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A NATIONAL FAMILY WEEKLY

Examples We Set Today

Will they attain their goal by exploiting the unemployed or will the unemployed display of enthusiasm by the dream they are promised of changing their adversity into advantage be a liability to their attaining their goal of a Hindu Rashtra.

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Written by :
Francis Fernandes
Cascia

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ಮ್ಹಾತಾರೊ ಚೊರ್ಬೆಲಾ



Directed by :
Joy Paladka

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

October 2, 2018, Tuesday Evening at 7 p.m.,
Old Viva College Hall, Ram Mandir Road, Virar (W),
Futulli Modki 1st Show

October 7, 2018, Sunday Evening 7 p.m. at St. Vincent Palotti
Church Ground, Vijay Nagar, Marol, Andheri (E)
Futulli Modki 2nd Show

October 14, 2018, Sunday Evening at 6-30 p.m.
at St. John Evangelist Church Ground, Pangala
Mhataro Chorbela 82nd Show

October 15, 2018 Monday Evening at 6.30 p.m.
Maitri Hall at St. Anthony Church, Sastan
Mhataro Chorbela 83rd Show

October 17, 2018, Wednesday Evening at 6.30 p.m.
at St. Anthony Ashram Hall Jeppu, Mangalore
Mhataro Chorbela 84th Show

October 18, 2018, Thursday Evening at 6-30 p.m.
at Holy Spirit Church Bajal, Mangalore
Mhataro Chorbela 85th Show

October 20, 2018, Saturday Evening at 6-30 p.m.
at St. Inas Loyala Church Ground Paladka
Futulli Modki 3rd Show

October 21, 2018, Sunday Evening at 6-30 p.m.
at Christ the King Church Kayyar, Mangalore
Mhataro Chorbela 86th Show

October 27, 2018 Saturday Evening at 7 p.m.
at O.L. of Rosary Church Ground, Goregaon (W),
Mhataro Chorbela 87th Show

October 28, 2018 Sunday Evening at 7 p.m.
Sacred Heart Church Ground, Mahakali, Andheri East
Mhataro Chorbela 88th Show

November 3, 2018, Saturday Evening at 7 p.m.
at Mharati Sahiytha Sangh, Auditorium, Near Sacred Heart
High School, Sector -6, Vashi, Navi Mumbai.
Futulli Modki 4th Show

November 4, 2018 Sunday Evening at 7 p.m.
at St. Jude Church Ground, Jerimeri, Andheri East,
Mhataro Chorbela 89th Show

November 11, 2018 Sunday Evening at 5 p.m.
Mahatma Phule Hall, Wanowrie Poona
Futulli Modki 5th Show

November 18, 2018 Sunday Evening at 7 p.m.
Good Shepherd Church Ground, Four Bungalows, Andheri (W),
Futulli Modki 6th Show

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'Thought for the week'

In your own land seek the hidden flame. It is unworthy of man to borrow light from elsewhere.

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Examples We Set Today

By Don Aguiar

India at the time of our Independence and a couple of decades after that did have the dispensation to set examples for a peaceful, democratic and secular republic of India.

The present dispensation priorities are different and require setting examples of bhaktism, communalism, and nationalism, patriotism, big talk and fake news.....resulting in intolerance, communalism, revenge, unemployment.... The right wing government ideology is to make India a Hindu Rashtra in the very near future.

At present context the Americans say –

At least we guys have –

Donald Trump, Bob Hope, Stevie Wonder and Johnny Cash

YOU in India have –

NaMo, No Wonder, No Hope, No Cash – ONLY BIG TALK, unemployment, Revenge, Intolerance....

Will they attain their goal by exploiting the unemployed or will the unemployed display of enthusiasm by the dream they are promised of changing their adversity into advantage be a liability to their attaining their goal of a Hindu Rashtra. The present happenings shows the desperation of the situation, may help shape the corrective action needed to be taken.

Yesterday a message was sent out by the Government on Swatch Bharat Divas. The message was revived and read by the unemployed youth in different states too who were recruited by the right wing ideologists. Misunderstanding the message, so in response, they went on a spree and cleaned swiped their neighborhood of Cash, jewelry, expensive goods and whatever they could put their hands on.

On asked by an elderly woman as to why they were so excited and buoyant

(Contd.. on p. 4)

(Contd.. from p. 3)

about the whole affair, they showed her the message, it read, "Let's clean our neighborhood, village, city and country. Let's strive to create a Swatch Bharat". Join 'Swatchhata Hi Seva'

Two small stories that show how the examples we set today, may help shape the character of generations tomorrow.

Story – I

We all know about Al Capone. The notorious gangster, mafia who virtually owned Chicago. He was a crime boss who lorded over the windy city dealing with all sort of crimes prostitution to murder to you name it and he escaped the law for many years.

It was because of one man, his lawyer nicknamed "Easy Eddie" Eddie was very good! In fact, Eddie's skill at legal maneuvering kept Big Al out of jail for a long time.

To show his appreciation, Capone paid him very well. Not only was the money big, but Eddie got special dividends as well. For instance, he and his family occupied a fenced-in mansion with live-in help and all of the conveniences of the day.

The estate was so large that it filled the entire Chicago City block. Edie did have one soft spot, however. He had a son that he dearly loved. And despite his involvement with organized crime, Eddie tried to teach him right from wrong. Eddie wanted his son to be a better man than he was.

Yet, with all his wealth and influence, there were two things he couldn't give his son, he couldn't pass on a Good Name or a Good Example.

One day Edie reached a difficult decision. It's believed Easy Eddie wanted to rectify wrongs he had done. So he decided he would go to the authorities and tell the truth about Al "Scarface" Capone, clean up his tarnished name and offer his son some semblance of integrity. To do this, he would have to testify against The Mob, and he knew that the cost would be great. Nevertheless, he testified.

Within the year, Easy Eddie's life ended in a blaze of gun fire on a lonely Chicago street. But in his eyes, he had given his son the greatest gift he had to offer, at the greatest price he could ever pay. Police removed from his pockets a rosary, a religious symbol and medallion and a poem clipped from a magazine.

The Poem read "The clock of life wound but once, and no man has the power to tell just when the hands will stop, at late or early hour. Now is the only time you own. Live, love, toil with a will. Place no faith in time. For the clock may soon be still."

Story II

World War II produced many heroes. One such man was Lieutenant Commander Butch O'Hare. He was a fighter pilot assigned to the aircraft carrier Lexington in the South Pacific.

One day his entire squadron was sent on a mission. After he was airborne, he looked at his fuel gauge and realized that someone had forgotten to top off his fuel tank.

He would not have enough fuel to complete his mission and get back to his ship. His flight leader told him to return to the carrier. Reluctantly he dropped out of the formation and headed back to the fleet.

As he was returning to the carrier, he saw something that turned his blood cold; a squadron of Japanese aircraft was speeding its way towards the American fleet. The American fighters were gone on a sortie and the fleet was all but defenseless. He couldn't reach his squadron and bring them back on time to save the fleet. Nor could he warn the fleet of the approaching danger.

There was only one thing to do, only thing he learned growing up. He must somehow divert them from the fleet. Laying aside all thoughts of personal safety, he drove into the formation of Japanese planes. Wing-mounted 50 caliber's blazed as he charged in, attacking one surprise plane and then another.

Butch wove in and out of the now bro-

ken formation and fired at as many planes as possible until all his ammunition was finally spent. Undaunted, he continued the assault. He drove at the planes trying to clip a wing or tail in hopes of damaging as many enemy planes as possible, rendering them unfit to fly. Finally the exasperated Japanese squadron took off in another direction. Deeply relieved Butch O'Hare and his tattered fighter limped back to the carrier. Upon arrival, he reported in and related the event surrounding his return. The film from the gun-camera mounted on his plane told the tale. It showed the extent of Butch daring attempt to protect his fleet. He had in fact destroyed five enemy aircraft. This took place on February 20, 1942, and for that action Butch became the Navy's first Ace of WW II and the first Naval Aviator to win the Medal of Honor.

A year later Butch was killed in aerial combat at the age of 29. His hometown would not allow the memory of this WW II hero to fade and today O'Hare Airport in Chicago is named to the courage of this great man.

So next time you find yourself at O'Hare International, give some thought to visiting Butch's memorial displaying his statue and his Medal of Honor. It's located between Terminals 1 and 2.

Uh... Wait, what does these two stories have to do with each other?

Well, you see, Butch O'Hare was... "Easy Eddie's" son!

Just like "Easy Eddie" - Let's us hope in the coming election we the people will reverse this present trend to the ideals set by the founding fathers of our nation – for a peaceful, secular democratic republic of India.t

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Humility & Gratitude.....

It takes humility to serve others, this is what learn in the Christian faith. In washing the feet of the disciples, Jesus set an example of what it means to be the greatest by becoming the least. Jesus was master and king and yet he chose to go down on his knees and wash the feet of his disciples.

A few days ago, we have seen something like this happen in a village in Jharkhand, only this time, it was not the master or leader who washed the feet of his worker, but it was a worker of the ruling party washing the feet of his party's MP.

The report goes on to say that the party worker had vowed to drink the water after washing the feet of anyone who "brings a bridge to the village". *This was his way of showing his gratitude to the MP for what he has done for the village, thereby fulfilling his promise.* Washing the feet was fine, but we are told, he went one step further and drank the water (maybe a little of it) in which he had washed the feet of the MP !

The MP on his part, defended this action saying, "if a worker was expressing his happiness and washed the feet, what is so surprising? He had vowed before people...I didn't want to hurt his sentiments..." This incident has triggered a huge uproar on social media as a video of the incident was shared widely. What would one make of this incident ? Was the man taking the idea of humility & Gratitude a bit too far ? **More important, one would like to see our leaders getting down on their knees and emulating the zeal of this party worker, and show their gratitude by washing the feet**

of their workers. One would like to see them getting out of their arrogance and understand what it truly means to be a leader. Or is it too much to ask of them ?

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

I Love My India

Reference, the article "I Love My India" by Ladislaus D'Souza in the Secular Citizen, August 13. Jai Hind was a salutation we have been using even before Independence. The meaning and intention are not at all connected to any sectarian or religious consideration. It is an acclamation of the wish for victory to our country. It does not seem to be right to interpret things in the narrow way. Some mad fellows may talk about patriotism of Christians in the most foolish and ridiculous way. We have got the right and strength to question their patriotism. If any Indian considers that Christians (or others who are not Hindus) are not patriots, that thought itself in an Indian qualifies him/her to be called the most unpatriotic Indian.

—Rose K.,
Bengaluru

Salute the courage of the nuns

In a first of its kind, five nuns mustered all their courage to step out of the convent to protest the alleged injustice to one of their fellow sisters. Nuns are said to be the 'Brides of Christ'. They give up all their worldly attachments and belongings and take the vows of obedience and chastity

among other vows. The five nuns who stepped out of the convent for a sit-protest were well aware of the consequences. If they failed or even otherwise, they could be asked to leave the convent. They could face social ostracism and even be disowned by their own families. But they persevered for two weeks till they finally achieved their goal. We must congratulate the nuns for their indomitable courage and spirit.

There are over 50,000 nuns in India. They have no social security outside the convent. They cannot leave the convent. The church must grant all nuns the option of requesting for transfer to another convent or even another order, if they so desire.

—Prof Robert Castellino,
Mumbai..

' Full fill Gandhi's views on education'

With reference to Ninette D'Souza's article titled: Gandhi's Views on Education in The Secular Citizen dated 24 September, 2018 education is very important to eliminate illiteracy and ignorance and thus must be made compulsory and wholistic and affordable for one and all and hence is never ever a waste of time since knowledge gained is wealth through out one's life - thus one never stops learning

However it must be imparted by very good and very well qualified teachers and very good and new and interesting methods to increase its popularity.

Education must be made relevant by making it job oriented and practical .

Our educational degrees must not be permitted to become passports to jobs coupled with long years of work experience where employers take full advantage of the large population to confirm their employees or fire them according to their whims and fancies and run their companies as family

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(Contd.. from p. 5)

enterprises with no provisions or encouragement for good employees to rise to the highest post in the company based on merit and good morals.

The solution is to have recognised job - oriented courses which must be updated from time to time and also by providing good education for self-employment through recognised self employment educational institutions and by permanently closing down corrupt and inefficient job placement agencies/bureaus and preventing them from re-starting under any new name.

In this way and by introducing simple language subjects like Hindustani etc and ensuring that children enjoy themselves not only through partying and other leisure activities , but also pursue a judicious mixture of interesting hobbies and sports because they are the future of the nation Gandhi's views on education can be full filled thus making us realise why education is important .

— Peter Castellino

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National Seminar On 'Action For Natural Medicine'

**From Fr Varghese Paul, SJ
Unai, Navsari Dist., Gujarat**

Vedruna Holistic Health Care Centre (VHHCC) at Unai organized a Seminar-cum-Workshop on 'ACTION FOR NATURAL MEDICINE' from 8 September to 13 September in its VHHCC premises. The 32 delegates took active part in the seminar. The participants included Sister Nurses, Social activists from different states of India as well as Traditional healers and Community workers from Maharashtra and Gujarat.

The seminar cum workshop aimed at Protecting the Earth and its Natural resources, learning natural medicines, the gifts of Mother Earth, to become as self-reliant as possible, particularly with regard to one's own health and the health of the tribal communities. The tribal populations have always relied on traditional knowledge and medicines transmitted from generation to generations.

At the inauguration the Seminar Organizer Sr. Lissy Paul of Carmelites of Charity of Vedruna (CCV) welcomed all the participants and well wishers. "Here we are to learn and practice Natural Medicines. Action for Natural Medicine means, the combination of the advantages of traditional herbal medicine with those of scientifically based modern medical practice", Sr. Lissy said.

The Provincial Superior of the Vedruna Sisters, Sr. Rani Painumkal, CCV, sent a message to the seminar participants. In her message Sr. Rani quoted Pope Francis from Laudato Si', "The Urgent challenge to protect our common home includes a concern to bring the whole human

family together, to seek a sustainable and integral development. The Creator does not abandon us; He never forsakes His loving plan or repents of having created us. Humanity still has the ability to work together in building our common home. Here I want to recognize, encourage, and thank all those striving in countless ways to guarantee the protection of the home which we share".

Sr Rani also thanked Sr. Lissy for organizing this seminar and encouraged the participants for the great contribution to cultivate this life giving Earth and protect it from destruction. "In these times when there is great competition among the pharmacological companies, without being focused on the human being, your attempt to research, learn, and make good use of the natural/herbal medicines is commendable", Sr Rani added.

Fr. Robert Parmar, the Parish Priest recalled the olden times, where his mother treated him with bitter herbs for fever. He too expressed his gratitude for the wonderful work of rediscovering the traditional systems of treatment and imparting to the tribal population. Sr. Rekha Mahida, the Provincial councilor of the Vedruna Sisters said that she believes in traditional/herbal medicines. Sr. Reethamma, CCV, the Superior at Unai appreciated and encouraged the team to continue the good work.

During the 6 days of seminar cum workshop, the first three days were dealt by Sr. Nirmala CIC, Director of Catholic Hospital Association of Jharkhand and Sr. Anjana SCN from Bihar. They shared their knowledge and experience in the field of Natural Medicine. They explained the theory of treating different ailments with herbs.

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'Ladies Club' a centurion - 1918 : 2018.

by Ivan Saldanha-Shet. M'luru.

"Ladies Club, Mangalore", is a centenarian now - having been founded in 1918. Mrs. Lucy Sreshta, not only founded this jewel of service for women of the times in the social arena, but it also served many suffering women of Mangalore and is yet seen as a support. Many elders in Mumbai will be aware of this Mangaluru city based institution so to say. It is situated in a prime place on Lighthouse Hill near St. Aloysius college, opposite the Tagore Park. In fact thousands will recollect this place for the many Christmas/New Year and other social functions and activities organised over the decades. Mrs. Lucy Sreshta, not only founded this club in 1918, but was Hon secretary and devoted her life to the institution until her death in 1960. She is credited as the builder of the library with excellent books, which was a great asset to all concerned in times gone by, though now it may not serve the modern generation. Her pioneering efforts also in setting up a 'Club Store' selling various kinds of products made by local women - particularly pickles, preserves and provisions which were a boon to all, and in time of rationing. She set up tennis, sports and games indoor games for the members and guests. She obtained the present site from the Government of the time and was responsible for construction of the building completed in 1923, that is still solid.....

The founder Mrs. Lucy Sreshta (1892-1960) is the daughter of a prominent Govt official of the British times in Mangalore, hailing from a well known Saldanha Prabhu line with roots originally in Omzoor, as is the case with most Christians. She was carefully nurtured and developed into a polished socialite who travelled far and wide with her husband Maurice Sreshta (1872-



1952), who changed his surname from Pinto to Sreshta. He was elected vice chairman of the town municipality (1929) and later Member of the Legislative Council, Madras Presidency (1932). Ms Lucy, spent some time in London, England and was often referred to as "London Lucy". Well honed in the culture and intellectual heights of the times, she developed serious interest in playing the piano and singing opera. In founding the Ladies Club, she had a unique vision for Mangalore her great love, like many of that era. Her ancestral home is now the old classic (original name - Ingledon) manor house

in 'Roshni Nilaya' that the family gifted away, in 1960. They also had a farm in Manjeshwar and that was her great interest too, she was devoted to the cattle and farm till the end. The 1960, group picture seen here, was provided by the Vas family members now living in 'Flushing Meadows' Pandeshwar, Ms. Lucy's close friends of the past.

The club has about 130 members and activities are reserved only for members and invited

guests. A monthly bulletin for members is published detailing the current activities. It lets out the premises for selected weddings on strict understanding. Activities are mostly of social service to help the marginalised, entertain and educate lady members and support welfare activities; National events and different festivals celebrated are a big draw. Cooking sessions and culinary skills are developed for interested women, cookery books etc are available for sale. It is indeed a matter of pride that this august club is now a 100 years old. With Mangaluru city hurtling towards the development of a 'Smart city', the question on the minds of people is how will things change - change is the only permanent possibility and it is yet to be seen how long our older monuments will stand even though it is said old is gold.



WHETHER AFFIRMATIVE RESERVATIONS TO PROVIDE EQUAL OPPORTUNITY IN EDUCATIONAL ADMISSIONS, EMPLOYMENT, AND PROMOTIONS TO POOR DALITS, TRIBALS AND BACKWARD CLASSES SHOULD BE ABOLISHED?

by Eric D'Sa

The Dalits pride is being manifested around the country and they as a matter of fact are taking great pride in being called Dalits. This is something like the Black is beautiful movement of USA. The earlier Bhima -Koregaon celebration by the Dalits and the subsequent violence that erupted with clashes with the right wing conservatives belonging the higher castes, is still having its reverberations. Unfortunately instead of rounding up the actual leaders who took active part in the violence, a case is being made that as a matter of fact, there was a hidden hand of the so called 'Urban Naxalites' that lead to the violence. The Pune police seem to be trying to prove that these urban leaders of Naxalites, are misleading the Dalits in the country.

At the same time in the social media, a case being built up that there is no more need for the affirmative action to be provided to the Dalits, Tribals and the backwards classes. Affirmative action refers to efforts to provide equal opportunity in educational admissions, employment hiring, and promotion to those who are called Dalits, Tribals, lower castes, ethnicities, income levels and physical abilities. However, people like myself believe that affirmative action is necessary, because our society is not meritocratic. This I do though I am aware that Dalit Christians are excluded from getting such privileges. In fact, preferential treatment based on income, religion, caste and ethnicity is the norm in our country. It is said-where money is, money goes.

I write this as someone who has benefitted from those privileges. Many may claim that I am one of those who was born with a silver spoon. As a city bread upper-middle class person

from a highly-educated family, I never had to worry about whether I would have enough to eat, a safe place to live, or would be able to see a doctor when ill. I never attended underfunded schools with unprepared teachers, inadequate textbooks, unsafe or dilapidated facilities, and fellow students who were hungry, traumatized by violence, or exhausted from doing part time jobs to help feed their families. My parents had the knowledge, time and ability to help me with my schoolwork or to open doors by connecting me with others in their social

**YOU THE CITIZENS
DECIDE:**

networks. Teachers and employers never assumed that I was not smart or competent because of my skin color, ethnicity, religion or accent. These privileges provided me with many advantages over others, who worked just as hard or perhaps even harder than I did, but were not as fortunate.

In India from the time of Independence, we are addressing such inequities through public policies. However the affirmative actions that the governments have taken in way of reservations, have not yet yielded the desired results. This is the reason for so much frustration and anger among the Dalits, Tribals and the lower castes. In recent decades there has been larger GDP growth. But instead the bottom of the pyramid becoming richer, income inequality is increasing dramatically, further limiting access to opportunities. And because income is very unevenly distributed by caste, region, religion and ethnicity, growing income inequality is exacerbating India's already substantial caste, religion and ethnic inequalities.

Affirmative action is also necessary because there is no "objective" way to compare candidates when admitting to universities or hiring for jobs. Supposedly meritocratic selection criteria actually reflect and reinforce our society's inequities and prejudices, giving tremendous advantages to those already at the top. For example, multiple studies have confirmed that standardised test scores mirror family educational attainment and income, and that job and admission interviews are subject to numerous perceptual biases that favour in-group candidates. Since those doing the selecting are likely to be from more privileged groups, that means others like them have an edge. Only by acknowledging these biases and inequities, and structuring selection to consciously address them, can we make access to opportunities even remotely equitable.

There are many reasons to support affirmative action. Diversity of experiences, cultures, and ideas brings immense benefits to classrooms and work environments. For me, however, the most compelling reason to support affirmative action is equity. As an upper-middle class born and brought up person, I have benefited from our society's de facto affirmative action for people like me. That is not right because the family you are born into should not dictate your life chances. I support affirmative action because I want the economic and demographic composition of an entering college class or a company's workforce to reflect the broader population from which it is drawn rather than being skewed by privilege. I support affirmative action because everyone in our very unequal society should have an equal opportunity to succeed.

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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. M. D'Souza

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In Pieces: the Right to Peace

On Thursday 20 September, four people were killed in Maryland, US in a workplace mass shooting spree; it was the third workplace shooting in the US in less than twenty-four hours. Earlier that day in Uttar Pradesh, India killed two men in an "encounter" after "inviting" journalists to watch. Since March 2017, sixty-six persons have been killed in UP in 'encounters'; most of those killed were Muslims. Armed conflicts and violence continue to ravage several parts of the world today from Mexico to Afghanistan; from Yemen to South Sudan. Thousands all over flee war and violence: are displaced from the comfort of what they once called 'home' and to seek refuge in more secure areas. It is no rocket science to conclude that for millions everywhere, the peace, which is, rightfully theirs, is totally in 'pieces'!



BY FR. CEDRIC PRAKASH SJ

So how does one observe yet another International Day of Peace on 21 September? Do we allow ourselves to be conditioned with yet another day of tokenism and cosmetization? On the other hand, do we at every level, take up the responsibility of being instruments of peace and ensure that there is peace, in every possible place? We have all seen and experienced that several of the so-called leaders of the world today are warlords, violent men, who are divisive and petty, who discriminate against other human beings, spew venom through their hate speeches and lust on power.

Peace needs to have a new meaning; looked at through a different prism. The UN General Assembly declared that 21 September should be a day devoted to strengthening the ideals of peace, both within and among all nations and peoples. The Member

States adopted the 17 Sustainable Development Goals in 2015 because they understood that it would not be possible to build a peaceful world if steps were not taken to achieve economic and social development for all people everywhere, and ensure that their rights were protected. The Sustainable Goals cover a broad range of issues, including poverty, hunger, health, education, climate change, gender equality, water, sanitation, energy, environment and social justice.

'Peace, Justice and Strong Institutions' is Sustainable Development Goal 16 and it calls for promoting peaceful and inclusive societies for sustainable development, providing access to justice for all and building effective, accountable and inclusive institutions at all levels.

A peaceful society is one where there is justice and equality for everyone. Peace will enable a sustainable environment to take shape and a sustainable environment will help promote peace.

In the run-up to the celebration of the 70th anniversary of the Universal Declaration of Human Rights, the theme for this year's International Peace Day is '**The Right to Peace - The Universal Declaration of Human Rights at 70**'. An apt theme, particularly in a year, which has witnessed the deterioration of human rights even in democracies like the United States and India. Besides the growing ascendancy of right-wing and other autocratic leaders across the globe has been a cause of concern all over. The Universal Declaration of Human Rights is a milestone document in the history of human rights. Drafted by representatives with different legal and cultural backgrounds from all regions of the world, the Declaration was adopted

by the United Nations General Assembly in Paris on 10 December 1948 as a common standard of achievement for all peoples and all nations.

The UN Secretary-General António Guterres says, "*It is time all nations and all people live up to the words of the Universal Declaration of Human Rights, which recognizes the inherent dignity and equal and inalienable rights of all members of the human race. This year marks the 70th anniversary of that landmark document.*"

His message for the day continues, "the Universal Declaration states in Article 3. "Everyone has the right to life, liberty and security of person." These elements build the foundation of freedom, justice and peace in the world. Yet, the Universal Declaration does not include a separate article on "Right to Peace". This is why we ask you this year: What does "*The Right to Peace*" mean to you? Share your ideas with us through #peace day and #standup4humanright. All must do this because human rights are everyone's rights and they are foundational to sustainable peace!

Peace, however, has simultaneously to be made a reality by the powerful nuclear nations. Recently, North Korea made it clear that US needs to dismantle some of its nuclear weapons before they do so. A justifiably argument considering that the worst nuclear holocausts in the last century have been committed by the US. In 2013, the United Nations decided to hold a High Level Conference (Summit) on Nuclear Disarmament (which was supposed to take place in 2018) in order to enhance progress toward the achievement of a nuclear weapons convention – a global treaty (which includes the nuclear armed States) to prohibit and eliminate nuclear weapons. In March 2018, the UN General Assembly decided to postpone the conference. Its future

(Contd.. on p. 18)

Become a better 'YOU'

There is no such thing as the 'perfect man' but seeking self-improvement can make your life more fulfilling. To be a better man, you may need to make some changes to the way you think, behave and interact with other people

As always, there are many improvements to be made. The truth is that no matter how many things we alter in our lives, we will never be perfect men. We will make mistakes, give in to our weaknesses and stumble backwards from time to time - we're only human.

But with enough focus, we can make a steady improvement over time. The key is to remind yourself what's most important in your life and what you feel needs changing. Here are few things you may want to consider if you want to up your game as a man:

Stay true to your values:

Always try to make a good and conscious effort to define your core values - the principles you hold as true and unchanging- and commit to following through on those values regardless of any inconvenience that might result from doing so.

Stand steady under pressure:

Stress is unavoidable. When faced with an infuriating or anxiety-inducing situation, though, train yourself to remain calm and control those emotions instead of letting them run wild. Instead of following through with a knee-jerk reaction, take the time you need to calm down and think through things rationally. React according to reason rather than emotion.

Sharpen your mind actively:

Actively pursue knowledge and keep your brain in optimal working condition. Reading is a great way to do this, but you can also keep mental abilities sharp by solving puzzles or tackling new challenges.

Let your mind rest positively:

While it's important to keep your mind sharp, it'll be easy to overwork it if you don't give yourself a chance to escape from the world and relax every once in a while. Hanging out with your friends can be an important part of relaxing but you should also throw some alone time into the mix.

When you do spend alone time, unplug from the world as much as possible. Get off the computer and turn off your phone. And spend time in



THINGS TO KEEP IN MIND

- Don't give up
- Speak up for yourself
- Set goals
- Stop and listen
- Be thankful
- Be honest

solitude and give yourself a chance to recharge.

Always plan for the future:

It's one thing to always be thinking about the future and it's another to have a plan of action. Living in the moment is extremely important but if you don't have a plan for the future, then, in the future, your moments will be less than fulfilling which might result in sorrow.



Kandhamal interview evokes over 5 lakh hits in 4 days!!! Though the book 'Who Killed Swami Laxmanananda?' has put the Kandhamal truth conclusively before the world, there are sceptics among Christians too - for reasons best known to them. The book is available in Hindi, Odia and Malayalam.

CCCI Honours Six Christians with Excellence Award



Mumbai, Sept: 22: Christian Chamber of Commerce of Industry (CCCI) had 13th award function on Saturday 22nd September 2018 at Hotel Kohinoor. Christian Chamber of Commerce and Industry is an umbrella for a body of businessmen from all walks of trade and industry and the motto of the organization is to foster the spirit of entrepreneurship amongst members and to reach out to the community in particular and to the state and country at large. In that context every year the chamber is giving awards in various categories for successful entrepreneurs and the important step taken by the chamber is launching chambers mobile app to increase business among the members and community as a whole. The chairman in his speech explained about the app. The awardees were as follows:-

1. **Industry: R. H. Mendonca** (his Daughter in law **Dr. Suhani Mendonca** received the Award)
2. **Public Service: Commander - Cyril Periera**
3. **Social service: Sr. Maria Goretti Quadros**
4. **Women Entrepreneur: Mrs. Collette D'Lima**
5. **Education: Mrs. Jessy Vas**
6. **Young Entrepreneur: Joseph Sequeira**

Chairman of CCCI, Antony Sequeira, in his welcome speech expressed his gratefulness to everyone who strove for CCCI during the year. "His Lordship Bishop Alwyn D'Silva, Presiding officer for the evening, Distinguished Chief Guest Dr. Mukesh Batra, my colleagues on the dais and off the dais, sponsor's of the awards and awardees and also sponsorer's of to-

day's event whose name appear in the standees, members, guests, and my dear friends. I am happy to inform that I am elected as chairman for next 3 years term. You cannot change the people around you. But you can change the people that you choose to be around. With this in the background, Christian Chamber of Commerce and Industry was formed to bring together entrepreneurs to empower, assist and encourage mutual business. I welcome the sponsor's of the awards, the six excellence awardees and all of those who have sponsored this function along with members, guests and friends.

To introduce CCCI to our guests and new members, Christian Chamber of Commerce and Industry is a body of businessmen from all sectors of trade and industry. The motto of the



organization is to foster the spirit of entrepreneurship amongst members and to reach out to the community in particular and to the state and country at large.

As on date we have strength of 660 members. During the past year, CCCI has organised many informative monthly business seminar on various topics of current relevance. It is an effort by the Chamber to keep its members updated on varied subjects which will help them in their business. I have a humble request all the members to attend and take full advantage of such seminars.

Recently we have drastically revamped the CCCI website with a fresh new look and with dynamic features.

The second is far more ambitious; our very own Chamber's Mobile App for the members and the community at large that will enable Connectivity, Communication, Collaboration and Innovation which will result in more business and networking among members as well as with others. I am pleased to inform that every member can add 4 additional numbers of their family in the chamber app. The purpose is we want more participation."

CCCI founder Chairman Mr. Vincent Mathias, immediate past Chairman Mr.

Henry Lobo, CCCI awards committee convener, Mr. John D'Silva, Vice Chairman's Mr. Albert W. D'Souza and Mr. John Mathew, were present on the dais.

The awardees, reciprocating to the honour bestowed upon them, praised the functioning style of CCCI, which happens to be a premier Christian body. Award Sponsors Mrs. Clotilda Sequeira, Mr. Albert W D'Souza, Mr. Vincent Mathias Presented the Award. The other dignitaries conveners of different sub-committees, other office bearers, and a large number of members with family, were present at the function.

At the beginning of the awards function, Floral tributes were given by Mrs. Jean Sequeira to Chief Guest Dr. Mukesh Batra and Mrs. Philomena Lobo to Bishop Alwyn D'Silva. Adv. Pius Vas, Henry Lobo, Gregory D'Souza, Lawrence Coelho, Johnson Theratil, Walter Buthello Read Citation. Mrs. Tanya Buthello and Glenn D'souza compared the programme. Agnello Rajesh Athaide proposed the vote of thanks. Supported by Executive secretary Felix D'Souza and Sr. Executive Ms Shanthi Cardoza.

Photo News : Rons Bantwal

Patriotism Needs Nurturing Among Young People

Among diehard Indian patriots the brightest star shines on the name of Mahatma Gandhi who made highly successful methods to impregnate India's freedom efforts with indigenous cultural values, for which he will never be forgotten.

In a rambling speech on the outrage and disgust which terrorism has brought upon the modern world, the speaker on the podium had overlooked his most important angle for a home-run, that patriotism is an inbred gene in humanity and could surface snuffing out that evil which men use to abuse the human rights and dignity of others.



BY MELVYN BROWN

So, let's understand what patriotism is really all about. Patriotism which most of us take for granted and not many take seriously.

Surprisingly, students in Uttar Pradesh' universities and affiliated degree colleges, want-ing admissions to undergraduate courses had to study on subjects which pontificate on the

nation's pride and prestige. But, of course, the subjects were additional and compulsory every academic session.

Patriotism needs nurturing in people from young. This is the genesis of a doctrine developed from early civilizations. To be a patriot does not have to leave one with stringent standards to live by.

"Patriotism is when love of your own people comes first...." Said the late Charles De-Gaulle President of France. Virtually every freethinker I came across on my visit to Holland, Germany and Belgium proclaimed the same novel vision of patriotism which Kipling had written about in his famous lines: "God gave all men all earth to love, but since our hearts are small, ordained for each one spot should prove beloved over all."

There is not much we can do overnight to make a person a patriot. The willingness to serve his country must come from within. It is an expensive legacy to pass on, and often diminishes when a patriot's strength is alienated to self-interest in the eyes of so-called "honest politicians".

The abduction of patriotism is taking place across the globe. Lord Byron once wrote, "He who loves not his country, can love nothing." We rediscover the threat of politicians who loot government, cheat on people and rob the treasury.

Is there a prophet of clean politics? If there is, you will be blessed with having the oddest spectacle of a patriot. A man who will be judged by society with full flak; disqualified, suspected and said to be allegedly involved in all the corridors of counter corruption.

The hypocrisy must end. The enticement to be a patriot often turns into



a grotesque image of a juvenile offender. The vicious circle of corruption must have a flaw.

The media can sanitize patriotism. It can also support the hard image given by Edith Cavell to Rev. Gahan on the night before her execution: "Patriotism is not enough. I must have no hatred or bitterness towards anyone."

Without the gift of patriotism there can be no normalization of human relations, or peace among people. Third World Countries may be backward technologically – but there is no excuse that development's end justifies the means to blanket the legacy of patriotism in order to embark on a path of nuclear stability, is cross-eyed politics.

By any reckoning the worst form of patriotic abduction is to label "revenge" and "retribution" to acts of insane behavior. Bill Clinton, former U.S. President once said: "Christ admonished us that our lives will be judged by how we do unto the least of our neighbors". His uplifting talk at Washington touched the nerves of all American patriots.

September 11 was a turning point not only for Americans, but for the entire world of freedom-loving people. Researchers panned complicated diagrams detailing the pros and cons of why people are not always "nation-conscious" instead of "conscious of the rudiments of politics, and party politics involvement."

Let it never be as Samuel Johnson had once said: "Patriotism is the last refuge of a scoundrel".

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Modern Saints

The Teenager-Worker

by Rev. Fr. F. M. Britto

During the synod of bishops on youth Pope Francis will canonize on Oct 19 seven new saints. Besides Pope Paul VI and the assassinated Archbishop Romero, he will also canonize a 19 years old teenager-worker.

Nuntius Sulprizio (also known as Nunzio Sulperio) was born on April 13, 1817 at Pescara, Italy. When Nuntius was only three years old, his father Domenico Sulprizio passed away on May 16, 1820. After two years his only younger sister too died. Since his widowed young mother Rosa was finding it difficult to meet her ends meet, she got married to a much older man. It was a time of great famine and she had no other support.

Nuntius went along with her. He went to a local school run by a priest, Fr. De Fabiis. Besides learning the school subjects, the boy also learned little faith. He became a pious boy, attending Mass every day and prayed to Our Lady.

The man always considered his step-son an unwanted burden and treated him badly. So Nuntius' maternal uncle Domenico Luciani brought the boy to his house. This man, a blacksmith by profession, was worse than the step-father. He made the little boy to do all sorts of manual works, giving him very little to eat, not sending him to the school and no time to play with his friends. Finding always fault with the boy, the man always abused him and thrashed him.

During the work Nuntius foot got infected. Since his uncle would not care for him, but forced him to do more works, the wound became gangrenous. Unable to bear the pain, he would often cool his leg in the village stream. Praying the rosary, he would ask Mother Mary to cure him. The

ladies, who came there for washing, would chase him yelling that he had polluted the water. The puss-oozing sore caused him intense pain.

Hearing his nephew's plight, his paternal uncle Francesco Sulprizio, a soldier, took him to his house. He introduced the boy to his friend, Colonel Felice Wochinger. The colonel was a very kind-hearted man and he took care of the boy as if he was his own son.

He admitted the boy in a hospital. A priest used to frequent the hospital to distribute the Holy Communion to the sick. Hearing that Nuntius had not yet received the First Holy Communion, the priest instructed the boy and gave him the First Holy Communion.

The boy also met St. Gaetano Errico, an Italian priest and founder of the Missionaries of the Sacred Heart of Jesus and Mary, who promised him he could enter their Religious Order when he was old enough.



As that holy priest had instructed him, Nuntius would offer all his pains to the crucified Christ. Nuntius said, "It was God's providence that cared my life," and would say, "Jesus endured so much for us. If we suffer a little bit, we will taste the joy of paradise." And he said, "Jesus suffered a lot for me. Why should I not suffer for him?"

His leg was amputated, but it did not help him. The 19 years old teenager finally succumbed to his injuries on May 5, 1836.

After his death, his saintly qualities were talked about. Everyone admired the poor boy's patient suffering, both physically and mentally. He was known as a gentle, chaste, patient and pious youth in a place and at a time when such a man was rare. There never was time when Nunzio's



life was not difficult.

The great Pope Leo XIII declared him a venerable on July 21, 1891. And he proposed that he too could be a patron for workers. Nunzio became one of the first to be beatified by Pope Paul VI before all the world's bishops during a session of the Second Vatican Council on December 1, 1963.

Paul VI remarked then that Blessed Nunzio Sulprizio teaches us, "The period of youth should not be considered the age of free passions, of inevitable falls, of invincible crises, of decadent pessimism, of harmful selfishness. Rather, he will tell you how being young is a grace..."

The pope told the youth, "He will tell you that no other age than yours, young people, is as suitable for great ideals, for generous heroism, for coherent demands of thought and action". He continued, " He will teach you how you, young people, can regenerate the world in which Providence has called you to live, and how it is up to you first to consecrate yourselves for the salvation of a society that needs strong and fearless souls."

A medal of Bl. Nuntius that was kept in the room of a man lying on coma for days after a fatal bike accident brought him cure within a week of intense prayers through the saint. This miracle had been approved for his canonization.

Pope Francis will canonize that poor labourer boy and Pope Paul VI during the synod of bishops on Oct 19. His feast day will be celebrated every year on May 5.

Inspiration!

Challenge your comfort to be incredible

SOMEONE HAS RIGHTLY said, “Everything you want is on the other side of fear”. Otherwise, in an ideal world we’d all have well-paid jobs that only require the skills we excel in. However, the reality is that, in order to move up the career ladder, we often need to push ourselves to do what does not necessarily come as second nature to us. Whether this is delivering a public speech or attending a networking event, we’re all asked to step out of our comfort zone at some point. While some are happy to take on the challenge, others are paralysed by the fear that they’re not good enough. Let’s talk about how you can push through your boundaries

The comfort zone is defined as ‘a behavioural state within a person operates in an anxiety-neutral condition, using a limited set of behaviours to deliver a steady level of performance.’ What stands out to me the most about that definition is the last part: “using a limited set of behaviours to deliver a steady level of performance.” How many successful people do you know who deliver a steady level of performance? The goal in life is to continually challenge yourself and continually improve yourself. And in order to do that, you have to move out of your comfort zone. But once you do, your life will start to change in ways you could never have imagined. Here are a few mental tricks you can use for stepping outside of your comfort zone

Best things happen when you’re uncomfortable:

In times of stress or discomfort, remind yourself that some of the best things happen outside a comfort zone. These experiences can both challenge you and help you grow. Commit to giving the situation a try with your best effort and keep expectations low to alleviate additional pressure.

Coach yourself:

In the spirit of a coach, ask yourself some questions: “What is the worst that could happen? Could I survive it? What is the best that could happen? Would I or others benefit from it? Are there downsides to remaining where I am? What is holding me back?” This simple technique elevates thinking. Here is a variation: What questions would you ask if you were coaching someone out of their comfort zone?

Embrace fear:

It’s vital that you approach this learning experience with the right frame of mind. You may get overwhelmed at the novelty of it all and perhaps feel you’re never going to be as good as so-and-so. The secret lies in embracing this fear and certainty. Don’t let it hold you back and hinder your potential. Accept that it’s normal and human to feel uncertainty and that it’s okay to fail. What’s important is that you keep going.

Fill yourself with light and confidence:

Take three deep breaths. Think of something that brings you great joy. Picture your whole body filling up

with a bright glow, like a light bulb, as you think of your great joy. Repeat an empowering phrase to yourself: “I’m safe,” “I’m cool wherever I go” or “I can do this.” This reduces your body’s stress response and gives you the confidence to step out of your comfort zone. You got this!

Get familiar with discomfort:

Living outside of one’s comfort zone is by definition uncomfortable. Therefore, the best habit you can foster within yourself is the practice of becoming familiar with discomfort. A great way to do this is to pick one thing each day that scares you and go and do it. You are scared and you act. Repeat daily for a year. You will be amazed at how what once scared you is now commonplace.

Stop comparing be yourself:

Somehow others can seem smarter, more efficient and more organised than you. Learn from them and take the good - but make it your own. If you are timid by nature and look up to a vociferous people who always aces presentations or other decisions in life; you don’t need to deliver your presentation in his or her style. Play on your strengths and adapt your newly-acquired skills to your personality.

Realise you’re not alone:

We tend to think that we are alone in our fear of the unknown. When trying something new, enlist a trusted friend, colleague or mentor with whom you can share your concerns. Ask them how they got through their fear of stepping outside of their comfort zone. Not only will this collaboration give you a shoulder to lean on, but you will also learn new tricks of the trade on how to take the risk.

With everything that happens once you move out of your comfort zone, you’re naturally going to achieve more than ever before. Your increased concentration and focus will help you develop new skills. Those new skills will change the way you see yourself, encouraging you to step even further out of your comfort zone.

(Contd.. from p. 10)

is now uncertain, especially in light of efforts by nuclear-armed States to prevent it moving ahead. Next week on 26 September, the 'International Day for Total Elimination of Nuclear Weapons', the UN General Assembly will hopefully spend some time reflecting to the biggest threat to humanity today. All nations must ratify the 'Treaty on the Prohibition of Nuclear Weapons'; unless that is done peace will continue to remain as elusive as possible.

On 7 July 2018, speaking to Christian Religious Leaders from the Middle-East in Bari, Italy, Pope Francis said, *"War is the daughter of power and poverty. It is defeated by renouncing the thirst for supremacy and by eradicating poverty. So many conflicts have been stoked too by forms of fundamentalism and fanaticism that, under the guise of religion, have profaned God's name – which is peace – and persecuted age-old neighbours. Violence is always fueled by weapons. You cannot speak of peace while you are secretly racing to stockpile new arms. This is a most serious responsibility weighing on the conscience of nations, especially the most powerful. Let us not forget the last century. Let us not forget the lessons of Hiroshima and Nagasaki. Let us not turn the Middle East, where the Word of peace sprang up, into dark stretches of silence. Let us have enough of stubborn opposition! Enough of the thirst for profit that surreptitiously exploits oil and gas fields without regard for our common home, with no scruples about the fact that energy market now dictates the law of coexistence among peoples!"*

The Right to Peace should no longer stay in pieces!

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

(Contd.. from p. 6)

Sr. Nirmala explained in details about the plant Artemisia and its uses in treating different sicknesses, especially Malaria. Around the world about 500 million people contract Malaria each year. Between 1 and 3 million of those people die, many of whom are children under five years of old.

Sr. Anjana in her practical sessions concentrated on how to cultivate, propagate and harvest Artemisia from seeds and cuttings. The practical sessions also included preparation of Artemisia oils and ointment, Arthritis ointment, the uses of Moringa (drum stick tree) leaves and seeds, herbal treatment of diarrhea and preparation of ORS, strengthening the immune system especially of patients suffering from HIV-AIDS.

Dr. Reyes Rigo from Spain, an expert in Acupuncture and Cupping therapy, spent half a day initiating and teaching the participants on Gausha and Cupping Therapy. These are Chinese methods of pain management. During the short time Dr. Reyes explained in details, the history and use of cupping therapy in different places in the world. She demonstrated the therapy on a participant and thereafter invited all the participants to practice on each other. Many felt relieved of their pain especially those suffering from frozen shoulders, back ache, knee pain, acidity, etc.

For the last three days the resource person Sr. Lissy Paul encouraged the participants to create and sustain an alternate Health Care System among the tribal population by preserving, making traditional and indigenous medicines. The topic on Sickle Cell Anemia (SCA) was explained in details. "Sickle Cell Anemia is one of the most prominent hereditary diseases

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of the tribals all over the world especially in India. This disease is fatal by the age of 30. Sickle Cell Anemia has caused an inexplicable burden for so many individuals, families and tribal communities", Sr. Lissy said.

After the theory, preparation of herbal medicine for SCA was done with the plant Alovera. All the participants tasted the medicine 'ALOE'S HEALTH TONIC'. Sr. Lissy continued the sessions with practical preparation of medicated oil for pains, wounds, hair fall, massage, powder preparation to treat cold, cough, etc.

A short session was also held on simple home remedies for common ailments. The participants also had a walk in the Vedruna Herbal Farm where Sr. Lissy explained each of the 52 varieties of herbal plants- shrubs, trees and creepers and its uses in treating sicknesses.

During the Seminar Fr. Rappai Poothukaran, SJ from Gujarat Jesuit Ecology Mission celebrated daily a meaningful Ecology Eucharist. During the praise and worship, Fr. Rappai helped the seminar participants through meditation to blend with the nature experiencing the touch and marvel of Mother Earth. After the Eucharist, we celebrated our union with the Creator of the Universe with a sweet dish greeting one another 'PEACE'.

The final day of the Seminar in the afternoon the participants left for Bardipada, a close by mission and pilgrimage centre to visit 'CHRIST THE ROCK' Church, an architectural masterpiece. The Seminar-cum-workshop on 'ACTION FOR NATURAL MEDICINE' concluded with vote of thanks and a delicious meal.

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Royal Christian Family MATRIMONIALS - GROOMS

6793 MUMBAI : Goan Roman Catholic Bachelor, (Born in November 1987), Ht. 5' 10", Wt. 85 kgs, Wheatish Complexion, Edn. MBA., PG in taxation law, well employed. Contact email : linet.noronha06@gmail.com

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

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

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

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

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

6485. MUMBAI: North Indian R.C. Bachelor, (Born in October 1974), Ht. 5' 7", Wt. 75 kgs, Wheatish Complexion, Edn.

B.Com., working for an MNC in Mumbai as Back Office Executive. Contact email : awr88@rediffmail.com

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 ARABIA** 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.Com., A.C.A., LLB., C.A. by Profession. Contact email: saldanha_ryan@yahoo.com OR 9820670158.

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

6912. SAUDI ARABIA : Mangalorean Roman Catholic Bachelor, (Born in January 1981), Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn.10th Std., working in Saudi Arabia. Contact email : dsouzasaichin77@gmail.com

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

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

6904. MUMBAI : Converted Roman Catholic issueless Divorcee, (Born in April 1975), Ht. 5' 8", Wt. 76 kgs, Wheatish Complexion, Edn.B.Sc., MBA, working as a Manager. Contact email :sudeep-talukdar2003@gmail.com

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6963. MUMBAI : Goan Roman Catholic Bachelor, (Born in July 1981), Ht. 5' 2", Wt. 62 kgs, Wheatish Complexion, Edn. MBA, Well settled. Contact email : freshflwr@gmail.com

6960. MUMBAI : Mangalorean Roman Catholic Divorcee, (Born in February 1985), Ht. 5' 10", Wt. 77 kgs, Wheatish Complexion, Edn. B.Sc., Nautical working as an officer in Merchant Navy. Contact email : godfreyvaz@gmail.com

6938. MUMBAI : Goan Roman Catholic Bachelor, (Born in January 1989), Ht. 5' 9", Wt. 70 kgs, Wheatish Complexion, Edn. B.Com., well settled. Contact email : yohancharry03@gmail.com

6879. U.S. : Parents of RC Mangalorean Bachelor, (Born in October 1989), 5' 10", born-bought up in Mumbai has done his Masters in Computer Science in US and is presently working there, seek alliance from RC preferably Mangalorean qualified spinsters working in US, pleasant personality and good family values. Please reply with details and photographs to amy.rigues@gmail.com

6875. KUWAIT : Mangalorean Roman Catholic Bachelor, (Born in January 1985), Ht. 5' 7", Wt. 62 kgs, Very fair Complexion, Edn. ITI, working as a Sales representative. Contact email : roshan2421@gmail.com

6874. MANGALORE : Mangalorean Roman Catholic Bachelor, (Born in May 1984), Ht. 5' 11", Wheatish Complexion, Edn. PGDMA., working as an Account Manager. Contact email : eltonjds@gmail.com

6867. PUNE : Goan Roman Catholic Bachelor, (Born in April 1984), Ht. 5' 4", Wt. 70 kgs, Wheatish Complexion,

Edn. MBA Finance, working For Bank. Contact email : adrian.aries@gmail.com

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

6862. MUMBAI : Goan Roman Catholic Bachelor, (Born in February 1983), Ht. 5' 11", Wt. 72 kgs, Fair Complexion, Edn. B.Com., well settled working in Mumbai. Contact email : keith_peter1983@yahoo.co.in

6852. MUMBAI : East Indian Roman Catholic Bachelor, (Born in August 1983), Ht. 5' 8", Well built, Wheatish Complexion, Edn. Bachelors in Hospitality and Tourism Management. Working as a Chef Head Chef in DUBAI. Contact email : joslyn.gomes@gmail.com

6833. AUSTRALIA : Mangalorean Roman Catholic Bachelor, (Born in November 1986), Ht. 5' 7", Wt. 78 kgs, Fair, Handsome, PR Holder, Edn. Masters by Research in Biotechnology from QUT, Australia, Currently working with reputed company in Quality Assurance dept., Seeking a qualified and God fearing Mangalorean RC girl. Contact email : lizbf2017@gmail.com

6832. MUMBAI : Goan Roman Catholic Bachelor, (Born in August 1970), Ht. 5' 7", Wt. 59 kgs, Wheatish Complexion, Edn. B.Com., working as a Captain in Hotel. Contact email : ignatius.matel@gmail.com

6830. BAHRAIN : Goan Roman Catholic Bachelor, (Born in February 1988), Ht. 5' 11", Wt. 97 kgs, Wheatish

Complexion, Edn. MBA, Marketing Professional in Public Sector. Contact email : rolfsonvaz@gmail.com

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

6828. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1983), Ht. 5' 7", Wt. 81 kgs, Wheatish Complexion, Edn. Diploma in Electrical / Tele., working as a Site Engineer in Airport. Contact email : anthonylobo1983@yahoo.com

6828. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1983), Ht. 5' 7", Wt. 81 kgs, Wheatish Complexion, Edn. Diploma in Electrical / Tele., working as a Site Engineer in Airport. Contact email : anthonylobo1983@yahoo.com

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

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

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Fort, Mumbai - 400 001.

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6935. MUMBAI : East Indian Roman Catholic Divorcee (1st marriage annulled by the church), (Born in February 1983), Ht. 5', Wt. 61 kgs, Wheatish Complexion, Edn. M.A., working as a HR in MNC. Contact email : co-com4053@gmail.com

6962. LONAVLA : Mangalorean Roman Catholic Spinster, (Born in February 1990), Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. M.Com., working. Contact email : fernandesjenifer90@yahoo.com

6961. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in March 1988), Ht. 5' 4", Wt. 60 kgs, Wheatish Complexion, Edn. MBA., Working as a Deputy Manager in Franch Bank. Contact email : preethi.dsouza@ymail.com

6959. MUMBAI : Alliance invited from well settled RC Goan bachelors upto 30 years. for RC Goan Spinster (Born in November 1990), a B.A. graduate, done IATA, presently working in **DUBAI** in a travel company as a corporate travel officer, Ht. 5' 3", (preferable working overseas)

6958. BANGALORE : Mangalorean Roman Catholic Spinster, (Born in November 1987), Ht. 5' 4", Wt. 50 kgs, Fair Complexion, Edn. B.E. (Biotech), working as a Business Analyst. Contact email : rodrigues.kavin@gmail.com

6945. GOA : Goan Roman Catholic Spinster, (Born in July 1982), Ht. 5' 7", Wt. 80 kgs, Wheatish Complexion, Edn. M.Arch., Architect by profession. Contact email : nishasoares82@gmail.com

6944. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in July 1991), Ht. 5' 8", Wt. 74 kgs, Fair Complexion, Edn. M.Com., working as Accounting & Finance. Contact email : lavinadsouza16@gmail.com

6943. MUMBAI : Goan Roman Catholic Spinster, (Born in August 1990),

Ht. 5', Wheatish Complexion, Edn. Chartered Accountant, working as a C.A., Contact email : sandrareg67@hotmail.com

6942. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1987), Ht. 5' 4", Wt. 70 kgs, Wheatish Complexion, Edn. M. Com., working as a Sr. Associate in Foreign Bank. Contact email : olgapin123@gmail.com

6922. CANADA : Goan Roman Catholic spinster, (Born in October 1992), Ht. 5' 4", Wt. 65 kgs, Fair Complexion, Edn. B.Com., working as a Senior Associate. Having Canadian P.R. and Lives at present in Etabiko, Toronto, Canada. Contact email : projann@rediffmail.com

6905. ABUDHABI : Mangalorean Roman Catholic spinster, (Born in July 1989), Ht. 5' 1", Wheatish Complexion, Edn. Master in Commerce (Finance), working as a Secretary cum Accountant. Contact email : steffiferandez798@gmail.com

6902. DUBAI : Goan Roman Catholic spinster, (Born in April 1975), Ht. 5' 7", Wt. 70 kgs, Wheatish Complexion, Edn. B.Com., working as a Secretary. Contact email : pepem25@rediffmail.com

6897. UAE : Mangalorean Roman Catholic spinster, (Born in October 1989), Ht. 5' 4", Wt. 55 kgs, Fair Complexion, Edn. MBA, working as a HR Executive. Contact email : edwarddcosta56@gmail.com

6894. MANGALORE : Mangalorean Roman Catholic spinster, (Born in February 1989), Ht. 5' 3", Wt. 50 kgs, Fair Complexion, Edn. M.Sc., Medical Pharmacy, working as a Research Scientist. Contact email : menezesmangalore@gmail.com

6892. BANGALORE : Mangalorean Roman Catholic Spinster, (Born in March 1993), Ht. 5' 5", Wt. 50 kgs,

Fair Complexion, Edn. B.Com., BBM., working as a Investigator. Contact email : stelinedsouza@gmail.com

6883. MANGALORE : Mangalorean Roman Catholic Divorcee, (Born in December 1983), Ht. 5' 4", Wt. 68 kgs, Wheatish Complexion, Edn. B.Com., MBA, working. Contact email : fionawimpy@gmail.com

6882. MANGALORE : Mangalorean Roman Catholic Spinster, (Born in April 1988), Ht. 5' 3", Wt. 60 kgs, Wheatish Complexion, Edn. M.V. Sc. Assistant Professor by profession. Contact email : clarencemiranda5811@yahoo.co.in

6880. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1988), Ht. 5' 4", Wt. 66 kgs, Wheatish Complexion, Edn. B.A. Contact email : ben864@yahoo.co.in

6878. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1986), Ht. 5' 3", Wt. 75 kgs, Wheatish Complexion, Edn. Edn. B.A., PGDID, Service. Contact email : terrenceseq123@gmail.com

6873. MUMBAI : Affluent family R.C. Mangalorean Spinster, (Born in August 1980), Ht. 5' 3", very beautiful and pretty. B.A., E.A. (Secretarial Course), worked for foreign MNC's, currently managing Father's Business. Contact email : lvbsh16@gmail.com

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6528. DUBAI : Mangalorean Roman Catholic Spinster, (Born in April 1985) Ht. 5' 7", Beautiful and Fair Complexion, Edn. Masters in Health, Care (MHA), Employed as a Manager in MNC Dubai, is looking for a suitable alliance between the ages of 32 to 36 with a height 5' 10" and above. Kindly respond directly to the party by email : aara8185@gmail.com with your photograph.

6032 DUBAI : Goan Roman Catholic Spinster, (Born in April 1976), Ht. 5' 2", Wt. 41 kgs, Wheatish Complexion, Edn. B.A., working as a Secretary. Contact email : track_1976@yahoo.com OR 9730454857

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

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

6861. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in December 1991), Ht. 5' 6", Wt. 80 kgs, Wheatish Complexion, Edn. B.Com., PG Banking & Finance, working as a Clerk in Bank. Contact email : michaelfernandes59@gmail.com

6860. MUMBAI : Goan Roman Catholic Spinster, (Born in October 1991), Ht. 5' 4", Wt. 55 kgs, Wheatish Complexion, Edn. B.M.M. (Mass Media), working for IT in MNC. Contact email : lgp1891@gmail.com

6859. KUWAIT : Mangalorean Roman Catholic Spinster, (Born in August 1986), Ht. 5' 4", Wt. 55 kgs, Wheatish Complexion, Edn. M.Sc., in Physiotherapy (Orthopedics), U.K. working in Kuwait. Contact email : nisha_sequeira@hotmail.com

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

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

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

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

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

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

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

6765. MUMBAI : Goan Roman Catholic spinster, (Born in March 1986), Ht. 5' 4", Wt. 42 kgs, Wheatish Complexion, Edn. C.A., working as a Chartered Accountant. Contact email : marilyn.dcosta22@gmail.com

6758. MANGALORE : Mangalorean Roman Catholic spinster, (Born in December 1987), Ht. 5' 2", Wt. 48 kgs, Fair Complexion, Edn. MBA in Finance, working for Bank in Bangalore. Contact email : cyrilv27@gmail.com

6757. MANGALORE : Mangalorean Roman Catholic spinster, (Born in May 1990), Ht. 5' 3", Wt. 51 kgs, Fair Complexion, Edn. MBA (IS), working as a HR in Dubai. Contact email : proposalmlore25@gmail.com

6755. MUMBAI : Mangalorean Ro-

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

6754. MUMBAI : Mangalorean Roman Catholic spinster, (Born in July 1991), Ht. 5' 4", Wt. 48 kgs, Wheatish Complexion, Edn. B.E. Mechanical, working as a Officer in PSU. Contact email : mel.6513@yahoo.com

6749. AUSTRALIA : Goan Roman Catholic spinster, (Born in October 1985), Ht. 5' 2", Wt. 57 kgs, Wheatish Complexion, Edn. Bachelor of Arts (Psychology) working as a Psychologist. Contact email : artemiamaria@yahoo.com

6747. MUMBAI : Goan Roman Catholic spinster, (Born in August 1988), Ht. 5' 4", Wt. 53 kgs, Wheatish Complexion, Edn. B.A. B.Ed., Teacher by profession. Contact email : idalina1888@gmail.com

6739. MUMBAI : Anglo Indian Keralite Spinter (Born in February 1995), Ht. 5' 1", Wt. 62 kgs, Fair, goodlooking, Edn. 5th Std., slow learner, handicap, able to do house work, very much interested in handicraft. Seeks a suitable match. Contact email : mercyserroa@gmail.com

6738. MANGALORE : Mangalorean Roman Catholic spinster, (Born in November 1986), Ht. 5' 5", Wt. 58 kgs, Fair Complexion, Edn. MBA, PGDM., working as a Finance Executive. Contact email : vinishaleena@gmail.com

6737. MUMBAI : Goan Roman Catholic spinster, (Born in November 1988), Ht. 5' 3", Wt. 75 kgs, Wheatish Complexion, Edn. M.Com., Working as an Accountant. Contact email : jocelyn_rod15@yahoo.in

6736. BANGALORE : Goan Roman Catholic spinster, (Born in February 1987), Ht. 5' 4", Wt. 55 kgs, Wheatish Complexion, Edn. Masters in Library & Information Science, working as a Librarian, seeks a suitable match. Contact email : gracefreitas@rediffmail.com

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—Peter Fernandes

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request will be granted no matter how impossible it is

—Ronald D'Souza & Fly., Borivali



Thanksgiving



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

—Mrs. Juliet Mendonca, Bandra

How to show extra love to your grandparents

WITH AGE, YOUR grandparents need all the love and support from you. Do not forget, they may feel lonely at this age. How will you show love for your grandparents? Continue reading to know more

Freshly baked cookies, staying up late, hugs and smiles. These are just a few of the wholesome, happy memories that arise when we think of our grandparents. And



there are lots of another ways to show grandparents they are loved. These strategies work whether you're interacting with your own grandparents or the grandparents of your children. And with all our modern technologies, connecting with grandparents is easier than ever before. Read here about dealing with your grandparents.

Invite them to important events:

Sometimes there might be events or activities grandparents would be interested in attending. Depending on the distance between you and the grandparents, consider inviting them to graduations, award ceremonies and concerts you or your family members participate in.

Call them often:

Loneliness is what bothers them at this age. If you have enough time, then do call them at least once a day. They would really feel good about this gesture of yours. Just call them and ask them about their health and well being. Your on ecall can make them feel more special because they would know that you love them.

Send pictures:

In addition to calling grandparents, consider sending them pictures whenever you can and in whatever format you have available to you. Email makes sending pictures quick and easy. Some really hip grandparents are on Facebook and you can tag them in albums or pictures you'd like them to look at. This format is especially nice because it gives them something solid to hold on to and frame.

Show respect:

With age, your grandparents might do things which may embarrass you. If you shout at them, it can hurt them badly. It is important to show respect and love in a special way. If they embarrass or upset you, then stay cool and calm in that situation. By showing respect, you show your love. And they will also reciprocate in a similar manner. Love your grandparents for what they are; their blessings can take you to great heights of success.

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