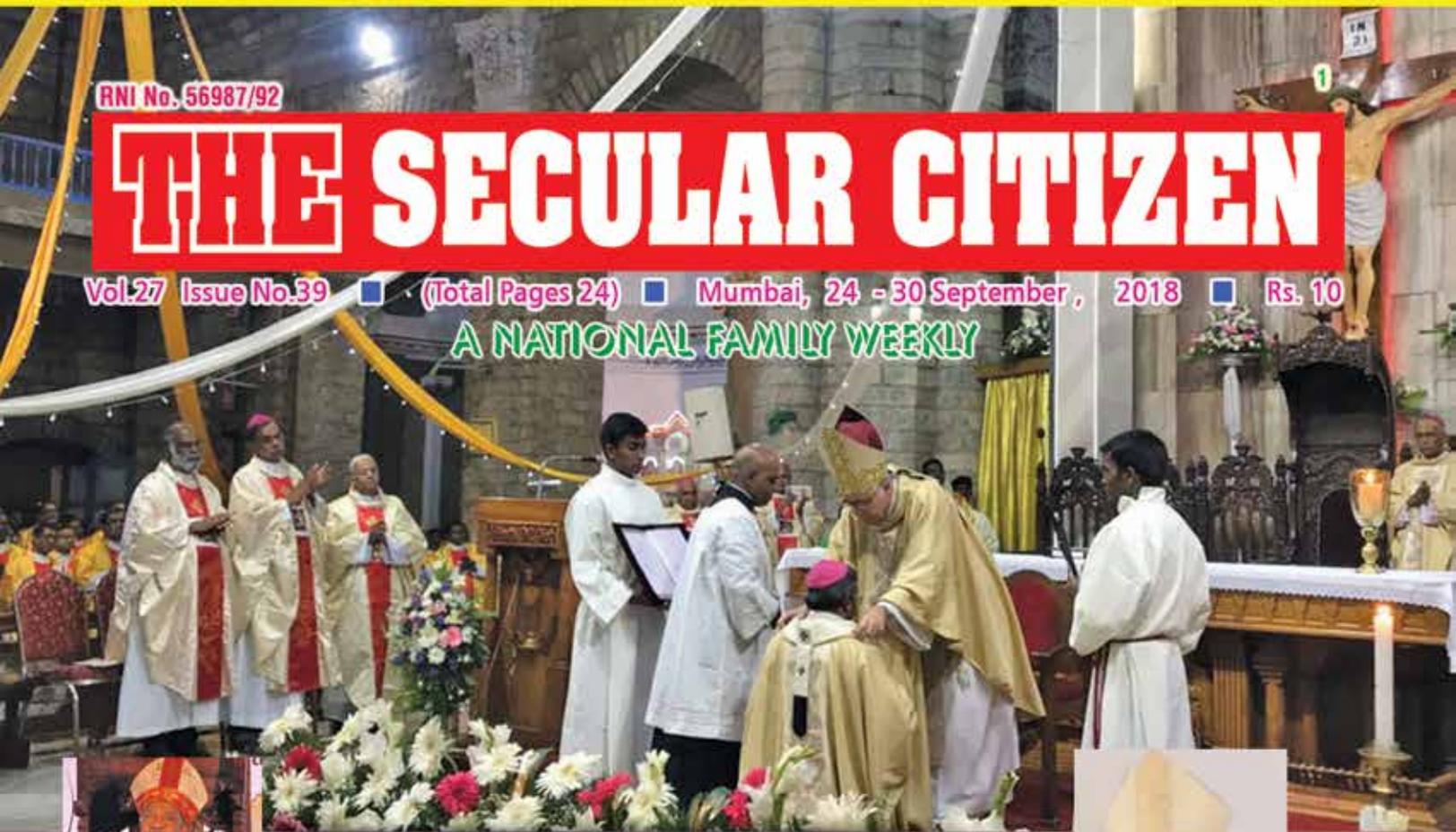


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# THE SECULAR CITIZEN

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A NATIONAL FAMILY WEEKLY



Most Rev. Dr. Peter Machado, Archbishop of Bangalore

Rt. Rev. Dr. Peter Paul Saldanha, Bishop of Mangaluru



## Archbishop Receives Papal Vestment From Vatican Representative

**Bengaluru, September 12th::** Newly appointed Archbishop of Bangalore Archbishop Peter Machado, was conferred with the 'Pallium', a woolen cloak, a stole, by The Pope's delegate in India, Apostolic Nuncio Most Rev. Giambatista Diquattaro on behalf Pope Francis at a public function at St. Francis Xavier's Cathedral on 12th September 6pm in the presence of the Bishops of Karnataka and over 1000 Catholics.

The Pallium, a symbolic vestment is vested on Archbishops across the world appointed by the Pope. It is symbolic of the yoke of pastoral and temporal care entrusted upon the Archbishops and serves as a reminder of the Archbishop's unity with the Vatican's head and also a reminder of the 'shepherd-role' the Archbishop has to undertake in caring for the lost, lonely and suffering.

Archbishop Peter Machado who received the Pallium (a band of wool marked with crosses) symbolizes the cross of responsibility coupled with the sufferings of his people, entrusted upon his shoulders.

In his message to the gathering,

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Archbishop Machado said the Pallium is a reminder to him that he must take upon his shoulders, the suffering and pain of people and also remain united with the Pope and the teachings of the Church while ensuring unity of people under the umbrella of the Church. In his prayerful appeal, the Prelate "Together we will shoulder this cross and promote the unity of

peoples" He also said 'Our languages, cultures and communities are important but we must place with highest regard the teaching of the Church'. The Archbishop impressed upon the gathering, that despite our different backgrounds, we can still be united if we have a genuine love for God and the Church.

The services attended by over 100 priests across Bangalore and beyond



began at 6 pm and concluded at 7.45 pm followed by a brief felicitation of Most Rev. Giambatista Diaquattro, the Vatican's representative for India and Nepal, residing in New Delhi.

Former Archbishop (Emeritus) Most Rev. Bernard Moras was also present.

*—Fr. Adolf Washington  
Bangalore Archdiocesan  
Communication Centre*

## EU on Religious Freedom!

Brussels, headquarters of the European Union (EU), released its annual report on "Religious Freedom" on 07 Sept. 2018. It examined 34 countries that have recently faced threats to religious freedom!

Among the concerns especially noted were "Anti-conversion Laws" enacted in several Indian States. The EU also insists on the protection of rights of non-Hindu communities to maintain their own dietary practices; and calls for stringent action on self-proclaimed 'cow vigilantes' who lynch people.

Earlier, in August 2017, the US Commission on International Religious Freedom, ranked India's persecution severity at "Tier 2"! In the past six years, India has risen from No. 31 to No. 11 on the Open Doors World Watch List. In 2016 alone, incidents of abuse escalated to 300; and the All India Christian Council revealed that there was an attack on Christians every 40 hours in 2016.

On the flip side however, on 20 August 2018, a Federal judge in Denver Colorado, USA, had ordered that \$718,000 in compensation be paid to Catholic Benefits Association (CBA). It has more than 1,000 Catholic employer members, including hospitals, colleges, religious orders, privately owned Catholic businesses, 60 local Churches and 4,000 Parishes, which combined have over 88,000 employees.

Its legal wing successfully fought against mandated healthcare coverage that violated Catholic beliefs. For example, Obama care had tried to dictate health plan exposures for sterilizations, contraceptives, including toxic drugs that cause abortion! The CBA had opposed this tooth and nail. Their motto is, "Where Faith Intersects Healthcare"! – It corresponds to the wellbeing advocated by Jesus Christ: "It is not the healthy who need a doctor, but the sick" (Matthew 9:12).

*—Dr. Hazel Colaso,  
Ashburn, Virginia, USA*

## 'Thought for the week'

*Happiness cannot be travelled to, earned or worn. It is the spiritual experience of living every minute with love, grace and gratitude.*

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## How Diversity Will Strengthens India

By Don Aguiar

**As a young person in India**, I feel that we need to evaluate our political options well. What happened as an outcome of 2014 general elections, has repercussions on daily lives of each and every Indian. From mob-lynching to blatant lies and spectacularly failed promises, India has seen it all -

The debates that hit the headlines with troubling regularity: the murders of rationalists and attacks on activists critical of government policy; the emergence of shadowy Hindutva organisations such as Sanathan Sanstha and Abhinav Bharat; hyper-nationalism; the attacks on Muslims and Dalits in the guise of cow protection; the attempts to rewrite history; the mainstreaming of radical Hindu beliefs and the attempts within the government and outside it to transform India into a Hindu state; the attacks on protesting students in universities.

We need to understand the ideological forces that have been at play for centuries. Why did Dabholkar and Pansare – and academic MM Kalburgi and journalist Gauri Lankesh – have to die? It is argued that rampaging Hindutva, which has spread its tentacles to all corners of society and the upper levels of the government in its mission to convert our secular republic into a narrowly-defined Hindu nation, poses the biggest threat to Indian values. That such an ideology should come to power today is a clear and present danger to all who believe in democracy, social justice and equality.

Through the sections on the concept of “Sanatan dharma”, or eternal faith, the refashioning of Maratha warrior Shivaji as a Hindu icon, and the activities of the extremist Sanathan Sanshta, whose members have been linked to the Dabholkar, Pansare and Kalburgi killings, rings alarm bells about the rise of militant Hindutva.

This deadly dance between “divinity and reason” plays out in a variety of ways. Dalits and Muslims are attacked by cow fanatics in Uttar Pradesh and Gujarat even as the Dalit movement for land rights gathers steam. The suicide of PhD student Rohith Vemula at Hyderabad Central University reveals the demonisation of Dalit assertion and the game plan of the Bharatiya Janata Par-

(Contd.. on p. 4)

(Contd.. from p. 3)

ty's student wing, the Akhil Bharatiya Vidyarthi Parishad (ABVP). On other campuses, including Film and Television Institute of India and Jawaharlal Nehru University, ABVP leaders attempt to divide students into patriots and traitors.

After all, as an honest law abiding citizen of the country, are we supposed to stand as mute spectators to wrong allegations being levelled against someone? Should we close our eyes against discrimination and social injustice, which is, sometimes, played against the typical 'usual suspect'? It is shocking at how cruelly they used stereotypes and remained stuck to them.

In one case after arguments from both the sides, the right wing lawyer ended his argument by saying, "But My Lord, if you ask us to apologise to them, then it will set a trend and we will have to apologise to everyone!"

This is when we realise that we were facing the most illogical opponents. If you make a mistake a hundred times, you must apologise that many times. Is there any way around it? Should you be exempted from asking for forgiveness simply because you are a serial offender?

And yet, the uncomfortable truths about the state of the Indian democracy will not go away, as the arrests of the five activists in August prove.

Every time this government opens its mouth they make it more obvious and clear how threatened they feel by the kind of true competition that diversity brings.

Diversity is a strength in a little something called "capitalism" The very first chapter of Adam Smith's The Wealth of Nations states that the foundation of wealth creation is diverse people specializing, dividing their labour and collaborating

I enjoy the diversity in India. There are people from all walks of life, with different ideologies, different professions, and different religions. We discuss a myriad of topics, from the economy to politics to even the strategies involved in running a 400 meter relay. That's fantastic diversity. One doesn't always agree or understand but the discussions continue in a cordial atmosphere.

The opinionated India's right wing on how diversity is not good for India while also suggesting that diversity weakens the workplace, marriage and the country.

How precisely is diversity our strength?

Since they have made this our national motto can one think for example of other institutions such as marriage, our country in which the less people have in common the more cohesive they are?

Do you get along with your neighbours or co-workers if you can't understand each other or share common values?

They are apparently ignoring the many benefits of diversity; studies show that diverse groups are more innovative and creative, diverse groups encourage people to think on a global level

and diversity makes India's workforce and the country more competitive.

'Diversity sans unity' or 'unity sans diversity' from a philosophical standpoint, a really great argument. From a strategy standpoint, let me warn that uncompromising unity with or without diversity leads to Groupthink and Groupthink never has good outcomes: The Murders of rationalists, attack on activists critical of the government and more recently the arrest of five activists in August to name a few. So I am happy to take 'diversity sans unity' in many settings.

'Unity sans diversity' is a tough sell – if at all possible – and I'm cognizant to that to be sure and would clearly be scary if realised in Toto.

I wasn't alluding to global homogeneity - per se – producing group think and other deadly absurdities, unity in areas where diversity is detrimental, dragging humankind down, it's usual and age – old suspects being religion, race, caste, creed, colour, patriotism, nationalism and the rest.

There is no diversity of real worth to be found there, if one examines them minutely, as they are rooted in the multifarious manifestations of ignorance. Such diversity is superficial and best eschewed.

To elucidate: imagine a sceptic, agnostic or atheist wanting to genuinely participate as a human in any one of India's religio-socio-culturally diverse peoples. And further in the true spirit of diversity, that he/she voiced scepticism as to the belief/s underling the celebration within ear shot of the celebrants. There is a good chance he/she would be killed by the rest. There's something internecine, hence, that lurks below the surface of such diversity that is too easily written paens to as gay and colourful and festive and worthy of fighting for.

Diversity must essentially be one of India's national's mottos: "E pluribus unum," "Out of many, one." Diversity is our strength.

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## The Vocation of Consecrated Widows

Addressing the International Convention for Consecrated Widows in the Vatican on Sep 6, Pope Francis told the participants to "Be leaven for this world, and light for those who walk in darkness and in the shadow of death." Pope Francis encouraged them to live their consecration in daily life with simplicity and humility.

Fr Flanagan (US), the founder of Our Lady's Society of the Most Holy Trinity (SOLT), developed the vocation of Consecrated Widowhood and has written a rule of life for them.

Like the Order of the Consecrated Virgins, those following the vocation of Consecrated Widows are allowed to remain with their families. Consecrated widows follow a rule of life with Blessed Mother as their gift and model for their consecrated life. They make a promise to observe 'Poverty, Chastity and Obedience'. These promises are renewed annually. They meet regularly and receive spiritual guidance. Consecrated Widows of the Society have their presence in 12 countries. At present they do not have a presence in India.

A person who loses a limb to amputation, experiences a sudden shock that is indescribable. This is nothing compared to the shock a spouse experiences on losing a life partner. In such times the living spouse finds solace and comfort in the church. Many widows would welcome the vocation of Consecrated Widows as it allows them to remain at the centre of their family. In fact, the family is central to this vocation.

The Archdiocese of Bombay, which was the first to bring the Permanent Diaconate for laymen to the country, with Fr Gilbert D'lima as its spiritual director, may consider bringing the vocation of Consecrated Widows to the archdiocese and to the country. I believe this move will be appreciated by several widows in Mumbai and India.

—Prof Robert Castellino  
Orlem.

## Human dignity restored

The Supreme court judgement decriminalizing sexual relationship between consenting adults in private, which was hitherto punishable under Section 377 of the Indian Penal Code (IPC) with imprisonment up to 10 years or more, is a laudable step that restores the fundamental right and dignity of humans, which form the corner stone of our Constitution. Surprisingly, it took so many years to come to the realisation that public morality and majoritarian view cannot outweigh Constitutional morality. It is also a great victory for the LGBT community as they now see the unfolding of a new dawn of independence and freedom from persecution and the stigma of being viewed as criminals. The church also stands vindicated for its long-held views that although it views homosexuality as a sin and something unnatural "homosexuals are not criminals and must be accepted with respect, compassion and sensitivity. Every sign of unjust discrimination in their regard should be avoided".

—A. F. Nazareth,  
Alto Porvorim

## Jalandhar Bishop must step down

There is some loose talk about 'Catholics losing faith in the church' because of the alleged misdeeds of a Bishop. Let me categorically state that 'the faith of Catholics in the church is rock solid'. Not a single Catholic will leave the Catholic church because of any number of misdeeds. True, there are a few Catholics who say that their faith in the church is shaken by the recent events that have damaged the image of the church. But these are the people who NEVER had any faith in the church, in the first place. They cannot even be counted as Catholics but are counted because God is very forgiving. However, it must be admitted that people are 'losing faith' in 'some ministers' of the church; not in the church. In this case it is the Bishop who should have stepped down weeks ago and welcomed a free and fair probe into the allegations made against him.

Unfortunately neither the govt of the church in Kerala intervened in the case. It was left to the Archdiocese of Bombay to ask the Bishop to step down.

The nuns who stepped out of the convent to protest did so at the risk of being ostracised and even asked to leave the convent. Nuns do not have any social security. Even their own families may disown them. I do believe that they and all nuns be given the facility of requesting for migration to another convent or even another religious order.

—Prof Robert Castellino  
Orlem

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**Law should take its course in nun rape case: Bishops' body**

New Delhi: Denying that it wanted a Bishop accused in the rape of a nun to step down, the Catholic Bishops Conference of India (CBCI) on Sunday said that law should take its course in the matter.

"(Our) silence should in no way be construed as siding with either of the two parties. We have learnt of certain statements attributed to our President, Cardinal Oswald Gracias, that (accused) Bishop Franco Mulakkal of Jalandhar diocese should step down," CBCI Secretary General Bishop Theodore Mascarenhas said in a statement here.

"We wish to clarify that he has made no such statement and wishes to disassociate himself from any such statement. Bombay Archdiocese spokesman's comments are in his personal compacity and have to be taken as such.

"We reiterate what we said earlier: The CBCI has no jurisdiction over individual Bishops. Besides, a police probe is on. One party has approached the Kerala High Court... Church authorities will take a decision once police file a definitive report after investigations," the statement added.

He said they were expressing their "distress" regarding developments regarding accusations against Mulakkal.

The CBCI statement comes after Kerala Police asked accused Bishop Mulakkal to appear before a probe team on September 19.

Mulakkal stepped down as Bishop of the Jalandhar Diocese on September 15, handing over temporary charge of the diocese to Father Mathew Kokkandam.

A Kerala nun had accused Mulakkal of repeatedly raping her between 2014 and 2016. Five other nuns of the congregation have supported her claim and along with a section of the laity are holding a protest at Kochi, which continued for the ninth day on Sunday.

An FIR was registered against the Bishop, with the nun and other convent inmates giving detailed statements running into 114 pages.

Mulakkal has denied wrongdoing and termed it a "conspiracy" against him.

—IANS

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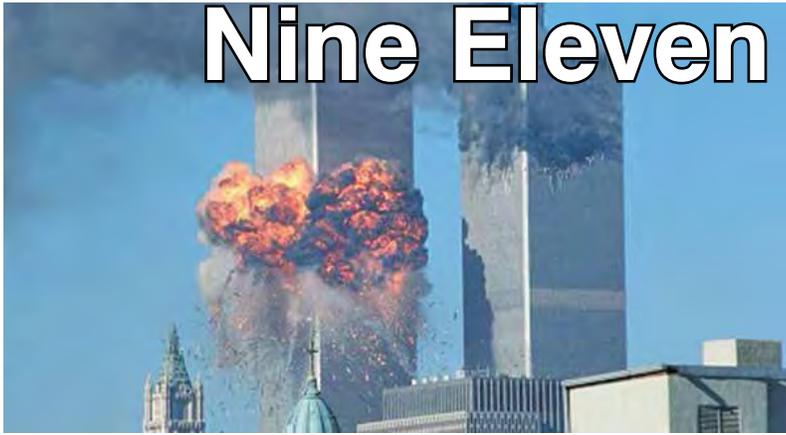
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# Nine Eleven Matters!



act can be justified, whatever the provocation! That unprecedented violence in the US is remembered and defined by a date “9/11.” The very utterance of it evokes all kinds of emotions: from undiluted hatred to a feeling of utter helplessness, in the face of rabid terror; from inconsolable grief at the loss of a loved one to heated debates on imponderables. A visit to ‘ground zero’ brings back painful memories of the almost three thousand lives, which were lost in just one place. One is also reminded of the millions of people who suffer every day in Palestine and Yemen, Syria and Iraq, DR Congo and Sudan, Myanmar and Afghanistan, Venezuela and El Salvador and so many other parts of the world. Though 9/11 will continue to remain etched in memory of many, Hiroshima and Nagasaki, Vietnam and Cambodia, Germany and Poland and other places will not be forgotten. We need to stop all war and violence just now; we must close down the military-industrial complex and all nations need to de-nuclearize immediately! Do we have the courage to say ‘never again’ this 9/11?

**Nine eleven matters because** significantly today is also the start of the *Islamic New Year 2018* officially marked as 1440AH (Anno Hegirae), The New Year commemorates Muhammad’s emigration from Mecca to Medina, known as the Hijra, starting in 622 CE. For many Muslims it is also a time of mourning. The period of prayers and fasting leads to Muharram’s 10th day, Ashura, when Moses managed to free his people from the Egyptian Pharaoh. Sunnis observed fasting as the prophet Muhammad asked Muslims to do this to show gratitude to Moses for taking them through the parted Red Sea. Fasting is not customary for Shia Muslims who sometimes self-flagellate as mark of a respect to the battle of Karbala. This is when Muhammad’s

**N**ine eleven matters because on this date in 1906, Mahatma Gandhi launched his non-violent resistance campaign at a historic mass meeting in Johannesburg South Africa. It was the birth of a new movement ‘Satyagraha’ - the relentless pursuit of truth and justice. Gandhi believed that they were non-negotiables; two-sides of a coin. More than three thousand Indians (both Hindus and Muslims) and others, gathered to support the beginning of civil obedience. Later with ‘Ahimsa’ (non-violence), ‘Satyagraha’ would ultimately become Gandhi’s twin-doctrine in belief and in practise. He used it effectively in his struggle against British colonial rule in India. Many Civil Rights leaders like Martin Luther King Jr. and Nelson Mandela have over the years embraced this twin doctrine. Sadly, we still do not learn from the past; racism, xenophobia, exclusiveness, pseudo-nationalism, discrimination and divisiveness seem to have a stranglehold on nations and peoples across the globe. The emergence of the ‘extreme-right’ ideology wedded to fascism and fundamentalism is a growing cause of concern. Some want to ‘build walls and fences’ to keep people out. ‘Satyagraha’ was a movement to make people realise that they have dignity and to help build bridges.

Nine eleven matters because on this day in 1893, at the very first *World Parliament of Religions in Chicago*, Swa-

mi Vivekananda gave a powerful and passionate speech, to end sectarianism, bigotry, fanaticism and violence from this earth by fostering the values enshrined in every religion. He spoke plainly saying, “*I fervently hope that the bell which tolled this morning in honour of this convention, may be the death-knell of all fanaticism, of all persecutions with the sword or with the pen, and of all uncharitable feelings between persons, wending their way to the same goal*”. Ironically enough,



BY FR. CEDRIC PRAKASH SJ

his clarion call does not seem to evoke any positive response from right-wing Hindu fundamentalists. A ‘World Hindu Congress’ was held in Chicago this past week; most of the organisers and speakers were right-wing Hindus who spew venom on the minorities and others who take a stand for human rights in India. On 8 September, the Alliance for Justice and Accountability (AJA), an umbrella organization of progressive South Asian groups across the United States, held a protest outside the conference venue, with the stated goal of “*standing in solidarity with our sisters and brothers in India who are fighting against the #Hindutva rule and will not be silent in the face of mob lynchings, rapes, murders, and the targeting of our leaders and academics.*”

Nine eleven matters because of what happened in the United States on this day in 2001. Any and every form of violence is non-acceptable and needs to be strongly condemned. No violent

(Contd.. on p. 16)

# WHETHER IN OUR QUEST TO BECOME A POWERFUL NATION, ARE WE NEGLECTING PROVIDING SUFFICIENT NUTRITION TO OUR CHILDREN?

by Eric D'Sa

*The first time that I went to Japan was in 1963 and it was then still recovering from the devastating destruction of the 2nd world war. Having limited land for cultivation and being predominately a rice and fish eating nation, may be there was a lack of sufficient protein in their food. Hence on an average they seem to be even shorter than an average Indian. I remember none of their ready made long sleeve shirts would fit me, as the sleeves would be too short. Things changed from then on rapidly, to a certain extent by the exposure to the western way of living and eating. The Japanese people were already highly literate and they were quick to assimilate not only the American base ball game, their beef hamburgers, but also much of the scientific and technical knowledge. They quickly also embraced the small family norm and controlled their population growth. It stabilised around 100 million people and ensured with the national prosperity, that the per capita GDP grew fast. Within a few decades the statistics show, that the average height of the Japanese people has increased by a centimetre. The population is also well fed, richer and much more healthier than they were in the past..*

The urgency to address poor nutrition in India, especially among children, adolescent girls and women is compelling, and has been re-confirmed in virtually every survey — from NFHS-4 in 2015-16 (the latest available information), to the Global Nutrition Report 2016 and the Global Hunger Index (GHI) 2017, which ranks India at 100 out of 119 countries, with a low overall score of 31.4. Among children less than 5 years, wasting (low weight for height), continues to be 21% in the 2017 index — it was 20% in 1992. There has been a reduction in stunt-

ing (height for age) — from 61.9% in 1992 to 38.4% in 2017, reported in the GHI 2017. Mortality among children less than 5 years old has declined to around 5% from 11% during the same period, according to both the GHI and the NFHS. However, 25% of India's children less than 5 years old are still malnourished. Hence though there has been some improvement, a lot still has to be done.

Add to this the fact that about 190 million people in India sleep hungry every night, and over half of adolescent

through the National Nutrition Mission (NNM), or Poshan Abhiyaan, with its own specific budget of ₹9,046 crore and a proposed World Bank loan of \$200 million, to ensure convergence among the various programmes of the government. Additionally, NITI Aayog has worked on a National Nutrition Strategy (NNS), isolated the 100 most backward districts for stunting and prioritised those for interventions.

A cynical view would be that we have seen such declarations before — after all, the special attention to nutrition was highlighted in 2008 when the Prime Minister's National Council on India's Nutrition Challenges was constituted. A detailed report, "Addressing India's Nutrition Challenges", was submitted in 2010 by the Planning Commission, the convergence of an extensive and multi-sector consultation. But nothing changed significantly. The optimistic view says that exploring new models to address the structural and systemic issues on a priority basis, learning from what has worked or not, and single-minded focus on implementation will be critical to delivering better nutritional outcomes and meeting the UN Sustainable Development Goals, to which India is a signatory. Additionally, initiatives like Swachh Bharat Abhiyan, where implemented, will contribute positively to nutrition outcomes, and well-structured public-private partnerships could be the catalyst.

Seen in this context, the overhaul of capacity and capability in three existing programmes, designed to reach populations most at risk, should be the first priority — namely, the Integrated Child Development Services (ICDS), with its network of 1.4 million Anganwadi Centres, reaching almost 100 million beneficiaries who include pregnant and nursing mothers and

(Contd.. on p. 9)

**YOU THE CITIZENS  
DECIDE:**

girls and women are anaemic, and the conclusion is obvious — despite a 7% compound annual growth rate over the last decade and a half, and the various programmes to improve nutrition, levels of under-nutrition are unacceptably high. We now constantly boast of being the fastest growing large economy in the world and yet keep ignoring the glaring fact that the fruits of such growth are not reaching the lower rung of our societies, as fast as they should. The famous trickle down effect has been too slow. We as a nation are turning into a 'billionaire raj'. Oligarchy is slowly trying to replace democracy. It may come as a surprise to the ruling class, come national election, the suffering bottom of the pyramid may hit back.

This grim reality has rightly lead to a renewed emphasis to address the various forms of poor nutrition — stunted, wasted, anaemic and underweight children; anaemic girls and women, especially in the 15-49 age group. The recently announced flagship program of the Ministry of Women and Child Development will be anchored

children up to 6 years; mid-day meals (MDM) that reach almost 120 million children in schools; and the Public Distribution System (PDS) that reaches over 800 million people under the National Food Security Act.

The National Nutrition Strategy (NNS) has set very ambitious targets for 2022 and the Poshan Abhiyaan has also specified three-year targets to reduce stunting, under-nutrition and low birth weight by 2% each year, and to reduce anaemia by 3% each year. For purposeful action, it is imperative to have common goals and metrics for improving nutrition, which can then be disaggregated by year, State, district, etc., into a nutrition dashboard, with metrics that are clear and measurable and a real-time tracking mechanism, much like we track economic data.

Both the NNS and the NNM have recognised the criticality of working collaboratively across Ministries; yet both are silent on the constructive role that the private sector, development agencies and civil society can and must play in realising these ambitious goals. Altering the fundamentals of poor nutrition requires multiple and sustained interventions over a period of time — increased availability and accessibility of nutritious food, potable water, hygiene and sanitation, primary health care, etc. The approach, commitment and resources therefore have to be inter-generational, multi-sector, multi-dimensional and multi-year. To simplify a complex issue, the challenge for India is to simultaneously address insufficient and poor diets, inadequate hygiene and sanitation and better management of disease and infections.

Success in this domain will be driven by coordinated action on multiple fronts, but there are at least four urgent priorities. One, to adequately re-engineer the ICDS, MDM and PDS for greater effectiveness. Two, to mandate and scale staple food fortification comprising edible oil, wheat, rice and dairy products, in addition to salt. Three, multiple campaigns designed to inform, communicate and educate

## Raped accused bishop asks Pope for interim relief

**New Delhi:** Bishop Franco Mulakkal of Jalandhar, who has been accused of sexually abusing a nun, has written to Pope Francis for temporary relief from his episcopal ministry.

A September 16 press note from Father Peter Kavumpuram, the public relations officer of the northern Indian diocese, says the prelate's move comes in the backdrop of the Kerala High Court's observation of lack of adequate evidence for the bishop's arrest "indicating his innocence."

The press note claims the bishop has decided on his own to write the Pope expressing his desire to step down from the administration of the diocese.

"He is confident that his request will be accepted," the 79-word press note in English says.

on nutrition-specific and nutrition-sensitive behaviours like breast feeding, diet diversity, hand-washing, de-worming, safe drinking water, hygiene and sanitation. Nutrition has to be "marketed" and made interesting, engaging, simple and personally relevant — this is an expertise where the private sector can meaningfully contribute. And finally like Japan did decades ago, we need to on a war footing stop the growth of population. The small families will be able to look after one or two children well, and provide them sufficient and nutritious food.

Nutrition is complex, and therefore its delivery must be simplified through greater awareness and actions. The delivery models must be collaborative across domains, with clear decision rights and hard-wired processes, enabled by technology and a significant investment in strengthening people competencies. Unless economic growth improves social and human development, it cannot be sustained. Equally, sustainable economic growth itself is impeded by low levels of productivity in an under-nourished and malnourished population.t

In another longer press note in Malayalam, Father Kavumpuram said the allegations against Bishop Mulakkal have been sad and painful to both the prelate and to all those who love him as well as the diocese.

"Let us join with prayers in [Bishop Mulakkal's] hope and desire for God's will to be done and truth to prevail," it says.

The Malayalam press note also says the bishop decided to step aside temporarily as he has to travel to Kerala several times spending to attend to the case there.

On September 13, Bishop Mulakkal had written to his priests, nuns and brothers in his diocese that he was handing over the diocesan administration to vicar general Monsignor Mathew Kakkandam.

The police in Kerala had asked the prelate to come to the southern Indian diocese on September 19 to face a second round of interrogation. A police team from Kerala had questioned him in August appear at his residence in Jalandhar, a city in the northern Indian state of Punjab. The diocese covers the entire state.

The case began on June 28 when a member of the Missionaries of Jesus living in Kerala lodged a police complaint alleging Bishop Mulakkal had subjected her to rape and unnatural sex 13 times during 2014-2016.

The bishop has denied the charges, calling them "concocted" and said the nun holds a vendetta against him after he had initiated disciplinary action against her. In interviews with Indian television channels on Sept. 10, Bishop Mulakkal, 54, said he had advised the present superior of the Missionaries of Jesus to act on a complaint from a married woman who said the nun was having an affair with her husband.

Bishop Mulakkal says the allegation against him is "pressure tactics" sponsored by anti-church groups.

Several groups have demanded the bishop's resignation to help the police to probe the case without interference and pressure.

—Matters India

**P**ope Francis has time and again highlighted the fact that humans as the custodians of earth need to care for all God's creation gifted to man for his wellbeing! Awareness of our own destructive activities in the name of 'progress', is the first step towards conservation of the environment!

For Catholics of Canara coast, Mother Mary's birthday celebrated each year on 8th of September, also symbolizes the onset of the harvest season. Sheaves of paddy freshly cut from the fields are brought ceremoniously to churches, blessed and then distributed to the congregation, which are later consumed in a vegetarian meal. Nowadays the sheaves have to be brought from a greater distance, as the fields are rapidly disappearing from cities and suburbs. One example in Mangalore city is '**Kambala**', where the old sport of water buffalo racing used to enthrall the locals, now a concrete jungle called '**Kodialguthu**'.

Harvest festivals are a throwback to the days when the land was rich and people tended it with love and care, cherishing each element in the environment that contributed to the fertility of the land. Every community across India has a harvest festival – a uniting factor tying the people to Mother Earth. With agriculture taking a back seat, water bodies and forests are the two elements that are being destroyed rampantly to accommodate housing, highways, railroads, industry, terminals and commercial establishments. Without a second thought and in the absence of any regulation, builders are leveling forests, filling up lakes and marshland to erect structures, only to fill their own pockets. I have watched with horror many such instances and the painful



operations that kill mother earth!

A famous temple in Mangalore was situated amidst verdant green, called '7 lakes', against the backdrop of green hills and gushing waterfalls. Today there is no sign of a single lake and the hills are crumbling for lack of support from the roots of the mighty trees that grew profusely! The tourist attraction in Lonavala, a huge lake that needed a dam and sluice gates to control its overflow during monsoon is just a pathetic puddle in the center of the area. Water that used to gush into the lake dried up when the trees were cut and hills around it are as bare as a pauper's bowl! On the outskirts of



by Vera Alvares

Belgaum, a river has disappeared to make place for 'Chennamma Nagar' built in the name of the local queen. As for Mumbai, the network of marshy streams that act like a sponge, is filled up to claim the land and due to this floods inundate the city every monsoon. I remember those days in Santacruz West, when my kids were taken on a tour of a wetland behind the house for their daily dose of thrills at the sight of gulls, crows and other birds riding on the backs of buffaloes that peacefully grazed there! Their first lesson in environment care was learnt in the lap of nature. Now the area is an eyesore of clusters of tenements

and prone to flooding after the rampant construction.

This year, the devastating floods in Kerala, Kodagu, Uttarkand, Assam and other places in India have set a new record of flooding. Though the authorities were warned that Kerala was heading towards a mammoth calamity as a result of deforestation and mining, it fell on deaf ears. Flash floods

in Uttarkhand, caused by the illegal construction on the hillsides, play havoc with people's lives. It is said that mining and destruction of forests by the influential miners and builders in Goa is like a juggernaut rolling to ravage the land!

How do forests and marshlands prevent flooding?

Jungles act as a barrier to floodwater. Trees prevent soil erosion, reducing sediment going into rivers and increasing water absorption into the ground. The roots of trees dig deep into the soil to create space between soil particles. When it rains in highlands, water that flows downhill gets drained into the space created by the root system of trees, reducing the chance of flooding in the area. In cities like Mumbai where every inch of ground is covered by roads, roofs and tiles, rain water that would have soaked into the ground and recharged the groundwater collects in low-lying areas creating floods.

Marshes and wetlands temporarily store the rain water releasing it slowly into the ground and nearby rivers, not only preventing floods but also allowing sediments to settle down instead of clogging the rivers! Mangroves on the coasts prevent soil erosion and also harbor organisms and creatures

(Contd.. on p. 15)

## Ram Kadam – patron of Romeos

Ram Kadam, the BJP MLA has given credence to my piece on 'Beti Chupao, Beti Bachao' which was published a couple of weeks earlier. I had said the BJP wants us to hide our betis from the vultures waiting to grab them at the first opportunity and that perhaps includes the likes of Ram Kadam. If anybody is surprised by the substance and the crudity of his weird offer may not know that he is an ex-MNS leader with a good criminal record including hitting another MLA and attacking a Police Officer, good enough CV to get an entry in the BJP in 2014 for whom winning is important. Nothing else matters.

The BJP MLA Ram Kadam was brazen enough to say all that a Romeo has to do is to just choose the girl at will, propose to her and if she rejects his proposal, he should approach Ram Kadam. The only condition attached is the consent of the boy's parents and the MLA will arrange to abduct the girl and give her to the boy to marry – a La Kanyadan? Two things stand out in the offer the MLA makes. Firstly, the consent of the girl's parents is immaterial and secondly it does not matter if the girl wants to marry the boy. In doing so, he likens the girl to a mere commodity which can be snatched at will.

The party with a difference thought by remaining silent, the issue will die down but with the Shiv Sena and other women's organizations taking a serious view of the MLA's statement put the BJP in a quandary. If they denounce him the opposition parties would demand action against him and if they remain silent, it would mean the party supports his stand. The Maharashtra Chief Minister was possibly prodded by his party to get the MLA to express regrets. Like most politicians, Kadam came out with a half-hearted regret with those "conditions apply" approach with ifs and buts. That prompted more outrage and he was once again directed to come out with an unambiguous apology which he finally did rather reluctantly. But these are crocodile tears. Why no clear cut BJP condemnation of his views?

The party of the stalwarts like Vajpaiji and Advaniji is getting immune to such statements from their leaders which should have otherwise shamed the party. It appears small time leaders

## IEWS on NEWS

want to be heard and feel relevant by issuing statements which grab headlines and become eligible for 2019 elections. The top leadership is getting exasperated but there is nothing it can do. Every leader caters to a different constituency which is important to the party in the elections and therefore there is restraint when it comes to berating or punishing a leader for his intemperate comments. Such offensive comments actually show the party in poor light and it is left to the spokespersons of the party to carry out damage control exercise with the normal arguments about your big mouths v/s our big mouths. The general public needs to brace for more such offensive statements and comments in the days to come. This has become part of their political strategy. Sometimes such statements are employed to divert public attention from issues which are more damaging to the party or the government in power.

The party should have been rattled and Ram Kadam should have been expelled from the party because his 'offer' challenges the party's so called concern for the safety of the girls. Silence encourages instances like the one we saw in Haryana – the rape capital of the country. Sloganeering alone about beti bachav and beti padhav will remain a mere slogan. Kadam's new mantra is 'Beti chunav, Beti bhagav'. That perhaps sums up the misogynic mindset of this BJP MLA. Amit Shah and Modi must be mighty pleased with this new mantra for the 2019 elections. Narendra Modi has to decide what is more important. His annual outburst against the motor mouths and the fringe elements is not enough. Even his reluctance in bringing out a law against lynching does not send any assuring message to the public. He realizes it is a serious problem which he is trying to downplay since BJP has a larger constituency to serve which will play a decisive role in 2019. That is politics!

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## Religion and public space

Not so long ago, there was this hue and cry about the devout Muslims occupying public space like the roads and open grounds for performing their Namaz every Friday. They simply spread their mats and pray. It all started in Hary-



by Marshall Sequeira

ana where some open space is being used and the government fears the community will 'grab' that land permanently. No encroachment, mind you. This was followed by the general complaint about the use of loud speakers to remind the faithful about their duty towards the Allah. Does the use of public space or the use of loud speakers which last barely a few minutes cause any inconvenience and disturbance to others? If it is, it is passable and does not warrant outrage.

The larger issue is whether such misuse is restricted to the Muslim Community. Do other communities and social organizations also indulge in the same thing? Everybody resorts to morchas, religious processions, political rallies etc and cause public nuisance to others. But the biggest inconvenience is caused during the Ganapati festival. Permissions based on political connections are granted to occupy half the busy road a couple of weeks before the actual festival and lasts about a month in all. Every other road is blocked with huge pandals. Then we have the artisans who make the idols and they occupy long stretches of pavements months in advance causing inconvenience and even danger to the pedestrians. The whole thing culminates in huge visarjan processions with loud music causing traffic problems for everybody. Yet, other communities dare not complain or they will be anti-nationals.

In a radius of a couple of miles you see a dozen huge Ganapati pandals. No offence meant but surely this is not what the architect of the Sarvanik Ganeshotsav, Lokmanya Tilak, envisaged. He suggested a common platform so that every family does not spend on idols. But today, such activities have commercial connotations and it is not restricted to one religion alone. Alas, this malaise has engulfed all the communities and it is now more of a business entity rather than a religious solemnity.

# 'Humanity' is new Bishop of Mangalore's special message



A resounding message from the New Bishop of Mangalore Diocese Most Rev Dr Peter Paul Saldanha calling upon the people to rise above barriers of caste, religion and spread the message of humanity, has got loud cheering from all people soon after his spectacular installation at Rosario Cathedral on September 15, 2018.

He spoke in chaste Kannada, accepting the felicitation soon after being ordained as the Bishop and installed on the seat.

He said the real worship of God is respecting men and women.

"First we should love humans and humanity. We are all children of God. The country has given a great message of harmony to the world. Unfortunately, we have built walls amongst ourselves, which we should overcome and work together to build humanity," he reminded.

"I will work for harmony in the society because God has chosen me to spread his divinity through love," he promised.

He said that he will continue God's work as his mission.

"As my motto goes, 'To the praise of his glorious grace', the grace of God is at work in each one of us and we are witnesses for the fact that the same God's Spirit has brought us together – men and women of different faith traditions. This shows love is stronger than death, love is nobler than any particular ideology and it

is higher than all narrow dividing walls," he said.

"As a bishop, I am called to represent the Christian community. Christians are never for their own sake. Nor is a bishop for his own sake. You protect the Christians and you will see them becoming kinder and more and more gentle to cater to the needs of all people, irrespective of caste and creed. You protect the Hindus and they become extremely generous to lend a helping hand; you protect the Muslims and you will see them becoming genuinely compassionate," he said.

"We have to play on the tender strings of human hearts and produce a harmonious melody. A single instrument, however sweet music it may produce, cannot give the effect of a concert. When all instruments are played in unison and the human voices blend with them, you have the angelic experience. We need to work hard, practise daily to produce the sweet melody of love, truth and mercy from human hearts," he said.

## Prophecy

Lastly, he said, quoting his late parents, that Bishop Raymond D'Mello (who was Mangalore bishop from 1959 to 1964 and hailed from Kinnigoli) had told his parents that their son would become a bishop. The bishop had



by Ivan Saldanha-Shet



said so before he (the new bishop) was born. The old bishop's prophecy has come true now, he said.

The new bishop delivered his message in Kannada, Tulu, Konkani, English and Italian languages.

Most Rev Dr Aloysius Paul D'Souza, the Apostolic administrator, Diocese of Mangalore, said that he is happy with his 22 years of service as bishop and for accomplishing God's mission. He quoted St Paul, saying he had fought his war but also asked pardon if he had hurt anybody.

Bengaluru Diocese Archbishop Rev Fr Dr Peter Machado, who was honoured on the occasion, hailed Dr Saldanha for his simplicity and knowledge of languages.

## Historic day

District In-charge Minister U T Khader called it a historic day in Mangaluru.

Lauding Christian Missionaries for their service in the field of education, Khader said that several educational institutions started by the Christian Missionaries have helped Mangaluru become a hub of education.

Former Bishop Rev Dr Aloysius Paul D'Souza is a bishop of the common man, said the minister.

# Gandhiji's Views On Education

by Ninette D'Souza

Great people may come & go but trusted people leave lasting legacies for they leave indelible impressions on our minds and hearts. Mohandas Karamchand Gandhi was 1 such person. Though born an ordinary man he changed the face of Indian society through his extraordinary deeds, elevated philosophies, & far sighted vision. Gandhi was a Utopian whose very life was his message. Hence as a Teacher, on his 150th birth anniversary, I want to take the opportunity to espouse Gandhiji's views on Education which emphasize the idea that Education is not merely a means to earn money or status, rather it should bring freedom to the individual.

Gandhiji's balanced intellect presupposed that through Education there ought to come about a harmonious growth of body, mind & soul through a disciplining of the thoughts resulting in constructive actions. It is easy to stand with the crowd. It takes courage to stand alone & forge one's own way. This is where true Education kicks in. That literacy in itself was no Education at all was made clear by Gandhi years ago through his column in the Harijan. He considered it neither the end nor even the beginning of Education which to him meant an all - round drawing out of the best in the child under training. Gandhi opined that an Education which does not teach us to discriminate between good & bad, to assimilate the 1 & eschew the other is a misnomer. That is why he reiterated the truth that if we are to teach real peace, if we are to fight a real war against war itself, we shall have to begin with the children.

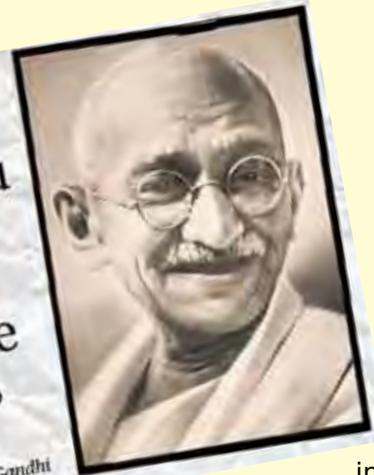
Gandhi's indigenous Wardha Scheme of Basic Education was a pointer to the idea that Education is the backbone of society & is largely responsible for its upliftment. The

basic tenets of the Scheme are: a) Free Primary Education, b) Vocational Education, c) Emphasis on Morality, d) Non participation in Politics, e) Women Education. I will not elucidate further because an exhaustive all - inclusive explanation of the Scheme is available for perusal on the Internet. It is enough to state here that he maintained that Basic Education would unite the children of India whether urban or rural to all that is good & lasting in India. According to Gandhi spiritual training was simply Education of the heart, something we are going hoarse shouting from rooftops today as EQ—Emotional Quotient. He was sensitive enough to understand that punishment does not purify. If anything, it hardens children. I am edified by this view for I too believe that every naughty child is a story untold.

Gandhi had a method to his madness. He was very clear that Education is meant to create a 'Self Reliant' personality trained in the 'Art of Living'. He envisaged the students as scientific, pragmatic members of society capable of earning on 1 hand & on the other keeping a track of what is going on in their surroundings. True Education for Gandhi was the exercise of training all bodily organs, i.e. hands, feet, ears, nose so that the term 'STUDENT' would not be bandied around but would be conferred with dignity on one who continuously uses his faculty of observation, puts 2 & 2 together & carves out for himself a path in life. Gandhi was emphatic that Character---an inevitable consequence of Education cannot be built by mortar & stone. It cannot be built by hands other than our own. Thus Gandhi envisioned the entire process of Education as one that moulds Character while dispens-

"Be the change you want to see in the world."

Mahatma Gandhi



ing knowledge & encouraging creativity. If it failed to do so, it was worthless in his eyes. Hence Gandhi averred, "Live as if you were to die tomorrow, Learn as if you were to live forever."

It is for a reason that Gandhi also laid out the role of Teachers in the Education process. He hoped for them to be role models, an image of society, a compendium of values. He anticipated an approach of teaching by example rather than by precept. From his writings it is distinctly evident that he looked forward to having well trained, proficient & knowledgeable persons of faith, action & devotion as Teachers. In accordance with his thinking which I personally believe was way ahead of its time, I think Gandhi surmised that 'A Teacher' would be a philosopher, historian, humourist, technologist, mentor, guide & guru all rolled into 1. Can we honestly claim to be worthy of 1 iota of his expectations? I guess the answer to this million - dollar question would best be addressed in the heart of every 'Educator' who claims this coveted title. The over - riding emotion in the Teaching Learning process ought to be Love, for it is love that requires that true Education should be accessible to all, that it must correspond to the surrounding circumstances of those receiving it or it is not healthy growth. Gandhi was convinced that what was really needed to make Democracy function was not knowledge of facts but the right kind of Education, a philosophy we are reiterating today, decades after the Mahatma left us.

## The Church in need of prayer

The Catholic Church is under fire the world over on account of cases of sexual molestation, child abuse, rapes, corruption, etc., etc. In our country presently, the media all agog with the alleged sexual abuse case involving a nun and Bishop Franco. The Church seems to stand divided over this issue. While some have come out in support of the protest by the nuns, others do not seem to be in favour, they stand by the bishop. This does not seem to be a simple case. Considering that this is an old case (allegedly between 2014 & 2016) there are bound to be some discrepancies and a lot more questions. Nobody would know the facts unless a thorough investigation is carried out.

It would be advisable for the bishop to step down as suggested by Fr. Nigel Barret, Spokesperson for the Archbishop of Bombay, in order to ensure a fair trial.

**In view of this grim situation the Catholic Church finds herself in all over the world, what the Church needs at this juncture is our prayers.** Perhaps a short prayer at all Sunday Masses, for the Church to overcome this situation, would be in order. It seems like, the devil is at work, trying to destroy the Church. There is a quote which says, **“When the devil sees a man or woman who really believes in prayer, who knows how to pray, and who really does pray, and, above all, when he sees a whole church on its face before God in prayer, he trembles as much as he ever did, for he knows that his day in that church or community is at an end.”** Yes, **“when all else fails, try prayer”**.

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

## How Bandra got its name

The name ‘Bandra’ is possibly an adaptation of the Persian (and also Urdu) word, Bandar. In Marathi, Bandra is known as Vandre, which also means ‘port’ and is possibly derived from the same Urdu/Persian word. The area was under the rule of the Silhara dynasty in the 12th century. Bandra was a tiny fishing village inhabited by Kolis (fishermen) and farmers. It was acquired by the British East India Company while the rest of Mumbai belonged to the Portuguese. In 1534 A.D., a sea captain named Diego da Silveira entered Bandra creek and burned the fishing town he found there. With that, Bandra came under the rule of the Portuguese crown. This turmoil was the start of a long period of Christianisation of Bandra. It was Father Manuel Gomes who really turned the Catholic Church into the institution it has become here. In 1580, he baptized 2,000 fishermen, and that was just a beginning. By the time he died 11 years later, Father Gomes’ “invincible strength of soul” — as one historian described it — had converted 6,000 people of the area. It was Father Manuel Gomes who established the St Andrew’s Church.



Bandra has one of the largest Catholic populations in Mumbai. It is famous for its churches, especially the Mount Mary’s basilica.



—Jubel D’Cruz

## Maharashtra State AICU President (for the current Term)



Don Aguiar was unanimously elected President of AICU Maharashtra State at the AGM held at Vailankanni on August 18-19, 2018

*This news item is repeated here to clarify the present and immediate past Presidents of AICU for State of Maharashtra as there was some confusion in the news published earlier*

## Maharashtra State AICU Immediate Past President



Adv. Raphael D’Souza, the outgoing President of AICU, Maharashtra State honoured at the recently concluded AGM at Vailankanni.

# Remaining Faithful Is An Intimate Challenge

*Be faithful,  
even to the point of death,  
and I will give you  
the crown of life.  
Revelation 2:10*

In our journey through life there is evidence that humankind has a hidden consciousness to be faithful to ideas, rules, promises, missions, and to one's spouse. And there are also moments of failure to harness the awareness and value of faithfulness.

This surge of energy to be faithful has been around since creation with no human thought to translate the feeling. We always speak of a dog being faithful to his master with simply no understanding if the dog is aware of his loyalty.

It is said that Aristotle was able to faithfully reason the existence of God but was unable to know the nature of His existence.



BY MELVYN BROWN

Jesus convinced his apostles to trust him, to be faithful to the mission of salvation, of belief in God's love and faithfulness. To justify being faithful Christ invoked the promises of the prophets, and to his presence in their midst.

The Messiah established his presence and performance throughout his ministry. "Think not that I have come to abolish the law and the prophets; I have come not to abolish them but to fulfill them". (Mat.5:17).

The challenge to stay faithful bears good fruit and to spread the message of the personal and divine presence of the Lord in all things.

The mystery of the Eucharist empowers the faith as a Sacrament offered for strengthening the bond between God and His Church. The Gospel goes beyond the concept of a history with a moral, but a promise of reward for being faithful as Christ was.

"Whoever is faithful in a very little is faithful also in much (Lk.15:10). The psalmist assures us of the Lord's love. "The Lord preserves the faithful" (Ps.31:23).

When we sow deeper our perspective of faithfulness enriches us with a "sacramental communion" in Christ our highest intercessor and spiritual nourishment. To be totally faithful is often not always possible; the case of Saint Peter who denied Christ, for example.

Jesus helps when we trust in him in faith and faithfulness.

To be faithful to one's spouse in marriage is a promise and willingness to abide by the vows taken at the altar: to tide over emotional disruptions, unsettling insecurity, social pressures and anxiety where family and home should matter above self, is also the

burden to shoulder by staying faithful to marriage vows taken.

Teilhard de Chardin, the French Jesuit was banned from publishing his writings – yet, with

time, he is now accepted by the Church. Regardless of being rejected Teilhard was faithful to God and his religious community.

Mahatma Gandhi paved the path of non-violence by staying faithful to his vision; like Martin Luther King who hung on to his dream, not forgetting Nelson Mandela. These paths are well known to Christians. They (the paths) had been implemented by Christ and were sometimes hard to follow: the storm on the lake had shaken the faith of the apostles in the boat when they turned to Christ.

Mary Ward remained faithful to her cause for women to move across the world as teachers. Mary's legacy of Loreto is still alive after 400 years. She had been branded as a heretic by the Church, imprisoned and asked to disband her team of sisters. Mary Ward's saintly efforts in faithfulness was successful and she was eventually able to send out teachers to Ireland, Europe and U.k.. Mary has been made 'venerated' by the Church of Rome. Soon, she will be a saint.

As we travel on our journey in life we turn our hearts to remaining faithful to every commitment we take. The spiritual base of our travel is what St. Paul wrote in his first letter to the Corinthians: "God is faithful". (1 Cor. 1:9).

# Simple tips to keep kitchen shelves clean

**A** busy kitchen requires regular cleaning. A lot of families not only cook in the kitchen but also have their meals there. Hence, it becomes more essential that this place remains healthy and clean. Here are some time saving hacks to keep it clean:

**Shelf papers:** If you wish to keep the surfaces of your kitchen shelves clean and preserved for a long duration then do not underestimate the importance of shelf papers. They make cleaning easier while keeping the shelves safe from condensation, stains and grease.

**White vinegar:** If you have painted shelves then use some diluted white vinegar to wipe off the dirt and grease. Remember not to use harsh cleaners or you will ruin the surface.

**Edges:** Never forget to pay attention on the seams, edges and cracks, if any. You can use a small brush to scrape off the dirt that has accumulated in these places.

**Frequent polishing:** For cleaning the kitchen shelves you must use a no-bleach anti-bacterial cleaner, wipe without getting it much wet and then finally wipe again with another dry piece of cloth.

(Contd.. from p. 7)

grandson, Imam Hussein ibn Ali, was killed after refusing to pledge allegiance to Yazid, the then successor of the Umayyad caliph. Very strangely, today also marks the end of *Rosh Hashanah*, which for the Jewish people commemorates the creation of the world and marks the beginning of the Days of Awe, a 10-day period of introspection and repentance that culminates in *Yom Kippur*, also known as the Day of Atonement. Rosh Hashanah and Yom Kippur are the two 'High Holy Days' in the Jewish religion. Amazing coincidences; but will they address the Shi'a - Sunni or the Muslim - Jewish divide?

**Nine eleven matters because 'Hurricane Florence'**, a tropical cyclone that has now intensified to a Category 4 storm is all set to hit Southeastern .Thousands are being evacuated from the areas, which will be hit. A grim reminder of 'Hurricane Irma', the catastrophic storm which left behind it a trail of devastation and death exactly a year ago and badly affected people and property all over Florida. Several millions more( particularly the poor) are affected everywhere because of hurricanes, cyclones,

floods, earthquakes Some nations and people are still unable to accept the fact, that the wanton destruction of nature, their over-consumption patterns are directly responsible for global warming which create these catastrophic climate changes. The fury that so many experience today is not merely the 'wrath of nature' but has much to do with our lack of sensitivity and care of our common home: Mother Earth!

**Nine eleven matters because 'FEAR'** is the key! It is not merely the name of a book to be released today, but the terrible reality that grips the lives and destinies of many people because of incompetent, autocratic, biased, violent leaders everywhere. Marketing and manipulations greatly contribute to the fact that they are in power. These people use every trick in the book to keep people divided. Today is surely about commemorations: the sad, tragic ones: a day of mourning! Nevertheless, it is also about new beginnings: atonement, fasting, prayer, truth, reconciliation, healing, building bridges, hope and resilience. Nine eleven today matters because the day is pregnant with meaning!

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

(Contd.. from p. 10)

that maintain the balance in nature. Large-scale destruction is happening not only in Mumbai but all over India. Surely, there must be something drastically wrong somewhere....

Progress is needed, but it can be had without adversely affecting the natural environment- water bodies and forests around us. If the aim of progress is to provide a better and happier life, we need to learn to co-exist with nature that provides us with everything we need to live. It is most disheartening that rulers in different States have excluded the conservation of environment from the purview of governance. If only environmentalists, thinkers, activists and those who ardently work for the welfare of people were at the helm of affairs in this country, we could truly be caring custodians of creation. Are we ready to guard this treasure for our children?

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# Inspiration!

## Get an instant motivational boost

**WHEN YOU'RE FEELING low, there are some things in life with the power to uplift you. Family and friends are amazing but when you don't have access to them or if you're in need of an instant boost of motivation, turn to good old quotes. Sometimes a quick boost of self-confidence can be found in a few simple words of wisdom, therefore we bring you a collection of the most inspiring quotes from well-known philosophers, singers, writers and politicians which will totally boost your confidence when we need it most**

**S**ome people don't need motivational quotes. Some people don't need inspirational quotes. Some people seem to naturally believe in themselves. Unfortunately on the other side, for many of us, building self-confidence also takes time. That's why these motivational quotes can help inspire you when you need a quick burst of confidence and self-assurance. Sometimes all it takes to change the way people think is one simple sentence. A tiny piece of inspiring information can make us look at something in a totally different light. Whether it's about success, happiness or something else entirely, words have the power to make a significant impact. Therefore, with this in mind, we've compiled a list of motivational sentences, of which it might take just one to change your life today!

**20 percent of problems are the reason for 80 percent of unhappiness :** This is the old Pareto principle; where 20 percent of your efforts can equal 80 percent of the results. This principle also works for other areas and aspects of your life. Once you have realized this, you're able to identify the 20

percent, solve the issues and remove them from your life. This is something that you can apply to many areas of life, whether it's productivity, goals, happiness or something else.

**If you never ask for things, you'll never get them:**

People like to wonder why there aren't any opportunities for them out there. Well, it's because you're not asking for them! You're not knocking on that door! Even with small things, such as getting a discount on something you buy, asking somebody out on a date or getting an extra egg for breakfast from the hotel. It's all about friendly smiles, conversations and actually asking the question. This is can be applied to any situation in life. The sole thing to remember is that you shouldn't wait for them to come to you.

**You don't laugh at the same joke repeatedly, so why do you cry over the same problems repeatedly:**

The first time we hear a joke it's hilarious. The second time, it's funny. By the third, you probably won't laugh. However, when it comes to a problem we have, we get upset over it repeatedly. We need to learn to worry less and waste our precious time crying over the same problem.

**Many people often hit rock bottom at some point and still become successful:**

There are some people out there who have grown up in rough neighbourhoods, poor families, bad circumstances, third world countries and they've still gone on to become successful. If people from all over the world who come from challenging situations achieve big things, then why can't you?

**Big things have small beginnings, so don't be put off by starting out small:**

Amazon, Apple, Dell, Google and many other billion dollar companies

actually started off in garages or bedrooms. If this doesn't inspire you, then nothing will. All these companies started off small and just look at how much they have grown over the years. Never be put off by the fact that you might be starting a business or any other skill at the bottom of the barrel as big things always start from small beginnings.

**The most valuable thing you will ever have in life is time and it's always running out, so use it wisely:**

More than friends, more than money, more than a job, more than possessions, time is the most valuable asset you have in life. However, most people don't treat like it's that valuable. They care more about the other things that are mentioned above. You can always earn more money, find a new job and make new friends but you cannot get more time. It's impossible! The way you spend your time should be the most important thing to you. Don't spend a second of your life complaining, worrying or being unhappy.

### REMEMBER THESE WHEN TIMES GET TOUGH

- As soon as you trust yourself, you will know how to live.
- You wouldn't worry so much about what others think of you if you realised how seldom they do.
- It is confidence in our bodies, minds and spirits that allows us to keep looking for new adventures.
- Argue for your limitations and surely, they're yours.
- Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.
- To anyone that ever told you you're no good.... They're no better.

# STROKE — Sewing Needle At Home Will Save Life And Hospital Bills

by Dr. Leo Rebello,  
www.healthwisdom.org

## INTRODUCTION

A stroke is caused by a blocked artery (ischemic stroke) or leaking/bursting of a blood vessel (hemorrhagic stroke) due to high Blood Pressure. Some people may experience only a temporary disruption of blood flow to the brain (transient ischemic attack) that doesn't cause permanent damage. Stroke is also known as Cerebrovascular accident. Four FAST signs and symptoms of stroke are Face drooping, Arm weakness, Speech difficulty, Left or Right Hemiplegia.

Stroke is the fifth-leading cause of death in the United States. Nearly 800,000 people have a stroke each year. Do not panic. Do not rush patient immediately to hospital. Instead, rest the patient, find a needle and save patient's life with this effective First Aid.

Some warning signs of stroke include weakness in an arm, hand, or leg; numbness on one side of the body; sudden loss of vision, particularly in one eye; sudden difficulty in speaking, inability to comprehend; dizziness or loss of balance; sudden, lasting and excruciating headache. And Dementia.

## FIRST AID ADVICE

Dr. Leo Rebello, Director of Natural Health Centre, Bombay, since 1978 advises to keep a needle at home and in case of Stroke, to save life, use it as per the steps given below.

BE CALM. Regardless of where the victim is, DO NOT MOVE THE PATIENT, because if you move the patient, the capillaries will burst and it will lead to more brain bleeding! It would be best if you have the needle of a syringe at home. Else, a sewing needle can be used.

- 1.. Wipe the needle with Homeopathic Arnica tincture if available, or burn the tip of the needle on a candle flame/lighter to sterilise it.
  - 2.. Prick the tips of all 10 fingers of the patient, one by one.
  - 3.. Press each finger to allow few drops of blood to flow.
  - 4.. When all 10 fingers begin to bleed, wait a few minutes — you will see that the victim will revive. Apply Arnica tincture to stop oozing of blood.
  - 5.. If the victim's mouth is distorted, massage his/her ears until they become red – which means blood has reached there.
  - 6.. Then prick the needle in each earlobe and allow two drops of blood to ooze from each ear. A few minutes later, the mouth would no longer be distorted.
- Wait until the patient comes to normal, without any unusual symptoms. Then use hot and cold compresses on the face.
- 7.. Ask the patient to raise his affected hand. Gently assist him in raising it, if necessary. You may also soak hands and feet of the patient in water for about ten minutes.
  - 8.. Then prick the ten fingers of the legs allowing a little blood to flow and apply Arnica.
  - 9.. If Homeopathic Arnica or Hypericum tincture is not available, apply turmeric powder mixed in coconut oil.

## CONCLUSION

This method of blood-letting to save the life is part of the traditional and natural medicine, and has proven 100% efficient in strokes.

## ' Ensure India remains a liberal democracy '

With reference to Eric D'Sa's article titled: WHETHER INDIA IS SLOWLY BECOMING A NON LIBERAL DEMOCRACY AND IF SO HOW ARE WE GOING TO FIGHT IT? : in THE SECULAR CITIZEN dated 17 September 2018 - another form of democracy is a benevolent dictatorship and yet another form of democracy but actually an absolute dictatorship is the so called people's democracy and in these latter two forms of government economic progress and social justice is stressed.

However attractive this might seem they are not creative forms of government and do not ensure that the citizen thinks for himself must be totally dependent on the ruling party in power and has very little choice in voting for a political party of his choice.

When ever a dictator dies there is confusion and a struggle for power to establish a new leadership.

The good points of these systems of government must be used to improve our democracy and even the bad points must be converted into good points for the same purpose.

Despite the difficulties and hurdles in our path we must stand up for human rights and social justice because without them our democracy just does not have a future - so by unitedly combatting we can fight dictatorships of all types not only at present but also in the future.

Thus through education and eternal vigilance at all times we must ensure that India remains a liberal democracy besides ensuring that all political parties have a good second line leadership ,conduct internal elections and promote honest ,secular and liberal leaders etc.

—Peter Castellino

# Royal Christian Family MATRIMONIALS - @GROOMS

**6541. MUMBAI** : Mangalorean Roman Catholic, (Born in January 1969), Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn. SSC, having own business. Contact email : allwynsequeira@gmail.com

**6544. MUMBAI** : Mangalorean Roman Catholic Bachelor, (Born in June 1986), Ht. 5' 11", Wt. 80 kgs, Fair Complexion, Edn. B.Com., + Diploma, working on Cruise Ship. Contact email : roshand-souza412@yahoo.com

**6547. MUMBAI** : Keralite + Mangalorean Roman Catholic Widow, (Born in July 1959), Ht. 5' 11", Wt. 75 kgs, Wheatish Complexion, Edn. SSC, working for Dimond Company as a Assorting Diamond. No encumbrance, having own Flat. Seeks a simple and poor girl. Contact Mob: 9821078194.

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

**5996. MUMBAI** : RC Bachelor (Born in November 1974) / 5'8", B.E., working in Senior position reputed IT firm. Seeks alliance from R.C. spinster educated good family background Pl. reply with photograph and details to keithcardozo@hotmail.com OR 9820338755

**6567. MUMBAI** : RC, Mangalorean Bachelor, Ht. 5' 11", Wt. 70 kgs, (Born in April 1977), Fair Complexion, Consultant Surgeon by Profession in Top Hospital in Mumbai, seeks suitable match. Contact Email : kalinaproperties@gmail.com.

**6575. MUMBAI** : Goan Roman Catholic Bachelor, (Born in May 1973), Ht. 6' 4", Wt. 98 kgs, Wheatish Complexion, Edn. HSC.,

working as a Steward in Oil Tanker - Foreign Ship. Contact email : 285vvictor@gmail.com

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

**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

**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 ARA-**

**BIA** seeks a well quified 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 . C o m . , 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

**6746 MUMBAI** : Mangalorean Roman Catholic Bachelor, (Born in April 1987), Ht. 5' 10", Wt. 78 kgs, Fair Complexion, Edn. MBA / BE, Working as a Asst. Manager. Contact email : nestortauro@rediffmail.com.

**6745 MUMBAI** : Mangalorean Roman Catholic Bachelor, (Born in November 1978), Ht. 5' 9", Wt. 90 kgs, Wheatish Complexion, Edn. M.Com., working as a Material Controller in **DOHA QATAR**. Contact email : cyrus\_0679@yahoo.co.in OR 9819938837

**6744 MUMBAI** : Roman Catholic Bachelor, (Born in November 1980), Ht. 5' 11", Wt. 59 kgs, Wheatish Complexion, Edn. Graduate, Service. Contact email : fernandes.ed2@gmail.com

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# Royal Christian Family MATRIMONIALS - GROOMS

**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 Caribbean Cruise USA. Contact email : rohanfernandes61@yahoo OR Mob.: 8459353089 / 7407814175

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

**6939. MANGALORE :** Mangalorean Roman Catholic Bachelor, (Born in February 1989), Ht. 6' 1", Wt. 70 kgs, Wheatish Complexion, Edn. B.Tech / MS (US) working in US as Consultant. Contact email : ritadsouza800@yahoo.com

**6956. DUBAI :** Mangalorean Roman Catholic bachelor, (Born in October 1984), Ht. 5' 7", Wt. 63 kgs, Tan Complexion, Edn. SSLC - ITI Diesel, working in Medical Department. Contact email : godwinclivar@gmail.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

**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 Caribbean Cruise USA. Contact email : rohanfernandes61@yahoo OR Mob.: 8459353089 / 7407814175

**6891. MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in June 1989), Ht. 5' 9", Wt. 70 kgs, Fair Complexion, Edn. B.Com., well settled. Contact email : starwin89@gmail.com

**6845. MUMBAI :** Goan Roman Catholic Bachelor, (Born in November 1982), Ht. 5' 7", Wt. 67 kgs, Fair Complexion, Edn. B.Sc., working as a Internet Manager. Contact email : dsilvaahimsa@gmail.com

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

**6813 USA :** Mangalorean Protestant Divorcee, (Born in March 1951), Ht. 5' 10", Wt. Medium, Fair Complexion, Edn. MBBS., MD., Doctor by profession. Contact email : fh2@mail.com

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

**6797 MUMBAI :** Goan Roman Catholic Bachelor, (Born in Decem-

ber 1987), Ht. 5' 7", Wt. 72 kgs, Wheatish Complexion, Edn. B.Com., working for Five Star Hotel in Mumbai. Contact email : johnserrao14@yahoo.com

**6789 MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in December 1989), Ht. 5' 11", Wt. 81 kgs, Wheatish Complexion, Edn. MBA in Human Resources, working as a Deputy Manager in Bank. Contact email : rego909@gmail.com

**6787 MUMBAI :** Goan Roman Catholic Bachelor, (Born in August 1986), Ht. 6' 1", Wt. 80 kgs, Wheatish Complexion, Edn. 12th Std., born, broughtup, worked in Bahrain, currently settled and working in Mumbai. Contact email : schinderfernandes1986@gmail.com

**6781 MANGALORE :** Mangalorean Roman Catholic Bachaelor, (Born in January 1989), Ht. 5' 11", Wt. 60 kgs, Fair Complexion, Edn. MBA (Finance) working as a Corporate Officer. Contact email : sudeshmascarenhas@gmail.com

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

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# Royal Christian Family MATRIMONIALS - BRIDES

**6957. ABU DHABI** : Mangalorean Roman Catholic Spinster, (Born in September 1986), Ht. 5' 3", Wt. 60 kgs, Fair Complexion, Edn. M.Sc. / BFI, working as a H.R. Executive. Contact email : fidora86@hotmail.com OR +91 702 006 2880

**6500 MUMBAI** : Mangalorean Roman Catholic Spinster, (Born in May 1975), Ht. 5' 2", Wt. 60 kgs, Fair Complexion, Edn. S.Y.B.A., Pursuing TYBA., / ECCED (Teacher' Training Course), Teacher in a reputed Catholic School. Contact email : dmljanet@gmail.com or jdmello@rediffmail.com

**6937. POONA** : Roman Catholic Spinster, (Born in July 1988), Ht. 5' 5", Wt. 58 kgs, Fair Complexion, Edn. MBA (Finance) working as a Financial Analyst. Contact email : sheron.muller@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

**6926. MUMBAI** : Tamilian Roman Catholic Divorcee. 1st marriage annuled 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

**5828 MUMBAI** : Mangalorean Roman Catholic Divorcee, (Born in March 1954), Ht. 5' 2", Wt. 80 kgs, Wheatish Complexion, Edn. HSC., House Wife. Contact email : veradsouza3@yahoo.com

**6033 ABU-DHABI** : Goan Roman Catholic Spinster, (Born in May 1979), Ht. 5' 2", Wt. 58 kgs, Wheatish Com-

plexion, Edn. M.A. Eng., Literature, working as a Copy Editor. **Contact email : barretto.lorraine@gmail.com OR 9730454857**

**6004 AHMEDABAD** : Goan R.C. Spinster, Wheatish, slim, good looking, (Born in September 1984), Ht. 5' 4", Wt. 49 kgs, Edn. B.A., PGDMFI, Pursuing MBA, working as a Senior Officer in Bank. Seeks a educated, well settled bachelor from decent and respectable family. Contact email : steffi8138@gmail.com / jerrypeter02@yahoo.com OR 079-22162694

**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

**6920. NEW DELHI** : Goan Roman Catholic spinster, (Born in August 1992), Ht. 5' 3", Wt. 60 kgs, Wheatish Complexion, Edn. B.A., working as a Secretary. Contact email : joleneccras-to@gmail.com

**6919. MANGALORE** : Mangalorean Roman Catholic spinster, (Born in November 1987), Ht. 5' 8", Wt. 60 kgs, Fair Complexion, Edn. M.Com., BCA., Working as a Bank Manager. Contact email : joemaxrebel@gmail.com

**6911. MUSCAT** : Mangalorean Roman Catholic spinster, (Born in September 1993), Ht. 5' 2", Wt. 58 kgs, Fair Complexion, Edn. M.Com., working in **OMAN**. Contact email : fjmasc@gmail.com

**6910. MUMBAI** : Mangalorean Roman Catholic spinster, (Born in April 1987), Ht. 5', Wt. 57 kgs, Fair Complexion, Edn. MBA, working as a Business and Client management. Contact email : reena.alva@gmail.com

**6908. MUMBAI** : Mangalorean Roman

Catholic spinster, (Born in July 1992), Ht. 5' 2", Wt. 53 kgs, Fair Complexion, Edn. B.Pharm + PGPBA., working as Sr. Executive in Pharma Packaging. Contact email : anaita.lobo@gmail.com

**6532 BANGALORE** : Mangalorean Roman Catholic Spinster, Only Child, (Born in December 1976), Ht. 5' 2", Wt. 58 kgs, Fair Complexion, Edn. M.A. Communication, working as an Assistant. Contact email : ashajob@hotmail.com

**6341 MUMBAI** : Protestant Christian spinster, (Born in April 1985), Ht. 5' 1", Wt. 58 kgs, Wheatish Complexion, Edn. B.A., B.Ed., Teacher by profession Seeks a groom from well settled, educated and good family background. Contact email : georgethomas1353@yahoo.com

**6955. MUMBAI** : Mangalorean Roman Catholic Spinster, (Born in November 1993), Ht. 5' 1", Wt. 53 kgs, Wheatish Complexion, Edn. BMM, working as a HR. Contact email: librettaserrao11@gmail.com

**6907. MUMBAI** : Mangalorean Roman Catholic spinster, (Born in May 1987), Ht. 5' 6", Wt. 70 kgs, Fair Complexion, Edn. B.Com., working for American Bank as a Bank Teller. Contact email : carolp\_1987@yahoo.co.in

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# Royal Christian Family MATRIMONIALS - BRIDES

**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.

**6345 MUMBAI :** Goan / Mangalorean Roman Catholic Spinster, (Born in October 1988), Ht. 5'1", Wt. 64 kgs, Wheatish Complexion, Edn. B.Com., working bank. Seeks a well qualified boy. Contact email : idsouzsa14@gmail.com

**6901. DUBAI :** Mangalorean Roman Catholic spinster, (Born in October 1993), Ht. 5' 7", Wt. 63 kgs, Fair Complexion, Edn. B.Com + IATA, Working as a Asst. Office Administor, Contact email : rishalalbuquerque@yahoo.com

**6890. MUMBAI :** Goan Roman Catholic Spinster, (Born in April 1985), Ht. 4' 10", Wt. 50 kgs, Wheatish Complexion, Edn. Graduate, working, Contact email : diniz\_priyanka@yahoo.com

**6851. BAHRAIN :** Mangalorean Roman Catholic Spinster, (Born in January 1989), Ht. 5' 7", Wt. 64 kgs, Fair Complexion, good looking, Edn. B.E. Masters in IT Management, working as a I.T. Service Delivery Engineer. Contact email : sjbs2k18@gmail.com

**6337. M.P. :** Protestant Christian Divorcee, (Born in July 1980), Ht. 5' 3", Wt. 52 kgs, Wheatish Complexion, Edn. B.E. (Computer Science), MBA (HR), working as a Senior Manager , MNC Mumbai. Seeks a match residing in Mumbai, having a decent qualification and well settled. Contact email : estherjoseph@rediffmail.com

**6887. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in

August 1989), Ht. 5' 5", Wt. 50 kgs, Fair Complexion, Edn. M. Sc., (Nursing), Nurse by profession. Contact email : mauricequadras@gmail.com

**6881. MUMBAI :** Goan Roman Catholic Spinster, (Born in September 1990), Ht. 5' 5", Wt. 64 kgs, Fair Complexion, Edn. MDS in Endodontics, working, Seek alliance from well settled RC Bachelor upto 30 yrs. Kindly reply with full details & Photograph to email : virgo14\_1990@hotmail.com

**6877. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in October 1991), Ht. 5', Medium Weight, Fair Complexion, Edn. B.Com., working for Bank in Investment Department, Contact email : ashwinilewis18@gmail.com

**6876. DUBAI :** Mangalorean Roman Catholic Spinster, (Born in May 1985), Ht. 5' 3", Average built, Wheatish Complexion, Edn. MBA - (Finance), working in MNC in DUBAI. Seeks educated, well settled bachelor from decent & respectable family between the age 34-38 yrs. preferably working in U.A.E. Contact with photo & details to email : saldanha.leena7@gmail.com

**6330 MUMBAI :** Goan Roman Catholic Spinster, (Born in March 1985), Ht. 5' 1", Wt. 56 kgs, Wheatish Complexion, Edn. B.Com., MBA (Finance) working as an Asst. Manager in Bank. Seeks a suitable match. Contact Email : oldgoa2012@gmail.com

**6871. MUMBAI :** Goan Roman Catholic Spinster, (Born in January 1989), Ht. 5' 2", Wt. 56 kgs, Wheatish Complexion, Edn. MA., Teacher by profession. Contact email : andreaandrade310@gmail.com

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

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

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

**6330-R. MUMBAI :** Goan Roman Catholic Spinster, (Born in March 1985), Ht. 5' 1", Wt. 56 kgs, Wheatish Complexion, Edn. B.Com., MBA (Finance) working as an Asst. Manager in Bank. Seeks a suitable match. Contact Email : oldgoa2012@gmail.com

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

**5997-R. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in October 1974), Ht. 5' 3", Wt. 70 kgs, Fair Complexion, Edn. B.D.S. Dentist by profession. Email : drcleona@yahoo.com

**6305-R. MUMBAI :** Goan Roman Catholic Spinster, (Born in October 1985), Ht. 5' 6", Wt. 80 kgs, Fair Complexion, Good looking and smart, Edn. B.E. (Electronics), working as a Manager in IT Company. Contact email : carmina\_fernandes@hotmail.com

Address your replies to :

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## Thanksgiving

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

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

request will be granted no matter how impossible it is

—Mrs. Mary S. Crasto, Andheri



## Thanksgiving



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

—Flavia, Goa

## Prayer to St. Expedite for solving a financial crisis



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

(State Your Petition) \_\_\_\_\_

My financial need is urgent. Be my

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

Amen. (Promise Publication)

—Felix Pereira, Bandra

## Learn to develop a pleasing personality



**A** pleasing personality is very important to develop as we move forward in our career. It can also help us in our personal lives. So, here are few ideas for your help.

### Smile often it adds face value :

As said smiles make people smile back and it is true. If you learn the art of smiling a pleasing situation will be created for the other person to relate to you. Smiling keeps your face always fresh and attractive. Keep smiling all the time.

### Laughter lightens the situation:

Laughter can be the best medicine that keeps all the sickness away. Never keep yourself away from people and situation. Have sometimes with your family and friends an easy go moment that make you relaxed.

### Be enthusiastic:

This is the best way to become a pleasing person. Be enthusiastic in all that you do, you can be smart in finishing your work on time that would make you the best person who walks the talk.

### Bridge Differences:

Often our life is spent brooding over the difference we have in life. But it can be made beautiful and you would grow to be the best personality when you are able to do away with all the differences you have in life and keep going with your dreams.

### Overcome difficulties:

Life is made up of both good and bad times. Difficulties are part of life, which we have to face. Never worry over the past experiences just live in the present and overcome difficulties.

### Discover satisfaction:

Be contented in life because God has blessed you with lots of good things. A contented heart that lives happily, makes others happy too.

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