests of the parish not to celebrate such masses. Secondly, as regards the suggestion of the writer to raise the stipend for pluri-intention masses to 5 times the present charges , is reverting back to the days of the Reformation when in-

dulgences were sold freely by the corrupt clergy. Even the present stipend charged for masses is unjustified and beyond the reach of many, and needs to be scaled down drastically. In this connection it would be prudent to heed the words of Pope Francis's shocking indictment of the church in one of his earlier homilies saying that "in some churches, it is difficult to tell whether you are in the house of God , or a supermarket. There is a price -list for sacraments, nothing is free .God does not make people pay for salvation. Our churches should be churches of service, churches that are free of charge".

—A. F. Nazareth,  
Alto Porvorim, Goa

## Sex scandal in Kerala and Jalandhar

This has reference to the letter to Editor by A F Nazareth( The Secular citizen 23-29 July 2018 ).The report is that a nun complained about 13 times rape by the Bishop of Jalandhar and that the bishop rejected the accusation as a revenge. We the readers cannot come to any conclusion from this limited information .

Any person with ordinary prudence will ask the question " How the nun remained silent for four years —it is alleged to have occurred from 2014 to 2018 —waiting for the unlucky number 13." . But the benevolent media never care to investigate this silence. The usual explanation Possible to be advanced by the nun may be 1 ) she was Fearing the reaction of bishop and people 2) she was threatened ( 12 times ??) with murder every time. These are most incredible of a nun who took a vow of chastity. These are most incredible of any woman who has self respect. These are most incredible when she could have left the convent and reported to the police . Or she could have left the convent as

(Contd.. on p. 6)

(Contd.. from p. 5)

she had freedom to do so and kept silence throughout her life as a penance for her sins. No investigation agency or the media will probe in this direction as their agenda is smear campaign and not to find out truth.

The bishop said that his investigation into her alleged illicit affair with the husband of a parishioner had made her to attack him with "rape". He also seems to have failed on few counts. He could have advised the other woman parishioner to report the alleged illicit affair to the police when he could not settle the dispute within days. Also when he went to Kerala he could have stayed with his relatives or with any of the many bishops or known priests or in a hotel instead of the convent. This is a lesson for all clergy who has holiday-stay in convent, which is avoidable.

Let us wait for the results of the investigations by Bishops' conference as well as that of the police department..

— **K. C. Thomas,**  
**Navi Mumbai.**

## 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 Teckla M., Bhandup**

## Citizens, Catholics Support Polythene Ban

# chhotebhai

KANPUR (1ST August): The Govt of U.P. has banned the use of polythene carry bags that are less than 50 microns in thickness w.e.f. 15th July. In due course it will also ban thicker carry bags and other forms of disposable plastic cutlery and utensils that are commonly used at marriages, religious and social functions. As per the Govt ordinance, there are penalties of up to Rs 25,000/- and even imprisonment for possession of the banned items, or their disposal in public places.

There was some degree of confusion, and even resentment, in some quarters, about the ban. Some others thought that it was a mere political ploy of the Yogi Govt. However, the Kanpur Nagrik Manch (KNM) felt that it was a crying need and awareness about the ill-effects of polythene and thermocole (Styrofoam) needed to be created. Accordingly the KNM roped in several other social and religious organisations, particularly the Kanpur Catholic Association, as chhotebhai heads both of them, besides several other organizations.

Ten thousand handbills were printed with a social message. The campaign was launched at a seminar held at the Ashok Library (Mahatma Gandhi had hallowed it with his presence). The motivational speaker was Padamshree Dr Giriraj Kishore, a noted litterateur and Gandhian.

The handbill states that plastic waste is to be found from the tip of the Himalayas to the depths of the oceans. It is reported that there is more plastic waste than fish in the oceans. Rivers and soil have been contaminated. Such bans have earlier been enforced in Uttarakhand, Manipur and Maharashtra, so it should be welcomed.



This ban was earlier imposed by the previous Akhilesh Yadav Govt w.e.f. 21/1/2016. However, after a few days it sank without a trace. Hence many among the public feel that this ban will also meet the same fate, as many other grandiose schemes of various Govts. Besides, polythene is still being used on the sly, despite the ban. Hence the KNM felt the urgency of this campaign.

The handbill also states that before the advent of plastic people carried their own shopping bags, so why the fuss and resentment now? At the same time the KNM has also cautioned the Govt and police against harassing people and shopkeepers, more so since the Municipal Corporation has a dismal record of solid waste management and garbage segregation. It is also incumbent on the Govt and scientists to provide affordable and resilient alternate environment friendly packaging materials. The handbills are now being distributed in churches, temples, mosques, gurudwaras, markets, residential areas and educational institutions. The campaign has received wide publicity in the local press.

### The Secular Citizen

Mail your articles, news, and  
other creations to:  
secular@sezariworld.com  
&  
secular@vsnl.com

## Our Freedom .....

# Where is it - gone with the wind ?

**F**reedom is a very precious thing. Is there any doubt that everyone loves freedom ? Everybody loves freedom – little children, the young, adults, the old, why, even little infants ! Freedom is my birthright and I shall have, said Lokmanya Tilak during India's freedom struggle.

Take for instance, the little baby in wraps. He is wrapped in that piece of cloth, his hands & feet tightly tucked in and we feel, Ah, we've done a good job. The baby is securely wrapped. A little while later, the baby starts resisting the wraps around him and he wants to break free. He finds a little loop hole and there he is, one by one, the hands & feet start getting free and the next thing you know, he is completely free of the bind. Is that an achievement for that little baby ? Maybe, it is, the baby may feel very happy, but does he know the consequences of being free ? Little does that little baby know that when he turns around the bed he is mostly likely to cross the edges of the bed and fall, injuring himself in the process. **And then, there goes his freedom – gone with the wind !** He is back in wraps, this time, more firmly.

Does something like that happen to us - children, the youth, adults ? When the parents tell their children not to do a certain thing, there could be a good reason for doing that. When they advise the youth to tread carefully in life, when they are told of the dangers of certain steps that they may take, we can see the resistance. They may not be aware of the consequences - they could get carried away, they may lose their way, run into bad company, run after vices. And then, they find their lives in shambles, they find themselves completely lost. They could



land in a situation where they find they have lost their freedom, under the control of outside forces. **They would ask, where is my freedom ? Has it gone with the wind ?**

We have a classic case of the prodigal son in the Bible. He wanted freedom from the control of his father, he wanted to go out and experience the outside world, to do whatever he wanted. And so, he takes his share of wealth, money and goes out into the big world, squandering his money in gambling, vices, etc., etc. And we see the consequences. When he comes to his senses, he realizes he has actually lost his freedom - he is left penniless and helpless. **He must have asked himself, where is my freedom ? Has it gone with the wind ?**



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

So, what is it about freedom - why is that everyone clamours for freedom ? Having freedom is fine, but one needs to use his freedom with responsibility. We should not come to a stage when we begin to feel ashamed or guilty of our actions. One needs to understand that abusing freedom will ultimately lead to loss of his freedom. We need to understand the meaning of freedom. Does freedom mean trampling upon the freedom of

others ? **Nelson Mandela puts it rightly, "For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."** We must think responsibly in exercising our freedom. We must understand that we ourselves are responsible for our actions.

**"Man is condemned to be free because once thrown into the world, he is responsible for everything he does", says French philosopher & author, Jean-Paul Sartre. So we see, we ourselves would be responsible if in the process of exercising our freedom, we find that, that very Freedom has gone with the wind !**

Get your dressful of joy, with  
*Merrill Fleur*  
At Merrill Fleur,  
we specialize in Bridal Gowns,  
Bridesmaid and Flower Girl Dresses,  
Communion dresses, Christening dresses  
and Evening Wear.  
But above all,  
we specialize in bringing joy to each special occasion.  
Get in touch with us and let the celebrations begin  
Mob: 981927717  
merrillfleurweddings@gmail.com  
Facebook: Merrill Fleur Weddings

# WHETHER VIGOROUS COMPETITION IS A GOOD THING FOR THIS COUNTRY AND ITS PEOPLE?

by Eric D'Sa

It is generally believed by the Economists that vigorous competition is a good thing for the country's economy. But unfortunately for the country because of Nehruian socialism we decided to have government controlled large companies, which became in a way entities that had no competition and hence gradually became inefficient. Added to the country's problems with the licence raj being rigidly enforced, even the limited large privately owned companies also had protection from internal competition and external completion with help of prohibitive custom tariffs. This was because many of our economists haven't always thought that vigorous competition is a good thing for the economy of the country. In much of the post independence period, economists argued that big firms, with huge market power, were the mark of a successful economy. People back then had been influenced by the work of two Economists, Joseph Schumpeter and John Kenneth Galbraith. The argument went that only these behemoths had the resources to invest in research and development, which would lead to higher productivity and living standards.

Think of it as a kind of triumvirate. You had big businesses. You had an interventionist government and you had organised labour. All three used their economic muscle to work together and manage the economy. Competition was something that happened somewhere else—in the “mom and pop” stores sector and SME sectors of the economy, where unproductive businesses battled it out. The idea of a plucky entrepreneur coming up with some amazing new idea in his or her garage seemed faintly ridiculous. Something almost pre-industrial. Only

tween firms is an essential precondition of a dynamic, innovative market economy. A wealth of studies looking at the micro level businesses, assess what happens when firms are subjected to planned shock—say, the removal of trade barriers, leading to higher import competition. Those enterprises that suffer and survive the shock also see higher productivity growth. The evidence is really overwhelming that having the wolf at your door, looking at the gallows, all of that concentrates the mind wonderfully.

Larger-scale studies, meanwhile, find negative effects when product markets are tightly regulated. These negative effects include lower productivity growth and GDP growth. One thing to point out is that these losses seem especially large in poorer countries like ours. Allowing firms in poor countries to freely adopt the technologies and labour practices of richer countries, can lead to really rapid economic growth.

It was all to do with the aftermath of the financial crisis of 2008-09 which hit the world and even our country. Normally, when you have a big recession, as we did, you get a really speedy recovery. As the world started to slowly recover we felt that India would not only recover but grow rapidly because of what was termed as the demographic dividend that the nation possessed. This was especially so after Narendra Modi was elected to be the PM with the necessary majority to make required changes, to bring in what he termed as the 'Ache Din' to the people. The right wing capitalists believed that like Margaret Thatcher had done decades earlier in UK, he would quickly denationalise the non essential and long loss making public sector companies and even reduce the government holdings in what is considered national essential com-

## YOU THE CITIZENS DECIDE:

big monopoly businesses could hope to bring in the required prosperity for the country.

What changed was that the 1980s and early 1990s which were marked by lousy economic performance. The people started to wonder whether big-business model was all it was cracked up to be, or whether it was too cosy and staid. And at the same time, you had an IT revolution, as well as more and more small businesses coming up with interesting ideas. This is the time the country was fortunate to have as its finance minister a well educated and experienced economist, Manmohan Singh, who opened up the Indian economy to international competition and simultaneously abolished the licence Raj. This brought about the urgently required change in the country. Since then the country has overcome what was derisively called the 'Hindu rate of growth' and has grown faster irrespective of which party has ruled the nation.

Today, there is a robust consensus among economists that rivalry be-

(Contd.. on p. 9)

### BHOIR GARDENS

- \* Open air garden for Ceremonies
- \* Theme Decor \* Accommodation 300 - 1500 guests
- \* Open Catering \* Parking space for above 100 cars
- \* 2 AC Changing Rooms

Bhoir Comound, Off Western Express Highway, Suhasini Pawaskar Road, Ghartanpada No.1,

Dahisar (E), Mumbai 400068

For enquiry call Godwin Mendes: +91 9920387618 or Patrick Master +91 9820325889

(Contd.. from p. 8)

panies, such as Nationalised Banks, Oil Companies, Air India etc. Instead what we find is a very slow process of doing the above or nothing at all. Besides competition is being reduced in Banking, Telecommunication and many other industries also in the private sector by merging of companies.

Recently, not only as the government allowed the large Indian Private sector companies like Reliance, Birlas etc to get into the retail sector, but even gradually allow them to consolidate. This has affected even the so called mom and pop stores. Now that in addition government has allowed the international retail on line shopping chains, such as Walmart and Amazon to enter the Indian market and has as happened in USA, they are bound to wind up a number of mom and pop stores around the country and also closure of many whole sale firms. All the above is gradually increasing the disparity of wealth between the rich and poor in the country and reduce job opportunities. It is difficult for small firms to compete against large Indian firms or International firms which have big money power. These big firms are able to continue for years with losses until their businesses become profitable with reduced computing and they are able to raise the rates they charge the customers.

You the Citizens will have to decide, whether our governments will have to ensure, that vigour competition between a number of productive firms will not vanish in our country and we the people are not subjected to monopoly prices?

### **PAMELA WADIA**

*Meet Pamela Wadia for designs fitted to perfection from simple A-line styles to fabulous Ball Gowns Excellent bead work & Embroidery - Any size or Shape, as per your budget.*

#### **BRIDAL GOWN**

- BRIDES MAIDS DRESSES**
- FLOWER GIRLS DRESSES**
- COMMUNION DRESSES**
- WESTERN FORMAL WEAR**
- READY WEDDING GOWNS ALSO AVAILABLE**

**Mob: 9322277790, 66959482**  
**www.ready2wed.in**

# Sacrament of Reconciliation

**T**he confessing of sins should be a part of a Catholic lifestyle in order to refresh one's relationship with God. Confession is one of the Seven Sacraments taught in the Catholic Church and is encouraged to be practiced frequently. There are various perspectives on the Sacrament of Reconciliation on whether or not confession before a priest is necessary considering the opportunity to confess one's sins to God through prayer. However, those that believe that a priest should be present are not only driven by the words of the Holy Scriptures, but the overall emotional and spiritual impacts left on them.



by Jubel D'Cruz

The Bible includes many verses that explain why it is important to confess one's sins. The Catholic Church took the confessing of sins to the next level when the Sacrament of Reconciliation was created. The Catholic Church created this sacrament to give Catholics the opportunity to go to a higher power within the church and confess their wrongdoings, and receive a penance. Once the sins have been confessed, the sinner is believed to receive God's grace and mercy through the priest.

Branching off of the factual conception that supports the idea of confession with the participation of a priest comes the emotional and spiritual aspects that are accompanied with the process of confession. The environment of the church is very welcoming and joyous as well as understanding and open to all things, making confession much more at ease. It is understood that confession through prayer is, and can be acceptable yet the some of the perks of Catholicism is evident through the one on one conversation with God with the help of a priest. For the Catholic Church proclaims that the sacrament of confession is Christ's gift to us other than the church's advertisement. With this

gift, one who goes into confession with full honesty is guaranteed an overwhelming experience along with the cleansing of their sins.

Although confessing one's sins is crucial in maintaining a strong relationship with God, some may view a direct confession with the Lord as more powerful, rather than reconciling to a priest. This way, ones confessions are private, and it provides an intimate setting to receive for-

givenness. Some may not feel comfortable sharing sins they have committed with a priest. Traditionally, Catholic Reconciliation is to be done in front of a priest; however many Christian denominations believe that confession is meant to be kept between God and an individual. In addition, confession between God and a person can be done more frequently, at any time or place. Although a priest to guide you through reconciliation may be helpful, for some it is best to create a sacred bond of confession between God and themselves.

Whatever one does, whether it is confessing before a priest or directly to God through prayer, God called on all sinners to confess their sins in one way or another. Although the Catholic Church provides evidence from the Bible that suggests that God wanted sinners to confess to a priest, there are many passages that simply say that confessing sins is necessary, yet it does not specify to whom the sins must be confessed to. The purpose of confession is to acknowledge that one has given into temptation, but also has the desire to repent. When one confesses their sin directly to God, or to a priest, the benefits are really no different. Once the sins have been recognized and have been told to God or a priest, the sinner receives immediate grace from God and the relationship with Him will continue to flourish.

# International Overdose Awareness Day!

by Dr. Trevor Colaso  
Ashburn, Virginia, U.S.A.

Substance abuse or drug abuse, is a patterned use of a drug in which the user consumes 'substances' in amounts, or in methods which are harmful to themselves or others. It is a form of 'substance related disorder' usually with criminal or anti-social behavior.

Drugs associated with this condition include: alcohol, nicotine, cannabis, cocaine, opioids, methaqualone, amphetamines and LSD; and even prescription medicines, such as tranquilizers, anti-epileptics, antidepressants, sedatives and antitussives.

The cause of 'substance abuse' is based on two predominant theories: a genetic predisposition, or an environmental exposure. It manifests itself as a chronic debilitating disease, especially prone to "Overdose"!

Overall Scene: In 2010, about 5% of people (230 million) used an illicit substance. Of these 27 million have high-risk drug consumption which is recurrent, causing harm to their health with psychological and social concerns.

In 2015, substance abuse disorders resulted in 307,400 deaths. Of these, the highest numbers are from alcohol related diseases – 137,500, and opioid use disorders – 122,100.

Definition: International Overdose Awareness Day, is an annual observation, which aims to raise global awareness of the impact of drug overdose on families and communities. The crusade also attempts at reducing the stigma associated with it. It also provides support to families and loved ones affected. The Day is observed on 31 August! Medical professionals also express 'overdose' as the accidental or intentional use or abuse of a drug or substance beyond the recommended dosage, leading to adverse drug reactions.

Symptoms and Consequences of Overdose: An overdose can have serious outcomes, with toxic effects ranging from disorientation, agitation, difficulty in breathing, vomiting, seizures, brain injury and death.

Overdose is an increasing global problem. A 2014 report by the United Nations Office on Drugs and Crime (UNODC) estimates, that about 183,000 people succumbed to 'overdose' of drugs around the world. Further, according to the Centers for Disease Control and Prevention, an American public health organization, 'drug overdose' is the leading cause of accidental deaths in the United States.

A vast majority of overdose deaths occur due to opioid poisoning. Opiates include illegal substances like heroin (brown sugar), as well as the legally prescribed medications, such as codeine, oxycodone and morphine.

Overdose is not the only consequence of drug dependence. In many parts of the world, the shared use of needles and drug injecting equipment, can make drug users and addicts vulnerable to Hepatitis C and HIV. According to UNODC, an estimated 13% of all drug users globally live with HIV or suffer from AIDS.

Drug trafficking and drug related illnesses, many of them leading to crimes, also negatively affect families and communities. One of the main purposes of the International Overdose Awareness Day, is to educate the public about its dangers, and especially to drive home the fact that it is preventable.

Campaign Initiatives: In a multi-pronged assault on its treacherous magnitudes on the individual and society, a number of social establishments like community health centers, needle exchange organizations, doctors, clinics, hospitals, counselors, Alcoholics and Narcotics Anonymous, and policy makers, have planned outreach drives and workshops to tackle its prevention and pernicious

complications. People are encouraged to wear 'silver badges' to show their support for overdose alertness and consciousness.

Meditative Techniques: Fr. Joe Pereira, originator of the Kripa Foundation, Mumbai, with branches nationally, expressly cares for AIDS patients and drug addicts, by providing all round rehabilitation! He exposes:

"Meditation and 'yoga' have the power to help us get in touch with our true inner self; and makes one aware of our essential uniqueness! In my work with drug addicts, the thirst for the love of God is fulfilled through the discipline of the mind, body and soul. The human being is the temple of the Spirit of God, and so everyone has to make a journey towards God realization!"

Pope Francis' Love Antidote! In his latest Wednesday general audience on 01 August 2018, he instructed: "'When a person puts a an object or a philosophy above God, it not only destroys happiness, but it also hinders the ability to experience real love!"

"Idols rob us of love and make us blind to love. To truly love, we must be free from every idol. In fact, love is incompatible with idolatry. By recognizing one's idolatries is a beginning of grace; and puts us on the path of love! Besides, it breaks the first commandment of God: 'You shall not have false gods beside Me' (Exodus 20:3)!"



**COMPERE EXTRAORDINAIRE**  
**EDWIN SOARES**  
*Bring your party to life*  
*Christening, Birthdays,*  
*Communion, Anniversaries,*  
*Wedding & all Social Gatherings*  
*To make it rock contact him*  
*Phone: 9967027988*  
Email: [edwinsoares@rediffmail.com](mailto:edwinsoares@rediffmail.com)  
Like our Facebook Page @ [www.facebook.com/edwinsoarescompere](http://www.facebook.com/edwinsoarescompere)

## No T[h]rust Vote

The No Trust motion against the Modi Government was ill conceived and was bound to fail on the floor of the House. It gave an impression that it was moved without proper consultations with all the opposition parties or proper preparation. It looked amateurish lacking seriousness. No doubt, the government was not prepared to take any chances considering the hostile relations with the Shiv Sena and fragile ties with SAD. The show stopper was none other than the aspiring PM candidate – Rahul Gandhi the Congress President who, one must admit, has come a long way from being a mute spectator and an object of ridicule for the treasury benches. He still needs to understand that the House is a sacred place and whatever is said there is heard by millions of people. One needs to be aggressive [if you have the substance] and at the same time weigh your words so as not to sound offensive or personal. In a No Trust debate, mere accusations do not work – you need substance coupled with proof. That can give you the advantage. The opposition charge lacked that ‘thrust’ to make an impact.

The jhappi from Rahul Gandhi was the talk of the town for days together. The government always maintained that the Congress party hates Narendra Modi. To counter this accusation, maybe, Rahul Gandhi decided to do what he did. It is here that his childishness came to the fore. Firstly, there was no need to ask the PM to get up – uthoh, uthoh [which Modi later used it to attack Rahul saying he was in a hurry to grab power]. There was no need for a jhappi because you cannot attack each other all the time and then embrace. A mere gentlemanly handshake would have had a far greater impact.

The ruling combine was taken by surprise by the unexpected jhappi, if their facial reaction was any guide. Narendra Modi too was taken aback but gained his composure. If he was upset that Rahul is all out to grab power, he should not have called him back and patted his back. In doing so he showed grace though. Once you do that, you cannot have taken offence when it came to your reply to the motion and see it as an opportunity to attack. He actually ridiculed him saying Rahul asked him to get up so that he could sit in that chair. He could have done so

## VIEWS on NEWS

in a lighter vein but he looked quite serious and that is intolerance. He has a very powerful voice and can keep the audience inside or outside the Parliament spell bound for long periods. That is his USP and the entire NDA is banking on it. He has the knack of mesmerizing his audience. His USP is his oratory which none of the other NDA leaders possess.

The Opposition needs to revisit the entire Mahaghatbandhan project and first decide who the leader is so that the issue is settled. As it stands now, there are a dozen PM aspirants and unless the eleven give up their claim, nothing substantial can emerge. Only a single leader [whoever he or she is] can speak on behalf of the group. Rahul Gandhi is now open to some other leader taking the centre stage. He needs to mature still. His unwarranted ‘wink’ post the jhappi showed him in poor light. His ignorance on the secret pact between his own UPA government and the French was a huge embarrassing blunder. With the French government contradicting him almost immediately made him look more foolish and watered down his otherwise forceful speech. He is evolving though.

\*\*\*\*\*

## Lessons from across the border

The results of the election in Pakistan were on expected lines but the near majority by PTI [Imran Khan’s party] surprised many including Khan himself. The corruption charge against Nawab Sharrif and his daughter has eroded his credibility in his stronghold – Punjab where his party not only lost the seats for the National assembly but also at the state level. The much expected sympathy factor was missing. You get that if you are just hounded but when the highest court convicts you and bars you from contesting elections the general public is sure that the allegations were proved. That said, how far his decision to return to Pakistan was a wise one will remain a subject matter of debate. Musharaff was smarter.

Hopefully Imran Khan, after a 22 year wait, will lead his nation. He owes it primarily to the army and then the people of Pakistan. Other players in the field did not score much. His outburst as an opposition leader and during the campaign need not be taken seriously by this coun-



by Marshall Sequeira

try. He cannot go soft on Kashmir or India, for that matter, at least in his public utterances. Once he dons the mantle of the Prime Ministership by mid-August, the tone and tenor of his public utterances against India and America will be measured and articulate. He realizes, having earned his first ‘test’ cap, on a very hostile political pitch, he needs to bat and bowl with caution, keeping his many hard line supporters in mind. He knows well that barring China and to some extent Saudi Arabia no other country holds Pakistan in high esteem as a nation, given its track record on the terrorism front. His skills in global diplomacy will be put to test. India needs to be patient and let him settle down at the crease and face a few bouncers from within.

There are lessons to be learnt for those on this side of the fence. Firstly for the government to realize that, given the will, the Panama papers cases can be fast-forwarded as in Pakistan. India needs to do that fast as well. The separatists in J & K should note that the likes of Hafiz Saeed had the guts to fight elections to test their own popularity and acceptance by the people. Now they must be wondering why they challenged the EC verdict in the courts. These elements were routed and shown their place. The Kashmiri separatists [Hurriyat] should show courage and agree to face the electorate at least in that State if not the Lok Sabha. If they have people’s support, as they claim, they will win. The separatists mistake fear for support something like the Shiv Sena of yester years. People stay away when the valley is shut down as a protest for fear of being injured. If they fail miserably, they should do some soul searching and course correction as well. Only stone pelting will not take them anywhere. They know that they cannot win elections. Keeping the pot boiling is more remunerative perhaps. They can keep fleeing their bosses in Pak just as Pak is doing with the Americans for years.

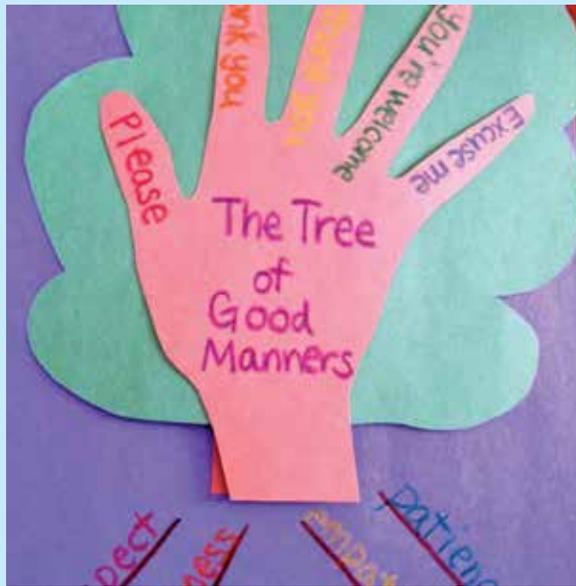
# Values and Mannerisms

*Sr. Tessa Jacob*

**M**r. Antony is not a known name in Jharsuguda, but he is a familiar face for many people in Jharsuguda. Jharsuguda, one of the industrial cities of Western Odisha has Railway line connecting all the metros of India. One of the best gifts of British Raj, the Railway, many people in and around the city too got employed at Indian Railway. The employment opportunity in Railways, let many Anglo Indian families to settle down back in India even after the independence. Hence some pockets of Odisha has a small group of Anglo Indian community, which has become more of Indian Today.

No one knows exactly who Mr. Antony is. Through his proficiency in English, it is quite evident that he too might have some ancestral roots in Anglo Indian Community. He is a middle aged, well built man with very good mastery over English and Hindi. He wears T-Shirt and shorts, which are custom laced with plastic thread from the sack. He would always have a small bundle of just a few spare clothes. A towel would be always tied to his head. He has goiter on his throat, which is already overtly grown. Some tragic incident in his life has shaken, and he is not in his real senses. He walks in hurry, speaks about trains and his family which is waiting to board the next train at the station. In his out of gear senses also he speaks of his responsibility and the need to reach on time for work.

What drew my attention to this man is his mannerism. He is a beggar in our town. He has to depend on others for his survival. There is something special about his begging too. He visits our convent mostly in the morning. He rings the bell at the entrance, waits for some time and if no one appears to open the door he comes di-



rectly to the kitchen, which he is very familiar with. On opening the door, he would introduce about himself and the purpose of his visit. He says, that he just has arrived after a trip. His parents and sister too are with him, but they are waiting for him at the Station. He needs to reach them fast, so please provide him with some breakfast!

After the request is being made he proceeds to the place he already has found at each house. While the breakfast is served, he faithfully does his duties of thanking and praising God. There are few prayers and hymns he has to sing even if the plate has reached him. The prayer section ends with some patriotic songs. All the while he stands in steady, with barefoot.

Once we served him three pieces of Chapattis thinking he would be really hungry to have more food. To our utter surprise, he asked us to take back one piece, since two are enough and more to fill his stomach! He also said no need to waste it, I just need only two! What a noble act it was!!! Good manners and values are not taught; they are learnt!

Values in life, once they are learnt, they never leave even in our sane or

insane state of mind. Most often, in our sane mind we do not consider the need to practice good manners and values. Values need to be embedded in our system, then only they would act spontaneously.

The world outside is quite cruel in its approach to human beings and situation. If we stand in a queue, and the person at the counter delays for a while, the customer loses temper and start to yell. In a train journey, we try to own the entire sphere which we have

reserved, even though we are masters of it only for few hours. If someone else happens to take that place, sometimes even world war happens there. We do not have much tolerance of the other.

Some parents take enough care to teach the children about values in life. To certain extend they try practicing it in life too. As they grow up, due to some reasons they compromise them in lives. Although values are universal, how we interpret and comprehend them are subjective. Hence, if we do not find meaning love, respect, mannerism etc, they fade away over the times.

In the case of the protagonist in my story, he values time, God, respect, using goods consciously, and his dignity. It is immaterial for him to think who notices his actions. All that prompt him to do is his own self satisfaction. It is quite evident in all his rituals; the few minutes that he spends in the campus, he makes it solemn and worth pondering. The loud prayers and the hymns make every one turn around and feel, if an insane mind could feel deep connected to God, how much more my sane mind should hold values I need for life!

# I Love My INDIA!

'Jai Hind!' is a salutation we have all been accustomed to hearing every Independence Day and Republic Day apart from certain other occasions. Used by all and sundry irrespective of Faith persuasion, including the Christian community, the salutation has always had a ring to it, making it sound like a cry of victory so to say. However, given the kind of situation prevailing in the country ever since the Modi-led BJP came to power at the Centre and in various states of the Indian Union, that salutation has been steadily losing its sheen for reasons that stand bare before the vision of the world. Under the circumstances, one cannot help but reiterate that it is imperative that we as Christians consider henceforth hailing our motherland—in whatever capacity—with 'JAI INDIA' instead of the usual JAI HIND. And here's why.

## 'Hind' and its origins

The word 'Hind' is said to be of Persian origin and relates to the fact that the River Indus ran through undivided India, thus giving the country its very name. Incidentally, the 1940 Lahore Resolution of the All-India Muslim League in undivided British-ruled India demanded sovereignty for the Muslim-majority areas in northwest and northeast India under the name 'Pakistan'. No less a public figure than Mohammed Ali Jinnah, the founding father of Pakistan, insisted on refer-

ring to the modern day Republic of India as 'Hindustan' specifically to signify its Hindu majority population.

The British gamely picked up the two terms, 'PAKISTAN' for the Muslim-majority state, and 'HINDUSTAN' for the supposedly Hindu-majority state and started using them officially, suiting as it did their divide-and-rule policy. This however did not go down well with the then Indian leadership whose **focus for the country was nothing less than a secular, socialist, democratic republic rather than as the land of Hindus and thus insisted that the new dominion be called 'India', rather than 'Hindustan'**, a term that did not receive official sanction of the Constituent Assembly of India. The name, 'Bharat' was recognized as an official name even as it was accepted that 'Hindustan' would continue to be used unofficially.

## Case of mistaken identity

Willy-nilly, given the circumstances prevailing in the country today, it is not difficult to see why 'Hind' is increasingly being seen as the short-form of 'HINDUSTAN' which the upholders of Hindu raj are known to vehemently interpret as a rightful nomenclature for furthering their ideal of Hindu rashtra. Indeed! The writing on the wall—and it's written all over!—is clear: Hindus

are Indian, Christians are angrezi. **There is, therefore, a need to conscientiously refrain from referring to our country as Hindustan, or even 'Bharat' for that matter, in all our communication, whether official, unofficial or personal, written or spoken, consciously sticking to the moniker, 'India'.**

Our bishops particularly would need to see through such matters more clearly and thus lead the way we Catholics in India demonstrate our thinking concerning India as a multi-cultural, multi-religious, multi-ethnic, multi-lingual, **secular, socialist, democratic republic** on the one hand, and our patriotism on the other, rather than persist in unwittingly promoting a false ideology that obviously stems from the use of 'Jai Hind'.

## Being true to our conscience

This but calls for a bold step on our part. **At a time when the patriotism of the Christian community is openly being questioned and poo-hooed, is the Catholic Church in India ready to risk taking such a step albeit quietly, without much ado?** Independence Day 2018 would be an ideal day to try this out in all Flag Hoisting ceremonies in our dioceses, parishes, educational institutions and Christian housing societies across the length and breadth of the country, thus emphasizing that India is OUR country – the Heaven of freedom that is my country! **The country I love: INDIA!**



by Ladislaus L D'Souza

## Thanksgiving

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

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

request will be granted no matter how impossible it is

—Mrs. Emilda Mathias



## Thanksgiving



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

—A Devotee

# Dwell or Tell.....

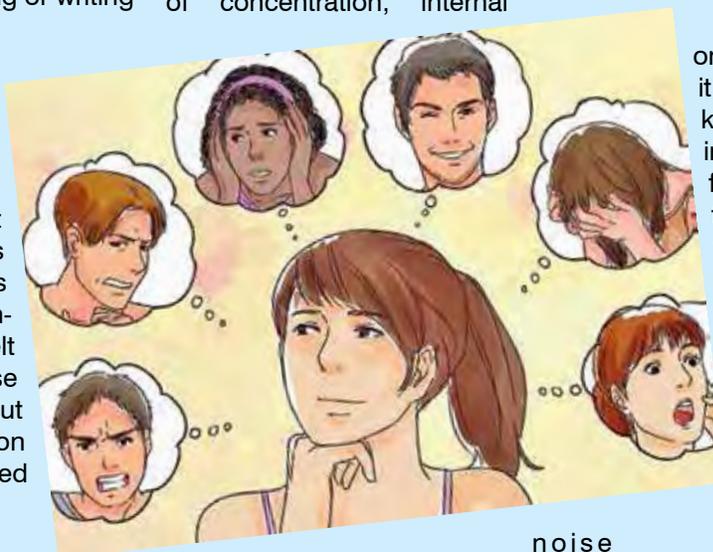
## Expressing Emotions



by Mrs Deepika Lobo  
Clinical Psychologist

**P**eople always say it's good to put "your feelings into words." But is it true? If you are anxious, scared, or worried about something, is it really going to make you feel better to dwell on this anxiety by speaking or writing about it?

When you were a teenager, you might have kept a diary hidden beneath your mattress. It became your confidant and a place to confess your struggles and fears without judgment or punishment. It probably felt good to get all of those thoughts and emotions out of your head and down on paper. The world seemed clearer.



Whenever your mind begins to wander away from specific tasks at hand, it begins to succumb to the spell of internal noise. Unlike audible

noise, internal noise exists solely within each person's mind. Effective communication between people can only occur if each individual is able to reduce the power of internal noise in his head. If subdued through measures of concentration, internal

noise need not be a barrier to communication.

Although you may have ditched the diary once you reached adulthood, the concept and its benefits still apply. Now it's called journaling. It's simply writing down your thoughts and feelings to understand them more clearly. And if you struggle with stress, depression, or anxiety, keeping a journal can help you gain control of your emotions and improve your mental health.

Journaling helps control your symptoms and improve your mood by:

- Helping you prioritize problems, fears, and concerns
- Tracking any symptoms day-to-day so that you can recognize triggers and learn ways to better control them
- Providing an opportunity for positive self-talk and identifying negative thoughts and behaviors

Keeping a journal helps you establish

order when your world feels like it's in chaos. It helps you get to know yourself by revealing your innermost fears, thoughts, and feelings. Look at your writing time as personal relaxation time, a time when you de-stress and wind down. Write in a place that's relaxing and soothing—maybe with a cup of tea. Look forward to your journaling time, and know that you're doing something good for your mind and body.

It is so easy to get caught up in the day-to-day aspects of life and forget to pause, self reflect, and look at the bigger picture. Slowing down and taking time to think about your life is extremely helpful in creating a better sense of who you are, who you want to be, and how you will or how did you get there.

**Ms Deepika Lobo**

Psychologist and Counselor  
email: deepikaslobo@gmail.com

### Our Branch Office at Mangaluru :

**The Secular Citizen, DIVO Konkani Weekly and Royal Christian Family**  
Netravathi Building, 2nd Floor,  
Balmata Road, Mangaluru 575001  
**Tel.: +91 8139958222**  
Subscriptions, Advertisements, Registrations are accepted here

### Subscriptions for

### **THE SECULAR CITIZEN**

Renewal as well as New, can be sent through Bank Fund Transfer to any one of the following banks:

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

Bank: Citizen Credit Co-op Bank Ltd.,  
Branch : Colaba, Mumbai  
Account Name: The Secular Citizen  
Current Account No. 209003100000489  
ISFC code: CCBL0209003

Please inform us through email: secular@sezariworld.com or through phone: 9820485389 after transferring the same.

# The Eternal Word Of God In Scripture

*"All Scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness..."*

2 Tim.3:16

These words are taken from the Second Letter written by St. Paul to Timothy.

**L**et us therefore restore confidence in our faith among young Catholics; repairing spiritual damage where possible and re-establishing trust, justice and correct information which had been hidden in tarnished disrepute, discrediting evidence of faith's true belief.

Evidence that God inspires men to write Scripture and that His Word is irrefutable.

When Jesus went to Nazareth where he grew up, he went first to the synagogue. It was the Sabbath, and as he had always followed custom and tradition he stood up to read from the scroll of the prophet Isaiah. He opened the scroll and saw a place where it was written:

"The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor".(Lk.4:18).

After reading the Scripture written in the scroll, Jesus looked at the people who had gathered in the temple and said: "Today this scripture has been fulfilled in your hearing." (Lk.4:18). And so it was. God had inspired the prophet Isaiah, and then St. Luke, the apostle, to preserve the Word in his Gospel.

Christians are an outstanding people being "the chosen people of God", firm in faith, non-violent and forgiving. We firmly believe that scripture is God's Word which men are inspired to use in their own languages and imag-

ery to spread His message. Remember, God did not 'dictate' the works of Scripture, he inspired the writers.

Moses was given tablets of stone engraved with the Word of God, written by the Lord himself in flames of fire; perhaps, the first and last time that God used the written word to teach His children.

When Moses came down from the mountain and saw the golden calf being worshiped, his temper rose in fury and he "threw the tablets from his hands and broke them at the foot of the mountain". (ex.32:19). Later, the Ten Commandments, engraved on the broken tablets were then mirrored by human hands for inclusion in scripture.



BY MELVYN BROWN

The first most practical understanding of the word 'Scripture' would be to discover the divisions enclosed in the structure of the word. Basically, we accept the first as 'Sacred Scripture'. "Sacred Scripture is the speech of God as it is put down in writing under the breath of the Holy Spirit". (CCC. 81). Christ is the only Word of the Father. And the Church venerates the Scriptures as she does the Body of Christ.

"All Sacred Scripture is but one book, and that one book is Christ, because all divine Scripture speaks of Christ, and all divine Scripture is fulfilled in Christ." (CCC.134).

God is the sole author of Scripture and human writers were the inspired men of the Old and New Testament. By the Apostolic Tradition the Catholic Church based its discernment on which writings are to be listed in the Sacred books. This entire collection is known as the Canon of Scripture.

In the Old Testament there are 46 books or 45 if we join Jeremiah and Lamentations together. The New Tes-

tament has 27 books.

"The Old Testament is an indispensable part of Sacred Scripture. Its books are divinely inspired and retain a permanent value, for the Old Covenant has never been revoked." (CCC. 121)

The Gospel of Mathew, Mark, Luke and John take a special place in the New Testament because Jesus is the center and fulfills the preparations and prophesies made in the Old Covenant.

"Your Word is a lamp to my feet and a light to my path". (Ps.119:105). The Lord's Word is in the Scripture and the path is shown to salvation. Christians safeguard and preserve the Scriptures as an obligation.

The Word of God is impossible to disagree with, or disprove. It is irrefutable.

On the day of the resurrection two men were walking to a village called Emmaus. The village was about seven miles from Jerusalem. While the travellers spoke about the day, Jesus joined them on the road.

Christ spoke about the scriptures starting with Moses and the prophets. It was only when they sat at the table for a meal and Jesus took bread, blessed it, broke it and passed it to them that the men knew, He was the Resurrected Christ.

Suddenly, the Lord vanished from their midst and the two men expressed their inner emotions: "Did not our hearts burn within us while he talked to us on the road, while he opened to us the scriptures?"(Lk.24:32).

May we also open the Scriptures to youth and permit the floodgates of faith to empower our belief with the wisdom and courage we receive from the Holy Spirit.

# Our Splendid Liturgy!

By Ladislaus Louis D'Souza

*EDITORIAL NOTE: The Liturgy of the Eucharist, says Vatican II, is "the source and summit of the Christian life" [LG 11]. With the Year 2018 declared the YEAR OF THE LITURGY in the Archdiocese of Bombay already half-way through, Mr Ladislaus Louis D'Souza of Our Lady of Lourdes Parish in Orlem, Malad West, in a 3-part series, leads readers through a thorough reflection on the state of the Liturgy as it is being celebrated in our parishes and religious houses on the one hand and, on the other, to an appreciation of the beauty of the above assertion by developing a proper understanding of what 'liturgy' is all about.*

Part I:

## What is "Liturgy"?

Like several other 'churchy' words in use, 'liturgy' comes from the Greek (the lingua franca of the early Church) word leitourgia which referred to any public service or function exercised by the people - in the present instance, the people of God, i.e. the baptized. The word 'Eucharist' too comes from the Greek eu kharistia 'thanksgiving' or eukharistos, 'grateful'. The Eucharistic Liturgy is also known as the 'Mass', a term that refers to 'mission' as insinuated in the Latin dismissal "Ite, Missa est". Pope Benedict XVI, discussing the development of missa from meaning "dismissed" to

implying "mission", writes: "In antiquity, missa simply meant 'dismissal.' However in Christian usage it gradually took on a deeper meaning. The word 'dismissal' has come to imply a 'mission.' These few words succinctly express the missionary nature of the Church" (Benedict XVI, Sacramentum Caritatis, 51), whereby "you are commissioned" or sent on a mission, the mission obviously being to live out on the Altar of the world, the Mass celebrated on the Altar in church.

## Public worship

Liturgy is worship, but not all worship is liturgy. While worship can be a private act, liturgy is essentially communitarian in nature. Put differently, it is 'the official, public worship of the Church' made present in the assembly. In this act of the Church, Christ acts to save us. "The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself, our Pasch" [PO 5 - CCC 1324]. With the Eucharist thus coming through as the sum and substance of our faith, it must follow that "our way of thinking is attuned to the Eucharist, and the Eucharist in turn confirms our way of thinking" [CCC 1327]. Holy Mother Church has inherited forms and patterns of worship that have evolved during her 2000-year history, according to the very preparation of liturgical celebrations adequate backing. Each day of the year, falling into a particular place in the Church's Liturgical Calendar, is assigned specific Scripture readings and prayers for use at Mass, the Church's ritual books taking care of the celebration of the Rites of Baptism, Matrimony, funerals and so on. Popular Catholic Devotions

As regards other group prayers and devotions having great spiritual value though not on the same level as the

Liturgy, the Constitution on the Sacred Liturgy [13] directs that "popular devotions of the Christian people... should be so drawn up that they harmonize with the liturgical seasons, accord with the sacred liturgy, are in some way derived from it, and lead the people to it, since in fact the liturgy by its very nature is far superior to any of them." With the advent of the Blessed Sacrament chapel, the devotion of the Thursday Holy Hour, in commemoration of the Institution of the Eucharist on Maundy Thursday, has steadily waned though of course certain parishes do have it, but, for no rhyme or reason, on a Friday. Also virtually replaced is the Family Devotion to the Sacred Heart, with devotion to the Divine Mercy reaching cultic proportions.

## Casual additions

Similarly, though the 'Do's and Don'ts in Liturgy' [Appendix, DIRECTIVES FOR THE CELEBRATION OF THE LITURGY (23) (CCBI)] clearly state "Do not impose your personal piety on the faithful by adding extra prayers" in the Mass, certain celebrants do insist on giving reflections when 'purifying' the sacred vessels (Have the vessels lost their purity?) after the distribution of Holy Communion and inviting the congregation to recite prayers like the Hail Mary, Memorare etc. All said and done, could the Church, in keeping with the maxim To Jesus through Mary, provide for a formal inclusion of her presence at the altar in a more tangible manner, thus replicating significantly her presence at the foot of the cross? That would probably bring out more significantly the essence of the term Theotokos and, more than anything else, take care of the random prayer insertions that make the Mass appear to be some sort of an intercessory prayer meet.

## Liturgical Protocol

(Contd.. on p. 18)

**MERCY'S HUB**

- Modern Wedding Cakes
- Serving Cake Slices
- Silver & Golden Jubilee
- Engagement Cakes
- Christening Cakes
- Holy Communion Cakes
- Theme Based Cakes
- Eggless, Gluten Free Cakes
- Lactose Free Cakes
- Sugar Free Cakes

**CUSTOMIZE YOUR CAKES FOR ALL OCCASIONS**

**MERCY GEORGE** We also deliver cakes on request  
9664854133 Mercy's Hub  
 mercyshub@gmail.com

Try Our Customized Cake Classes & Enjoy Baking at Home

# Inspiration!

## *Be limitless in your mind*

If you really want to manifest your deepest desires, you have to challenge these limiting beliefs that hinder you from your growth. Because in order to really cultivate the life we really

**WHEN YOU BECOME limitless within your mind, you will start to live life differently than most people do. Limitations only exist to those who set them. The masses are walking around confined to their current reality because they have a limited mindset**

**S**ometimes we don't realise how much our mind has influenced the way we are living our life. It makes us believe in something that often doesn't serve us. It makes us believe in our limitations more than our abilities to achieve. To move forward in life it is necessary to let go of these limits.

### **Believe in your mind that you are limitless**

Within your mind, envision yourself achieving your goals, living your dreams, making a difference and living life on your terms. Believe in yourself that you are limitless. Your beliefs influence your actions. If you believe that you are limitless your beliefs influence your actions. If you believe that you are limitless, you will take action to achieve your dreams.

### **Build superb clarity**

One of the most common problems most people are not living a limitless life and are not achieving the extraordinary result is that they do not have a crystal clear goal of what they want.

Most people will tell you that their goal and their dream are to become rich,

to become happy or to live without worry. These are not goals. These are vague and general wishes that everyone desires in life. If you want to achieve an outstanding result in whatever you do, you must define it with absolute clarity.

You cannot develop a plan from a blurry idea and you cannot hit a target that you cannot see clearly. Thus, make sure your goals are crystal clear and specific.



### **Get rid of self limiting beliefs**

Self-limiting beliefs are belief systems that we hold inside our mind rightly. These beliefs are usually limiting, negative and hindering our growth. We adopt these self-limiting beliefs as a child and it's hard to control or eliminate them. However, we have to do that if we want to manifest our deepest desires.

Everything is the result of your past and you just didn't acknowledge it. Holding these beliefs is not a good decision because it will limit you and your interactions in general.

want, we have to start clean and do whatever we can to make sure it will all come true.

### **Arm yourself with new, empowering beliefs**

The next step to take after acknowledging that those beliefs you held are simply not true, is to form new beliefs. Use this time of epiphany to form new beliefs that serve you. Choose your new beliefs carefully because these new beliefs will manifest into your life.

After changing all of those limiting beliefs with new, empowering and positive ones, start thinking and behaving like you are the new person that has all of these positive beliefs inside of them. It might be hard to change, it might take weeks or months but with proper dedication, you will get there.

### **CORE REASONS FOR BELIEFS**

After you list all of those self-limiting beliefs that you have, try to understand the reasons for why you have those beliefs. These reasons could be various but usually, it's because of your childhood experience or societal programming.

(Contd.. from p. 16)

As far as the Holy Hour before the Blessed Sacrament exposed is concerned, one would have thought having lay persons speak by way of giving lengthy reflections or teachings is anathema. But the way our youth are allowed to strut around in the sanctuary, delivering lengthy monologues, asking the assembly to please stand or kneel or sit or whatever is crass, also often annoying, what with no guidance evident in the preparation of the Holy Hour, thus depriving the assembly of the benefits of an hour of grace that every Holy Hour is meant to be.

Essentially, lamps lighted before statues of saints during Mass is supposed to be a strict no-no. But the brazenness with which lamps are lighted before statues of saints during novenas of preparation for their feasts during the celebration of Holy Mass, throwing liturgical niceties to the wind, would give one the impression that the saints are incarnations of God Almighty!

**Only an apt understanding of the Mystery of the Eucharist could take care of such matters!**

### **The Unfolding of the Mystery**

The tangible words and actions of the Church in the Liturgy actually unfold in a mysterious way God's action in the world since it is Christ who acts in the worship of the Church which is his very body. It is in the Proclamation of the Word that God speaks to us, and

in the Breaking of the Bread that we recognize the Word-made-flesh, 'Emmanuel,... God-with-us' (Mt 1:23).

The Liturgy is thus the twofold joint venture on the part of God's Spirit and the Church whereby the Church's prayer of praise and petition rises to the Father and the rich blessings of the Spirit descend upon the Church in general and those in the Assembly in particular. And in her sacramental signs, the Church takes part in the passage of the suffering Christ from death to life in glory.

'Liturgy' is not simply some text in a book but essentially and always something we do - a ritual act, a public action, a symbolic gesture of a reality whose depth no words can adequately express. Yet, we certainly can participate in the action of the Liturgy, absorb its deep beauty, and assimilate its significance by responding to everything that happens at the two tables as it were, i.e. the Table of the Word, the Lectern - where the word is broken: Readings / Gospel / Homily / POF, and the Table of the Bread, the Altar - where the bread is transformed into Christ before being broken, under the Presidentship of the Celebrant "acting in the person of Christ" [Muscam Sacram (MS) 14].

Father Aniceto Nazareth, the first Secretary of the Archdiocesan Liturgy Commission of Bombay, was won't to remind those attending his Liturgy courses that neither are the functions of the two tables interchangeable, nor is either of the two a billboard for displaying inspirational quotes, or the theme of the parish novena or whatever! We need to learn how to appreciate the beauty of the Altar and the Lectern with their own fixtures rather than go over the bend to conceal them behind gaudy smocking, posters and the like, we need to under-

stand why an architect would choose to use black and brown granite for the sanctuary flooring rather than white marble which is an affront to a wall of stone blocks. Similarly, floral arrangements ought to be such as to draw the congregation's attention to the two Tables rather than distract one's attention, brazenly blocking them and the Celebrant and Lector from congregational view. The key solution here is, understanding the obvious difference between a church, a conference room, and a wedding hall on the one hand and between an Altar, an Office Desk and a Dining Table on the other. Of Attributes & Attitudes

The Jewish word Berakah meaning Blessing, the Hebrew words Zikaron and Berith meaning Memorial and Covenant respectively are the three striking attributes of the Liturgy. Appropriately then, Father Aniceto brought out a booklet titled CRUMBS FROM THE MASTER'S TABLE, subtitled Basic Attitudes at Mass, whose contents gave the huge number of individuals doing the basic course in Liturgy a clear understanding of what the Mass essentially is all about: Being the blessing that the Mass is to humanity, by way of remembering gratefully the Father's love that was spelt out for humankind from the Incarnation to the Resurrection, thus honouring the Covenant sealed with the blood of the Lamb on Calvary and brought alive on the Altar of the world at every Mass! The profundity of the contents of the booklet is implicit of the intention of the compiler to see every Catholic, both lay and clerical, spell the three attributes in and through their attitudes towards one another, towards the Mass and towards Christian life.



*Helen's  
Bridal Gallery*

- ☞ Gorgeous ready to wear Bridal Gowns & Accessories.
- ☞ Elegant evening gowns, western formals, communion gowns, bridesmaid & flower girl dresses tailored to perfection.
- ☞ Ask for our Special Bridal Packages.

☎ 9821309931

**Please renew your subscription if expired. Mention your subscription no. while sending the renewal amount**



**JACK OF ALL STALL**  
Reliable House for Religious Goods  
Gloria Church Bldg.,  
263, Dr. Ambedkar Rd., Byculla, Mumbai - 400027  
Tel.: 23725963, 23749358

Estd: 1951 Prop. B. D'Souza

# Royal Christian Family MATRIMONIALS - @GROOMS

**6889. USA :** Goan Roman Catholic Bachelor, (Born in July 1987), Ht. 5' 5", Wt. 60 kgs, Wheatish Complexion, Edn. B.E. (EXTC), Masters in Engineering, working as a Process Engineer. Contact email: ophelia657@gmail.com

**6888. AMRITSAR :** Roman Catholic Bachelor, (Born in March 1990), Ht. 5' 10", Wt. 77 kgs, Wheatish Complexion, Edn. Hotel Management (Diploma) in Singapore, working as a Captain. Contact email : shephalivancet0@gmail.com

**6886. MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in May 1980), Ht. 5' 9", Wt. 68 kgs, Fair Complexion, Sober, Edn. S.Y. B.Com., working as a Sales Expert. Contact email : sandypinto70@gmail.com

**6885. USA :** Mangalorean Roman Catholic Bachelor, (Born in November 1986), Ht. 5' 7", Wt. 65 kgs, Wheatish Complexion, Edn. B.E. (I.T.), working as a Software Consultant. Contact Email : jane\_3105@yahoo.co.in

**6884. MANGALORE :** Mangalorean RC Bachelor, (Born in April 1984), 5', Wt. 55 kgs, Wheatish Complexion, Edn. 8th Pass, working with Interior Designer. Seeks a simple poor girl, studied upto 10th std., Contact Mob: 7795733200 / 8971267606

**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 cruises 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

**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

**6228. MUMBAI :** Mangalorean Roman Catholic Bachelor (Born in December 1972). Ht. 5' 8", Wt. 65 kgs., Wheatish Complexion, Edn. S.S.C. A/C Tech. Course, working as a A/C. Technician in Voltas. Contact email : lawrencedias321@gmail.com / Mob: 8291056939

**6172. MUMBAI :** Goan Roman Catholic Bachelor, (Born in February 1978), Ht. 5' 9", Wt. 86 kgs, Wheatish Complexion, Edn. M.Com., Position : Financial Consultant. Seeks a alliance from RC graduate/pst graduate spinster. Contact email: raceangelreb@yahoo.in

**6508. MUMBAI :** Mangalorean Roman Catholic Bachelor (Born in October 1986), Ht. 5' 10", Wt. 80 kgs, Fair

Complexion, Edn. B.E.. working as a Asst. Manager in German Company. Seeks a tall, well educated homely Mangalorean girl. Contact email : colind.3010@gmail.com

**6198. MUMBAI :** Mangalorean Roman Catholic (Born in October

1969), Ht. 5' 10", Edn. B.Com., good personality, hailing from God fearing, cultured family, issueless, divorcee by mutual consent, working for Cruise Liner in U.S.A., as

Security Supervisor, well settled in Mumbai, Seeks suitable match. Contact email :

dsouzamalcolmneil@gmail.com. Phone/SMS 09480157258.

**6434. MUMBAI :** East Indian Roman Catholic Bachelor, (Born in November 1978), Ht. 5' 5", Wt. 50 kgs, Fair Complexion, Edn. MD, MS., Doctor by profession. Contact email : rayanvincent@rediffmail.com

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

**6664 MUMBAI :** Mangalorean R.C. Bachelor (Born in December 1982) Ht. 5' 3", Wt. 68 kgs, Fair Complexion, Edn.

B.Com., A.C.A., LLB., C.A. by Profession. Contact email: saldanha\_ryan@yahoo.com OR 9820670158.

**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

**Registered members can publish their ad in all the 50 issues in a year for Rs. 8000 only.**

If you wish to publish your matrimonial classified advertisement in all the 50 issues in a year, you can do so for an amount of Rs. 8000 only.

# Royal Christian Family MATRIMONIALS - GROOMS

**6934. MUMBAI** : East Indian Roman Catholic Bachelor, (Born in October 1987), Ht. 5' 6", Wt. 75 kgs, Fair Complexion, Edn. Graduate, Hotel Management, Contact email : nevaaid2016@gmail.com

**6930. GOA** : Goan Roman Catholic Bachelor, (Born in August 1979), Ht. 5' 7", Wt. 65 kgs, Wheatish Complexion, Edn. SCC and Diploma in Electrical, Electrical Contractor. Contact email : cajetan1208@gmail.com

**6924. MUMBAI** : Mumbai born and broughtup Roman Catholic Keralite Bachelor, (Born in September 1984), Ht. 5' 9", Wt. 72 kgs, Fair Complexion, Edn. M.Sc. (I.T.), working as a Sr. Software Engineer in Foreign Bank. Contact email : dianamanuel320@gmail.com

**6923. PUNE** : Mangalorean Roman Catholic Divorcee, (Born in April 1963), Ht. 5' 5", Wt. 62 kgs, Wheatish Complexion, Edn.High School + 3 years Full term apprectice, working as a Machinist CNC Operator in reputed organisation. Contact email : mathiaswilliam04@gmail.com

**6918. MUMBAI** : Mangalorean Roman Catholic Widow, (Born in November 1953), Ht. 5' 6", Wt. 58 kgs, Wheatish Complexion, Edn.D.P.E., Well settled. Contact email : louisn23@hotmail.com

**6917. MUMBAI** : Mangalorean Roman Catholic Bachelor, (Born in October 1985), Ht. 5' 7", Wt. 65 kgs, Wheatish Complexion, Edn.B.E. MBA, working as an Engineer. Contact email : delphinempinto@gmail.com.

**6916. MUMBAI** : Mangalorean Roman Catholic Bachelor, (Born in October 1986), Ht. 5' 10", Wt. 84 kgs, Fair Complexion, Edn.B.E., working as an Engineer in the IT Industry. working as an Engineer in Major MNC Company.

Contact email : treasa542000@gmail.com

**6915. DUBAI** : Mangalorean Roman Catholic Bachelor, (Born in January 1988), Ht. 5' 11", Wt. 80 kgs, Wheatish Complexion, Edn.B.Com., MBA, CS, working as a Accountant. Contact email : marriageproposalseeker@gmail.com

**6914. MUMBAI** : Mangalorean Roman Catholic Bachelor, (Born in March 1985), Ht. 5' 9", Wt. 75 kgs, Wheatish Complexion, Edn. T.Y. B.Com., working as a Chef. Contact email : stanleycoelho@ymail.com

**6913. MUMBAI** : Goan Roman Catholic Bachelor, (Born in August 1987), Ht. 5' 9", Wt. 72 kgs, Wheatish Complexion, Edn.B.Com., working for Carnival Cruise Lines. Contact email : frankyfernandes1587@gmail.com Or Mob.: 8108968804

**6912. SAUDI ARABIA** : Mangalorean Roman Catholic Bachelor, (Born in January 1981), Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn.10th Std., working in Saudi Arabia. Contact email : dsouzasachin77@gmail.com

**6909. MUMBAI** : Mangalorean Roman Catholic Bachelor, (Born in December 1988), Ht. 5' 11", Wt. 74 kgs, Wheatish Complexion, Edn.Bachelor of Engineering in INformation Technology, IT Professional. Contact email : allwync88@gmail.com

**6906. ABUDHABI** : Tamilian Roman Catholic Bachelor, (Born in July 1988), Ht. 5' 2", Wt. 67 kgs, Wheatish Complexion, Edn.Bachelor in Business Admin., working as a Customer Support. Contact email : dvdleena@yahoo.co.in

**6904. MUMBAI** : Converted Roman Catholic issueless Divorcee, (Born in April 1975), Ht. 5' 8", Wt. 76 kgs,

Wheatish Complexion, Edn.B.Sc., MBA, working as a Manager. Contact email : sudeeptalukdar2003@gmail.com

**6899. MUMBAI** : Roman Catholic Bachelor, (Born in June 1968), Ht. 5' 7", Wt. 77 kgs, Wheatish Complexion, Edn. Diploma, Mechanical Engineering Graduation, MBA, working as an Engineer. Contact email : teresa.mimr@gmail.com

**6898. MUMBAI** : Goan Roman Catholic Bachelor, (Born in September 1988), Ht. 5' 5", Wt. 68 kgs, Wheatish Complexion, Edn. Post Graduate in Hotel Management, working as a Supervisor -Food and Beverage in Royal Cruisline. Contact email : rohanfernandes61@yahoo OR Mob.: 8459353089 / 7407814175

**6896. MUMBAI** : Goan Roman Catholic Bachelor, (Born in March 1982), Ht. 5' 11", Wt. 75 kgs, Wheatish Complexion, Edn. B.E. Electronics, Master in Information Management, working as a Finance Professional. Contact email : clyde25@gmail.com

**6895. HONAVAR** : Roman Catholic Bachelor, (Born in August 1981), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. 5th Std., having own property business. Contact email : rosiehorta77@gmail.com Mob: 7977361995

**6893. MANGALORE** : Mangalorean Roman Catholic Widower, (Born in January 1967), Ht. 5' 5", Wt. 70 kgs, Wheatish Complexion, Edn. Graduate, working in Automotive Sector. Contact email : dan\_3627@yahoo.ce

**Please renew your subscription if expired. Mention your subscription no. while sending the renewal amount**

Address your replies to :  
Regd. No. \_\_\_\_\_  
**ROYAL CHRISTIAN FAMILY,**  
99, Perin Nariman Street, 1<sup>st</sup> Floor,  
Fort, Mumbai - 400 001.

## IMPORTANT NOTICE

Telephone no. of candidate will be printed only with the consent of members.

For Tel. Nos. Please contact:

+91- 9820473103 / 9820485389 or

Email : royalchristianfamily@gmail.com

## To Place Your Matrimonial Advertisement Call:

**+91 - 9820485389 or 9820473103**

\* Check your email at least once a week.

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

# Royal Christian Family MATRIMONIALS - BRIDES

**6933. USA** : Mangalorean RC parents invite proposal for their daughter, (Born in October 1990), Ht. 5' 3", MS from USA, working in Minneapolis USA, holding H1b visa, born and brought up in Mumbai, from Mangalorean RC bachelors, working in USA, age below 31 years, masters or higher preferred, with good family background. Contact : Wilfred D'Souza : 09869165412 OR email : wilfred1954@gmail.com

**6932. MANGALORE** : Mangalorean Roman Catholic spinster, (Born in September 1990), Ht. 5' 4", Wheatish Complexion, Edn. M.Com., working as an Asst. Manager. Contact email : francisjerome.barocas@gmail.com

**6825. MUMBAI** : East Indian Roman Catholic Spinster, (Born in December 1986), Ht. 5' 5", Fair Complexion, Edn. Graduate + Masters working as a HR. Contact email : shobhna\_dsa@ymail.com

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

**6748 MUMBAI** : Goan Roman Catholic spinster, (Born in March 1987), Ht. 5' 3", Wt. 65 kg0s, Fair Complexion, Edn. B.Sc., with Dip. in Software Testing, working as a Test Engineering Specialist at a MNC. Contact email : thomasdsouza18@gmail.com

**6926. MUMBAI** : Tamilian Roman Catholic Divorcee. 1st marriage annulled by the church, (Born in June 1985), Ht. 5' 3", Wt. 76 kgs,

Very Fair Complexion, Edn. B.A., Successful school teacher for last 10 years. Contact email : amelia\_christopher@rediffmail.com

**6836. CANADA** : Parents of RC 26 years spinster, (Born in July 1991), Ht. 5' 4", B.A., B.Ed., (Honours) teaching in Canada (Govt. Job) seeks alliance from well-educated Bachelor (Preferably settled in Canada) within 28 to 32 years with good values, height between 5' 5" to 6' 2". Please email to musicfan0323@gmail.com with recent photo and phone no.

**6931. MUMBAI** : Parents of Goan R.C spinster, (Born in August 1986), Post-Grad, writer in a reputed publication, 5' 6", Fair and of medium build, seek for their only daughter a well-qualified and settled groom. The boy should be 32-35 years of age, 5' 7", or taller. Preferably of Goan origin and residing in Mumbai. Interested families / boys may please write, with a photograph, to couri60@gmail.com or call 99202 70637

**6929. MANGALORE** : Mangalorean Roman Catholic Divorcee, (Born in January 1986), Ht. 152 cms, Wt. 54 kgs, Fair Complexion, Edn. M.B.A., working as a H.R. Senior Manager. Contact email : jasmine.melonie@gmail.com

**6653 MUMBAI** : Goan Roman Catholic Spinster, (Born in July 1990), Ht. 5' 2", Fair Complexion, Edn. M.B.B.S., Doctor & pursuing M.D. Seeks M.D. / M.S., Doctors. Contact email : selwynhen-

riques13@gmail.com

**6921. MUMBAI** : Roman Catholic spinster, (Born in August 1991), Ht. 5' 2", Wt. 53 kgs, Wheatish Complexion, Edn. B.Ed., working. Contact email : pota150259@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, Beautiful 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 :minimum5'8" 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

**Royal Christian Family  
Helps In Choosing  
The Right Life-Partner  
Serving Since 37 Years**

## IMPORTANT NOTICE

Telephone no. of candidate will be printed only with the consent of members.

For Tel. Nos. Please contact:  
+91- 9820473103 / 9820485389 or  
Email : royalchristianfamily@gmail.com

**To Place Your Matrimonial  
Advertisement Call:**

**+91 - 9820485389 or 9820473103**

\* Check your email at least once a week.

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

# Royal Christian Family MATRIMONIALS - BRIDES

**6804. COIMBATORE :** Anglo Indian Roman Catholic Spinster, (Born in October 1983), Ht. 5', Wt. 68 kgs, Wheatish Complexion, Edn. B.Sc IT, MIB, MBA., working as an Export backend operations and customer support operations. Contact email : patricia\_melisa@yahoo.co.in

**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 : josephpiadepereira@yahoo.in

**6802. MUMBAI :** Goan Roman Catholic Widow, (Born in September 1986), Ht. 5' 5", Wt. 50 kgs, Fair Complexion, Edn. B.A., working as a Auditor. Contact email : lemosmarina0@gmail.com

**6801. MUMBAI :** East Indian Roman Catholic Spinster, (Born in July 1991), Ht. 5' 2", Wt. 48 kgs, Wheatish Complexion, Edn. M.Sc., Working. Contact email : monicathrt@gmail.com

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

**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

**6928. MUMBAI :** Goan Roman Catholic spinster, (Born in July 1991), Ht. 5' 5", Wt. 67 kgs, Dusky Complexion, Edn. MBA Operations, working as an Executive. Contact email : judith.dalgado2307@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

**6936. MUMBAI :** Karwari Roman Catholic Spinster, (Born in May 1968), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. SSC., working as a Patient care taker. Contact email : donii1967@gmail.com

**6767. MANGALORE :** Mangalorean Roman Catholic spinster, (Born in August 1991), Ht. 5' 6", Wt. 80 kgs, Wheatish Complexion, Edn. M.A. (English), Teacher by profession. Contact email : predita1989@gmail.com

**6812. MUMBAI :** East Indian Roman Catholic Spinster, (Born in November 1980), Ht. 5' 3", Wt. 48 kgs, Fair Complexion, Edn. M.Com., LLB., Advocate by profession. Contact email : marthajd25@gmail.com

**6935. MUMBAI :** Goan Roman Catholic Divorcee (1st marriage annuled by the church), (Born in February 1983), Ht. 5', Wt. 61 kgs, Wheatish Complexion, Edn. M.A., working as a HR in MNC. Contact email : maryann.murzello@yahoo.com

**6665 MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in October 1986), Ht. 4' 9", Wheatish Complexion, Edn. 12th (HSC), Hair Dresser by profession. Seeks

Mangalorean / Goan / East Indian Bacheor. Contact email: alcheckmate@gmail.com OR 9867292764

**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

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

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

**6615. MUMBAI :** Goan Roman Catholic Spinster, (Born in March 1981), Ht. 154 cms, Wheatish Complexion, Educated, working, Contact email : valarie.estibeiro@gmail.com

**6614. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in September 1983), Ht. 157 cms, Wt. 69 kgs, Fair Complexion, Edn. M.Sc., working as a Lab Technologist in Doha Qatar. Contact email : nishlasrado@gmail.com

**6611. MUMBAI :** Goan RC Spinster, (Born in January 1988), Ht. 5' 4", Wt. 60 kgs, Wheatish Complexion, Edn. BMS, studing EMBA, working as a Sr. Analyst., Contact email : alliancecaldeira.nc@yahoo.com

Address your replies to :

Regd. No. \_\_\_\_\_

ROYAL CHRISTIAN FAMILY,  
99, Perin Nariman Street, 1<sup>st</sup> Floor,  
Fort, Mumbai - 400 001.

# An Iconic Human - Bethany Nun

by Ivan Saldanha-Shet.M'lore.

This is about an amazing human who is also a Bethany Nun at Bendur in Mangaluru, Rev Sr. Mary Raymond, who passed away on July 27, 2018, in her 56th year of religious life, at the ripe old age of 87 years, due to the wear and tear of long service to fellow men and old age. She is seen by all who came across her as an iconic human full of love, concern and accommodation for people who crossed her path in life.



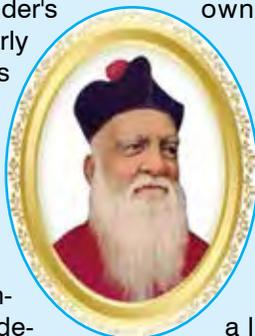
Rev Sr. Mary Raymond BS.

Popular as Sr. Raymond, her small stature did not hinder her tall personality in any manner. According to the Bethany Congregation, an indigenous order of nuns in Mangalore, founded in 1921, by 'Servant of God' Mgr. Rev. Raymond F C. Mascarenhas, Born 1875. Died 1960; Mgr. Raymond, was a saintly priest the first parish priest of St. Sabastian's Church, Bendur and is now a 'Servant of God' and thus

the first Mangalore Konkani Catholic to be put on the path to sainthood in the Roman Catholic Church.

Sr. Raymond came to the mother house from nearby Kerala to serve as a 'house maid' around 1945. She came from a good known Catholic family and was youngest of 4 sisters. Her real name, - Theresiamma Punnaykkal, she had no early formal education and was delegated to serve the founder Mgr. Raymond, as he was aged and unwell. Some time in 1950s, Young Theresiamma had learnt to read and write, she was very understanding, hardworking and intelligent.....she expressed a desire to be a humble nun, the founder Mgr. Raymond recommended her to the Mother superior and after some delays was temporarily professed into the order with the founder's own first name 'Raymond' thus in the early times of the mother house there was no denying that Sr. Raymond was a strong pillar.

She served in various ways at several convents in South Kanara, after 1960, in 1981 she returned to the Bethany mother house at Bendur, her superiors, found in her an ideal 'Parlour sister', in civil terms, an ideal 'Receptionist' and a PRO, who was a fitting interface with the different kinds of visitors to Bethany in the last 37 years till a few weeks before her death. Her knowledge of several local languages, a very soft and cordial smiling and attentive person she was a hit with all who came and instantly



put all at ease - her memory for names really made one and all happy. She was so to say 'a Martha in Bethany', and as the Lord said, 'your work will not be taken away from you, Martha'. Few knew that she did not hail from Mangalore, she fitted in so well. For long she had been an asset to the convent and congregation.

Her funeral on July 28 at the mother house chapel newly renovated as we have seen in a recent issue of SC, was packed with Nuns, her extended family from Kerala, her admirers (including your faithfully) and not an eye remained dry when Sr. Lillis, the Assistant Superior General spoke of Sr. Raymond's life. A person of her caliber, humility and pleasant disposition in all circumstances is always treasured and will always be remembered and blessed - her dear soul rests in the Lord in whom she had a pure faith.

## Ad. Rates for Thanksgiving

	Colour	B/W
Favours granted minimum i.e. 15 words + 1 block(1 photo of saint) each additional block	Rs. 800	Rs. 400
Holy Spirit Prayer	Rs. 400	Rs. 200
Other small prayers (upto 100 words)	Rs. 1000	Rs. 600

Contact: Tel.: +91 - 9820485389, 9820473103

THE SECULAR CITIZEN,

99, Perin Nariman Street, Fort, Mumbai - 400001

## Thanksgiving



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



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

— Maria Vaz

## For placing Ads. in

The Secular Citizen The Examiner

DIVO Konkani Weekly RAKNNO & Uzvaad

and other community publications

Contact : Ad-Master 9820473103

**Serving the community trustworthily for the last 36 years!**



*Good Proposals*  
Many happily married



Wide Choice of Christian Brides and Grooms  
Available from all over India & Indians settled abroad

In its service spanning over 36 years,  
**ROYAL CHRISTIAN FAMILY**

has helped thousands of marriageable boys and girls in finding their suitable Life-partner from its wide data-bank of Christian Brides and Grooms from across India and all over the world

Online registration at our website: [www.royalchristianfamily.com](http://www.royalchristianfamily.com)

Download the Registration Form from the below link:

[www.sezariworld.com/images/pdf/rcf\\_form\\_full.pdf](http://www.sezariworld.com/images/pdf/rcf_form_full.pdf)

or Contact:

**ROYAL CHRISTIAN FAMILY**

99, Perin Nariman (Bazargate) Street, 1st Flr, (Nr. GPO) Fort, Mumbai 400001

Tel.: +9122- 22693578, Cell:9820473103. Email: [royalchristianfamily@gmail.com](mailto:royalchristianfamily@gmail.com)

# THE SECULAR CITIZEN

**Subscribe for five years at Rs. 2000 and save Rs. 500**

A National Family Weekly

Subscriptions for

## THE SECULAR CITIZEN

Renewal as well as New, can be sent through Bank Fund Transfer to any one of the following banks:

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

or  
Bank: Citizen Credit Co-op Bank Ltd.,  
Branch : Colaba, Mumbai  
Account Name: The Secular Citizen  
Account No. 2090031000000489  
ISFC code: CCBL0209003

Please inform us through email: [secular@sezariworld.com](mailto:secular@sezariworld.com) or by phone: 9820485389 after transferring the same.



Subscription Rate:  
One year Rs. 500  
Five years Rs. 2000

Largest Nationwide Christian Readership

27th Year of Successful Publication

The subscription amount can be paid by NEFT, Cheque, MO or by Cash (in the office)

Mail the address to  
The Secular Citizen, 99, Perin Nariman Street, 1st Floor, Fort, Mumbai 400001.

I wish to subscribe for The Secular Citizen

Name \_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_ Country \_\_\_\_\_ Pin \_\_\_\_\_

Tel.: \_\_\_\_\_ Email: \_\_\_\_\_