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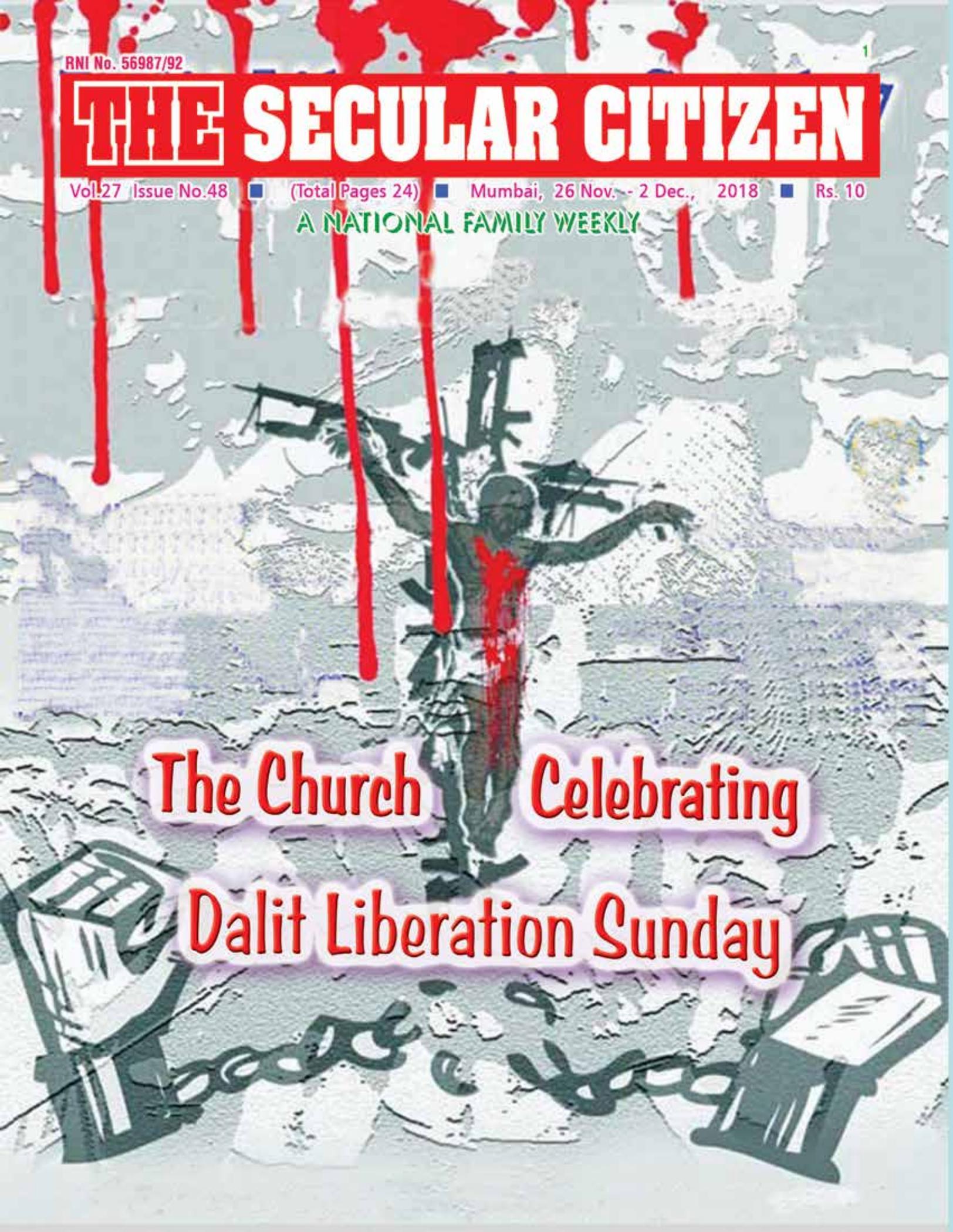
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The Church Celebrating
Dalit Liberation Sunday

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'Thought for the week'

At the heart of each of us, whatever our imperfections, there exists a silent pulse of perfect rhythm, which is absolutely individual and unique and yet which connects us to everything else.

Contents

- pg. 3 - The Church Celebrating Dalit
- pg. 5 - Voice of the People
- pg. 6 - Powerful prose with powerful statements
- pg. 7 - Youth participation ...
- pg. 8 - You the citizens decide
- pg. 12 - Sunday announcements with a difference
- pg. 13 - Soups are best starters in the world
- pg. 14 - Reflecting on the coming wedding season
- pg. 16 - Extraordinary fourteenth November
- pg. 17 - Inspiration!
- pg 19 - Matrimonials
- pg 23 - What are brain damaging habits?

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(Article on pg.3)

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The Church Celebrating Dalit Liberation Sunday

By Don Aguiar

According to one long-held theory about the origins of South Asia's (India's) caste system, Aryans from central Asia invaded South Asia and introduced the caste system as a means of controlling the local populations. The Aryans defined key roles in society, then assigned groups of people to them. The Aryans also introduced the Hindu law.

According to the Hindu law, each caste had a strict set of duties. The only way a person became a member of a particular caste was by birth. One could not marry someone from another caste and one could not get a job outside of his or her caste. The Hindu idea of reincarnation kept the caste system alive.

Many in India have embraced Christianity to escape the age-old caste oppression of the Hindu social order, but Christianity itself in some places is finding it difficult to shrug off the worst of caste discrimination.

Christians claim to belong to no caste are not included in the quotas provided by the government of India, meaning those Dalits who convert to Christianity are no longer part of the affirmative action program run by the government. Dalit Christians have now appealed to the government to extend the benefits of reservation policy to Dalit Christians in order to improve their employment opportunities.

A distinct feature of the Dalits who embraced Christianity is that a vast majority of them are from the poorest sections in the villages, not urbanites. **Changing the religion is one of the 'strategies' the Dalits communities adopted in their struggle to secure social justice and equality.** The other four were: acquiring political power: securing as much independence as possible from the dominant castes: initiating reformist measures to reduce prejudices among themselves: and deploying cultural modes of communication, like literature and theatre, for conscientisation.

While the Church in India celebrates 'Dalit Liberation Sunday' on 11th Nov. (Contd.. on p. 4)

(Contd.. from p. 3)

vember 2018 to pray for justice and equality urging an end to discrimination suffered by people of lower-caste origins within the church and society let us refresh our self on what Christianity teaches us—

The Greatest Commandments –

To Love thy Lord thy God with all thy heart, soul, mind and strength.

To love thy neighbour as thyself.

Pillars of the Church Authority –

Sacred scriptures

Sacred Tradition

Living Magisterium

Duties of the ordained –

Duty to teach based on Christ's role as Prophet.

Duty to sanctify based on Christ's role as priest.

Duty to shepherd based on Christ's role as King.

Marks of the Church –

Unity

Sanctity

Catholicity

Apostolicity

What leads Dalits to Christianity? –

Justice and Equality..... Which is what Christianity teach us in: The Greatest Commandments – Pillars of the Church Authority – Duties of the ordained – Marks of the Church.

Does anything change for the better after conversion?

It emerges that, despite conversion, the Dalit Christian continue to be denied "land, water and dignity" And the women among them have to bear the double cross of "lowest caste" and 'womanhood'

We say there is no caste in Christianity, but in India, Christianity was not able to get rid of caste. Those who converted to Christianity brought their caste prejudices with them and did not escape the caste system which has a strongly ingrained presence in Indian society that is not limited to Hindu religious ideals.

The different branches of Christianity in India still engage in these societal practices with regards to the caste system, along with all its customs

and norms, to varying degrees depending on the particular sect. The Roman Catholic Church developed a more culturally tolerant view, treating the caste system as part of the Indian social structure and, for much of its history in India, it has chosen to work within the established social system.

The southern part of the country has traditionally more rigidly maintained the caste system than the northern regions. Rural communities also hold more strongly to the caste system and Roman Catholics are the majority of Christians in these communities. The urban areas tend to have the least pressure to maintain caste classes.

In the Catholic Church, the Dalits form the majority, almost 70%: but it is the higher caste-people, only 30% of church population, who control the Church by pre-empting the key position. The majority of the catholic bishops and clergy, the religious and lay leaders, come from the upper caste. One can say that this 30%, the upper caste, occupy the 90% of the administration and leadership of the church. Thus the Dalits are pushed aside and reduced to insignificance. Today this trend has become a major matter for concern in the church and must be dealt with.

Dalit leaders say their people are not included in most church decision-making bodies and face discrimination by being given separate parishes, feasts and localities, including exclusive spaces for them in churches and even some cemeteries.

The caste system among Indian Christians often reflects stratification by sect, location, and the castes of their predecessors. The caste system today is beyond Hinduism (Hindu society) and it exists in most religions in India.

Who has made the caste in Church? Do Bishops recognize the caste system?

Will all Bishops give up caste identity on their own?

Will they eradicate caste identity of

Catholics in their own diocese?

Will the bishops first set example by leading simple life?

The Church requires to ponder upon these questions, find solutions and implement them.

Christians must respect churches as the house of God and not turn them into places of injustices, money and worldliness. Do we treat our "our churches" as the house of God, the house of prayer, a house of justice, a place of meeting the Lord, and whether the priests treat it like that. The First Letter of Saint Paul to the Corinthians speaks about our hearts as the temple of God. Despite our sinfulness, each one of us should ask ourselves whether our hearts are "worldly and idolatrous". If there is a sin, we have the Lord, the merciful God, who forgives if we go to Him. But if there is other lord, the god money, the god of injustice, we are an idol worshipper, a corrupt person, and not a former sinner. The core of corruption is precisely an idolatry, of having sold one's soul to the god of injustice, to the god of money, to the god of power.

Caste is not only to be found in the Catholic Bishops House, Catholic Church, The Indian Christian Community alone, but it's there in all of India's Socio, Cultural, Economic and Political arena.

It's hardly possible for a priest who has thoroughly studied Philosophy and Theology from the books of their seminary libraries to understand the term caste. Some even pretend as if they are above all these prejudice. Let alone eradicating it, do we have enough priest to study, understand and respond to it?

We also do have priest who have more greed for power and possessions than the urge to know the day to day issues of the people and there are also the ones who are very busy in continuing their studies to secure PhD's, Doctorates and so on.

When it comes to the concern of pro-

(Contd.. on p. 15)



Marriage between Baptized and non-Baptized

Until recent years, the idea of a Catholic marrying outside the faith was practically unheard of. Such weddings took place in private ceremonies in the parish rectory, not in a church sanctuary in front of hundreds of friends and family. These days, many people marry across religious lines. The rate of ecumenical marriages (a Catholic marrying a baptized non-Catholic) and interfaith marriages (a Catholic marrying a non-baptized non-Christian) varies by region.

If the non-Catholic is a baptized Christian (not necessarily Catholic), the marriage is valid as long as the Catholic party obtains official permission from the diocese to enter into the marriage and follows all the stipulations for a Catholic wedding.

A marriage between a Catholic and another Christian is also considered a sacrament. In fact, the church regards all marriages between baptized Christians as sacramental, as long as there are no impediments.

Good-quality marriage preparation is essential in helping couples work through the questions and challenges that will arise after they tie the knot.

Because Catholics regard marriage as a sacred event, the church prefers that ecumenical interfaith couples marry in a Catholic church, preferably the Catholic party's parish church. If they wish to marry elsewhere, they must get permission from the local bishop. He can permit them to marry in the non-Catholic spouse's place of worship or another suitable place with a minister, rabbi or civil magistrate – if they have a good reason.

— Jubel D'Cruz, Mumbai

Clean Drinking Water For All

A Vatican Conference: "Managing a Common Good: Access to Clean Drinking Water For All", had addressed solutions to this global issue, through the creation of infrastructures, training, advocacy and assistance to endangered populations, whose water supply is compromised! It was –organized by the *Dicastery for Integral Human Development*, in partnership with the U.S., French and Italian embassies to the Holy See.

According to the *World Health Organization (WHO)*'s 2015 statistics – at least 2 billion people do not have access to clean drinking water! This means, that their drinking water sources are contaminated with fecal matter; which can lead to diseases such as diarrheas, cholera, dysentery and typhoid. An estimated 842,000 children especially, succumb to gastro-intestinal infections each year, as a result of unsafe drinking water and poor sanitation.

Pope Francis spoke to the gathering on Thursday 08 November 2018. Some Excerpts: "Water is essential

for life. In many parts of the world, our brothers and sisters cannot have a dignified life, because of the lack of access to clean water. The dramatic data of thirst, and the situations of people who get sick and die because of unhealthy water, is a huge shame for the humanity of the 21st century!"

"The Holy See and the Church are committed to provide access for clean drinking water for all! In every thirsty individual, we perceive the same image of God in Christ: 'I was thirsty and yet you gave Me no drink!'" (*Matthew 25:42b*).

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

Sabarimala Temple

This is regarding the Sabarimala temple row that's taking place in Kerala, India since the last many months where women are not allowed to enter the temple to pray. The Catholic Church is the only place of worship where not only women but people of all faiths and communities are allowed to enter. When God created women in His own image and likeness (*Genesis 1: 27*), why are women being discriminated from entering temples?

Isn't it unfair and disgusting that women are treated inferior to men by some people of the Hindu community? When will men learn and treat women X-Spam-Subject: YES in par with them? Women are not sex objects and men should realise this.

— Jubel D'Cruz, Mumbai



A group of 80 members of Apang Seva (Divyang) Vasai went for 4- day picnic to Khandala-Lonavla on 3 to 6 Nov. This is how the escorts carried the handicapped around and help enjoy the days!
Fr. Michael G., Vasai

Powerful Prose with Powerful Statements

Articles that are published in your periodical 'Secular Citizen' are often metered towards soliloquy as if by a character in a play and more often a conveyance of an unsettled emotion and feeling of inadequacy that becomes resonated within the ambit of personal surroundings. As if each writer whilst he or she wants to showcase their prolific station as writers and changers of the world through text and related content. Most of the articles are nicely worded and quite often suffice the psychological connect that the reader feels in tandem with. Other thousand worded and four paras to the rim wordsmiths make good the pages available to them and feel elated to see their names published in full bold type regale. But then, both these categories make for the editors cheese cake when printed content is hard to come by in these days of digital and print is more in menopause. Most of the publications harbor on this editorial principle and the finished product makes for one more number in the edition numbers published.

But very rare is the falcon who flies high with such talent as if a skill has been accomplished and the winged creatures adroitness showing agility and panache stays exhibited for all to see even a king who stays concerned about why the inevitable happens when nature duplicates in synchronicity. And a pair of wings never fly the same height. I mention here the article captioned 'The Falcon and the Fal-

coner' written by Donelly Aguiar who occupies the editorial space in the Secular ever so often.

No relative of mine nor do I owe him a referral to the House of Lords... the writer has like an angels visit which is few and far between conceived an article worth mentioning and more and I am in full consonance with what he has described in story form, the perspective man should have all the days of his life on planet earth.

Donelly is right most of the times in his text but I must influence his mind by inferring on the sole application of self and the primary action of how best the reader can achieve the 'king of all I survey' attitude which is a pre requisite towards psychological fulfillment.

No matter what you do or what ever principle of life you apply, eventually ,you , my dear reader will become the sum total of the people you move around with. You will eventually become the average of the five people you are in company with most of the time whether you like it or not. This is a universal law. And you can never change this. You will be rich or reaching the richness of the societal climate around you if you are in consonance and agreement and in imitation with those who you are with most of the time. You will be poor as a dodo if you are cohesive with those who sulk the rising of the morning sun and bring disaster by words or mindful deed to themselves and whilst they showcase these negative inferences to others. And woe be to you if you are in soci-

ety with them sharing their faults and foibles as if the world has no other alternative for their existence but this that they offer.

When you embrace life with the passion of those who you are emulating and that which you feel you want to become you will never experience dread or regret because you already see the results of that which has taken place which is one reason you are copying that scenario. Most of the 'those people' are seemingly filled with zeal for the present and the 'now' of the times. You and I need to be engaged in life as if in the 'now'. Because the 'now' is the only moment you can activate yourself in and with.

The article by Donelly Aguiar is powerful prose with powerful statements. Read it and re read it. Carry some of the lines with you everywhere you go even as if like an astronaut in another space geography. And never forget that you will become all that the falcon is and more if you decide to move around with those who matter most to you, your gesundheit, your social platform, your financial meanderings and your spiritual knowledge and its applications.

Remember, you become the average of the five people you move around with.

Answer this question....who am I moving around with at this time of my life.....?

Remember, you were born for greater things. **Natus Ad Maiora**

Calwyn D'Abreo

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Youth participation is the core of our Small Christian Communities:

This is in reference to the article in The Examiner dated November 10-16, 2018, titled *“Let the Little Children come to Me”* by Bishop Bosco Penha. His involvement in the setting up and the functioning of the Small Christian Communities and the youth has always been inspiring; his recent article reflects his passion and his zeal towards its functioning even today. Undoubtedly our Children and youth are our future and their power and the potential they possess needs to be channeled carefully in building a strong and vibrant community with true Christian values. A sense of accountability, proper guidance and monitoring is a must, especially as some of these initiatives could involve parish funds and donations, which we need to use wisely and prudently.



Our parishes today have so many initiative’s and opportunities where in we could groom our children, encourage our youth through proper leadership, motivate our young adults in taking up responsibilities and draw inspiration from our senior citizens. But sadly the involvement and participation of our laity is far from desirable and at times it’s just a handful of them who are involved in multiple initiatives. Most of the SCC’s in my parish are lukewarm and some almost non-functional. The functioning of our SSC’s needs to be revisited and rejuvenated, as they are the backbone of our community and our children and our youth along with the priest in charge play a vital role in its survival, smooth functioning and growth.

Our parish Our Lady of Salvation Church – Dadar recently organized an Inter faith religious Diwali programme

which was well planned and organised by some volunteers and some PPC members who collaborated with our Civic & Political Cell, CCO and the Catholic Sabha unit of our parish, there were even eminent speakers from other faiths who came in and shared their message of Diwali and communal harmony, but sadly there was lack of laity participation including our youth. Such initiative’s act as a catalyst and an opportunity to be ambassadors of our faith, a lost opportunity I must say, at least we could have invited our non-Christian neighbours from our communities who could have added more value to the programme, this was the feedback shared by one of our parishioners. In spite of these short comings the programme was well received and we could learn from this experience and work towards increasing our laity participation in the next year. Even the recently held annual 3M (Mass, Movie and Meal) initiative of our parish organized by the family cell for married couples saw a poor turnout; we need to increase our participation and support such thoughtful and value adding initiatives

There is so much we can achieve if we collaborate, pool-in, and share our talents, time and resources for the benefit and growth of our community.

Our Parish Priest Rev. Fr. Barthol Machado along with The Board of Management recently launched two unique initiatives for the benefit of our parishioners namely the Education fund (for higher education) and the Medical fund for the benefit of the poor and needy of our parish which have been well received and appreciated.

Our Holy Father in the recently concluded synod of Bishops on young people, the faith and vocation discernment mentioned the Church as a mother, as a teacher, as a home, as a family, and, despite human weaknesses and difficulties, capable of radiating and conveying Christ’s timeless

message; worth the effort to hold onto the boat of the Church which, despite the world’s cruel storms, continues to offer shelter and hospitality to everyone.

The Synod’s purpose In other words was, *to plant dreams, draw forth prophecies and visions, allow hope to flourish, inspire trust, bind up wounds, weave together relationships, awaken a dawn of hope, learn from one another, and create a bright resourcefulness* that will enlighten minds, warm hearts, give strength to our hands, and inspire in young people – all young people, with no one excluded – a vision of the future filled with the joy of the Gospel.

Let us collectively along with our children, youth and young adults strive to work together in reviving and strengthening our Small Christian Communities by our selfless participation. I believe our future as a vibrant Christian community lies in its smooth functioning.

—**Marcelino D’souza Dadar**

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WHETHER SWATCH BHARAT HAS BEEN A FAILURE AS FAR AS BRINGING IN US INDIANS A SENSE OF CLEANLINESS. BESIDES KEEPING OUR OWN BODIES CLEAN, WHY DO WE AS PEOPLE FAIL TO KEEP OUR ENVIRONMENT CLEAN?

by Eric D'Sa

From the time we were kids, we were constantly advised that Cleanliness is next to Godliness. Unfortunately the stress has been in our country, on personal hygiene and to a certain extent keeping our own homes clean and tidy. We in turn also tell our kids to have a daily bath, wash their hands before they eat, keep their foot wear outside our homes before they enter, all that has been earlier drilled into us by our own parents. Many great people and social reformers in India (like Mahatma Gandhi, etc) had worked hard for the maintenance of personal and surrounding cleanliness, to be physically, mentally and spiritually healthy. Now-a-days, a clean India campaign called Swachh Bharat Abhiyan has been run by the Indian Prime Minister, Narendra Modi, in order to maintain the cleanliness in surroundings and make India a clean India.

Earlier too, many cleanliness programmes were run by governments, but became unsuccessful because of not getting proper support of the common public. The celebration of World Environment Day is also takes place every year in our country, having the same objectives of cleanliness. We have adopted many things from the western culture. However we have never caught their etiquette and habits related to the public sanitation and hygiene. Cleanliness of public places is the matter of attitude which is possible through the proper awareness among common people. This takes discipline and an attitudinal change over a long period of time.

Cleanliness is a virtue which should be promoted among people of all

age group and status to get complete command over the cleanliness. Proper and regular cleanliness brings good mental and physical health, tidiness, and purity of soul and mind. Cleanliness of body and mind provides spiritual and positive thoughts as well as helps to easily connect with the nature. People who do not maintain their cleanliness and live in clutter become generally fed up because of many reasons - like physical problems, mental disturbances, diseases,

**YOU THE CITIZENS
DECIDE:**

negative thoughts, etc. On the other hand, people who maintain their hygiene and personal cleanliness and order become always happy, as they develop positive thoughts which help to balance the body,

Across India, the celebration of Ganesh Chaturthi last month, witnessed not only devotional joy, but also public consternation at the environmental destruction caused by the immersion of painted idols in water. Notwithstanding the considerable media attention given to waste, fish-kill and pollution, the grandiosity of the idols and celebrations seemed undiminished. No one put any controls on the type of paints used to paint the idols. Ganesh Chaturthi as such highlighted the problem as a nation we face in implementing Swachh Bharat.

In a sense, this festival is an opportunity to see the failure of the Swachh Bharat campaign. In this, and many other related cases of public celebration, the apparent apathy to civic cleanliness is based on the belief that

someone else will clean up. Unfortunately, this campaign appears to be pandering to this aspect of the Indian psyche. Keeping India clean is different from not dirtying it. Just after Ganesh Chaturthi comes the festivities of Dasara and Kali Puja. Here also the painted and decorate Goddess Kali is immersed in water. Not to be done with just water pollution, we then have the beautiful lighted feast of Diwali. We are not satisfied with decorating our homes with colourful lights and surround our selves with lighted candles and oil deepas. We have to appease our Gods with thunderous fire crackers to add falling stars in the Skye's and toxic smoke to pollute the air we breathe.

No one bothers to clean up the mess left behind by the burnt crackers. The nuance may be subtle but its impact is writ large across this country's landscape, be it in the sewer workers dying on the job or in the penchant to litter in public places. There are people employed to keep modern India clean. However, those tasked, willingly or via coercion, into this important role have never been respected. So, it should come as no surprise that political leaders sometimes choose to stand uncomfortably with brooms, surrounded by artistically strewn waste to suggest the social value of sweeping. Maybe they are trying to simultaneously elevate the status of those who clean up after them. After all in a democracy their vote also counts.

The polluter pays principle (PPP) is a philosophy that not only deters pollution but also incentivises alternatives. Somehow it appears that Swachh Bharat campaign does not cover keeping the air we breathe or and the

(Contd.. on p. 9)

water we drink clean. The Swachh Bharat campaign unfortunately is not based on PPP; rather it emphasises certain generational roles and responsibilities. Thus, there is an uncomfortable silence in the aftermath of idol immersion, both by the devotee and government. Although clay is environmentally friendly, large statues of Ganesha tend to be made of plaster of Paris. So, it would stand to reason that concern for the environment would limit the Lord's earthly dimensions for this period. Unfortunately, it does not. Our hubris raises the Lord to new heights for Ganesh Chaturthi and then our callousness brings the Lord crashing down into water to drown, leaving behind an environmental mess.

Sculptors of eco-friendly Ganeshas have become creative in the last few years — for example, by making idols out of chocolate and bananas, which they later distribute as prasada. However, efforts by some households to make this festival eco-friendly can't compete with the size and numbers of plaster-of-Paris Ganeshas installed in homes and by various Ganesha mandals. Why aren't our politicians encouraging this eco friendly trend? Won't our Gods be happy, if after the pujas conducted over days with lot of devotion is over, their idols made from delicious chocolate are cut up and fed to hungry poor children.

If the Swachh Bharat initiative had a punitive element, it could potentially drive civic sense forward and change the way people consume, generate and dispose waste. It would ensure that the Lord is not forgotten after the idol immersion ritual, and thus save devotees the visual of idols as detritus. A secondary, if substantively meaningful, benefit would be additional protection gained for the environment. If no one else at least our God of environment will be pleased with us and bless us. So the Citizens what are you waiting for to act?

'Adopt American style of living'

With reference to the article titled: An insight into the American style of living in The Secular Citizen dated 19 - 25 November 2018 in America when ever one visits one's friends it is customary to take a gift for the friend like a bottle of wine , a desert or if friend is visiting them from another country then one must give his friend a unique or special gift which is only available in his country.

When aged and old people are house bound an association where the person is a member takes people on outings.

Handicapped people have buses exclusively meant for them to transport them to different locations and toilets exclusively for them at malls and super markets and visitors centres etc.

Historical places and aquariums and zoos have wheel chair facilities for people who cannot walk.

Every town in America has its own newspapers and magazines .

Garden sales where one can find and buy rare books and antiques etc are held in summer.

In America the use of the three

wheeler motorcycle is promoted as it a more stable vehicle than the two wheeler motor cycle.

All houses in America are connected directly to the police station to help the police identify robbers who enter houses and nab them immediately on the spot.

Apartments in America do not have watchmen/guards so to visit a person in an apartment one intercoms them from the reception lobby and the person opens the door leading to the lift so the visitor can meet his friend.

In California trams are run using an electric third rail to power them instead of overhead wires than can snap.

When one is in a hurry to wash and wax one's car one take one's car to a car wash roll up all the windows and have the car automatically washed and wax and pay by cash or card and then go on one's way.

All these interesting ways of life are definitely worth adopting in India to help make one's life easier and more enjoyable and even more pleasant .

—Peter Castellino

THE SECULAR CITIZEN

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Kerala magazine's article criticising confessions to priests draws bishop council's ire

Kochi, Nov. 17, 2018: An article published in *Vijanaana Kairali*, a monthly publication of the state-run Kerala Bhasha Institute, has become the centre of controversy after commenting on the practice of confession in Catholic churches. The article has sparked criticism from the Kerala Catholic Bishops' Council as well as a response from the National Commission for Minorities.

The article, titled 'Lajikkappedan' ('To be ashamed') was originally published in the August edition of the magazine, but was published again in the October issue. The article demands priests to come forward and confess, and calls on women to stop the practice of confession.

The sections of the article that the KCBC took objection to included the lines, "Jesus Christ has said that heaven is in the mind of he who confesses and regrets his action. It is the priesthood that should publicly confess for using the Utopian concept of heaven, which is only an imagination of the human mind, to satisfy their sexual desires. If you don't consider woman's body as a sexual object, no woman – whether she is a lover or a nun – should henceforth confess before anyone. Believers hide the fact that a man who confesses is not harassed anywhere. It is not enough to sing that you are not ready to die, but

the women community should stand together and shout that they are not ready to confess."

But according to the Bhasha Institute, the article in its entirety discusses the opposition of Kerala's middle class to so-called regressive traditions, and calls for a revitalisation of progressiveness in society. It also touches upon the practices of other religions, including the controversial ban on women at Sabarimala temple. But the Kerala Catholic Bishops' Council has specifically taken offense to lines pertaining to Catholicism and confessions.

A press release issued by the Kerala Catholic Bishops' Council (KCBC), which also emphasised that a letter had been sent to the Chief Minister Pinarayi Vijayan, said that it was "highly objectionable that a state-run institution like the Bhasha Institute was joining the propaganda which spreads religious hatred and enmity in the society."

In an apparent reference to a June 2018 case where it was discovered that group of five priests had been coercing a married woman into sexual acts and using the material of her confessions as blackmail, the Bishop Council's press release noted that "abusing religious beliefs and traditions because of certain isolated incidents is not something that is done by well-cultured people. If such things happen, isn't the law of the land supposed to do something about it?"

In that case, the five priests involved were suspended, and the incident prompted the National Commission for Women to call for a ban on the practice of confession altogether, a move which was vehemently opposed by the NCM at the time.

The KCBC's press release charged that action against this article in *Vijanaana Kairali* was required. "From the

CM's side, a grave intervention, the withdrawal of these offensive statements, and measures to ensure such a thing doesn't happen in future are the demands of the KCBC."

A similar letter was also sent by the KCBC to the National Commission for Minorities (NCM) in Delhi, demanding action in this matter.

The NCM has taken notice of the KCBC's complaint, and written to the Chief Secretary of Kerala, and reportedly to the Kerala DGP office, asking for a report in this regard. The Chief Secretary's office told TNM that the letter has been sent to the Minority Welfare Secretary, and action will be taken accordingly. The DGP was unavailable for comment.

When asked about the controversial article, Karthikeyan Nair, head of the Kerala Bhasha Institute, which published the magazine, told TNM, "It was not controversial, it was an article about Kerala's middle class. The article talks about the progressiveness in post-Independence Kerala society that have been lost, and that continues to be lost. The middle class used to be the one that would oppose certain traditions. They are no longer able to do that. It is in that context that this article has been written, and it discussed confession, the nature of priesthood in Hindu temples, the ban on women in Sabarimala and other such issues. The theme is about the role of middle class in moving society forward."

He also said that the Bhasha Institute had not received any official complaint about the article so far, and that he would supply his comments to any body that was looking into the matter or that asked him for the institute's response on this issue.

*(The Newsmminute)
mattersindia*

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Thanksgiving



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

May the Sacred Heart of Jesus be adored, loved, glorified & praised throughout the world now and forever. Sacred Heart of Jesus, have mercy on us. Sacred Heart of Jesus, Thy kingdom come. St. Jude worker of miracles pray for us. St. Jude helper of the hopeless pray for us. Amen, Say this prayer nine times a day for nine days. By the eighth day your prayer will be answered. It has never known to fail. Promise to publish this or distribute this as soon as your favour has been granted.

— J. R. Rebello, Malad West



Thanksgiving

Heartfull Thanks to
St. Francis Xavier
for the favours granted

—Mrs. Maria D' Souza,
Panjim

Thanksgiving



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

—K. M. V., Bandra

May Her Soul Rest in Peace



Louisa Fernandes (76)

Wife of Konkani world's Comedy King Francis Fernandes - Cascia (whose plays are a hit among Mangaloreans world over), mother of Jude Johnson / Sunitha, Flavia / Hushmand Kusrovashai, grandmother of Ashley Francis, Andrew Francis and Rushnaz passed away on Thursday, November 15, 2018 in Borivali, Mumbai.

Novena to St. Joseph



Glorious St. Joseph, father-father and protector of Jesus Christ! To you I raise my heart and my hands to implore your powerful intercession. Please obtain for me from the kind Heart of Jesus the help and the graces necessary for my spiritual and temporal welfare. I ask particularly for the grace of a happy death and the special favor I now implore (name it).

Guardian of the Word Incarnate, I feel animated with confidence that your prayers in my behalf will be graciously heard before the throne of God.

V. O glorious St. Joseph, through the love you bear to Jesus Christ, and for the glory of His name,
R. Hear my prayers and obtain my petitions.

—Johnson, Dubai

Sunday Announcements with a difference

Last Sunday's Announcements (33rd Sunday) at St Alex's Church Calangute, was a bit different from the ones we are accustomed to hearing in Mumbai. For one, the parish priest himself came to read out the announcements though he wasn't the celebrant. The announcements began with the previous Sunday's collection and a grateful acknowledgement for the same.

Thereafter the parish priest made only three points but elaborated on each one of them. The first was about a Konkani drama in aid of the Rachol seminarians and the need to patronise the event. (In our Mumbai parishes appeals are made for various causes. Some, however, are

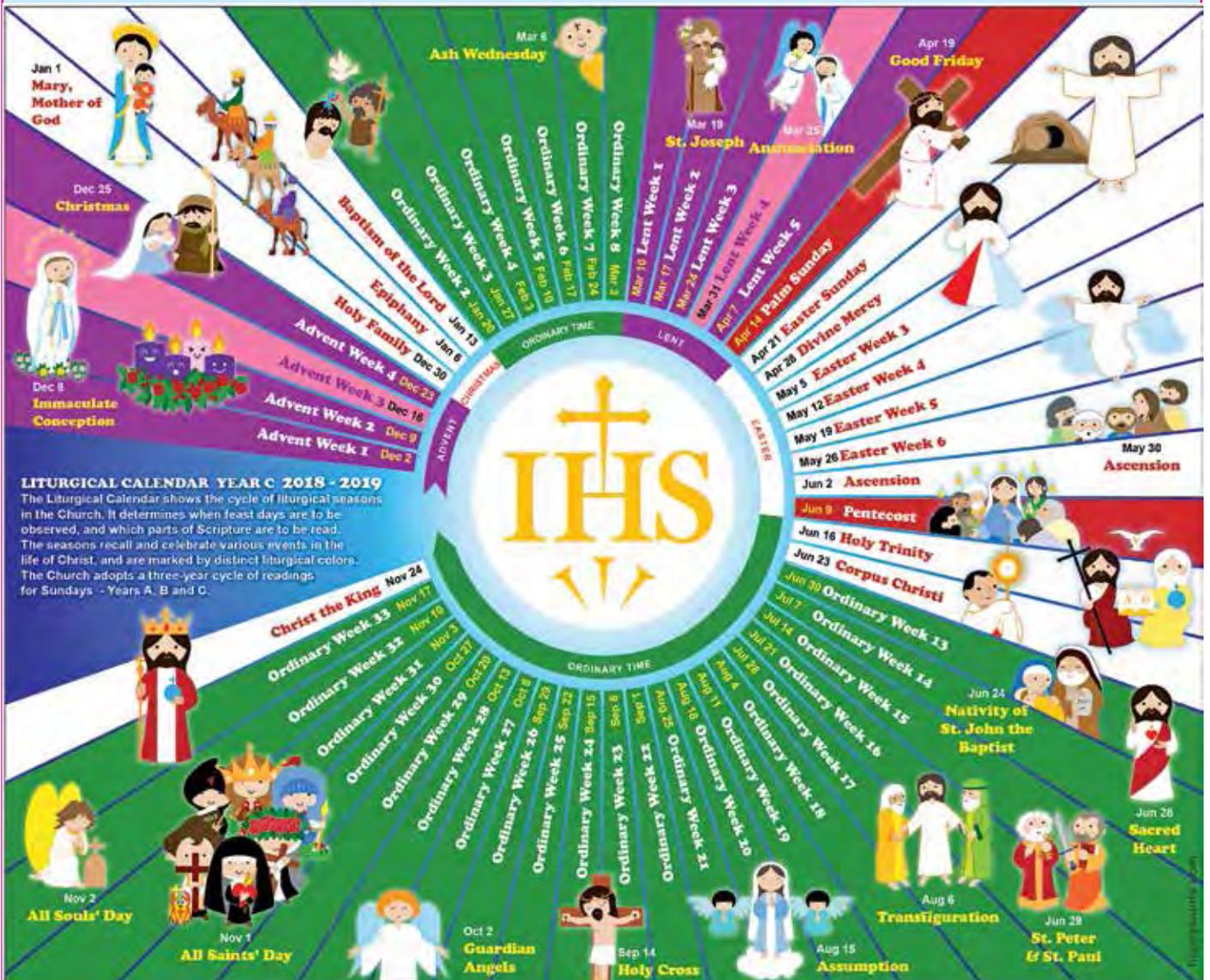
more important like Mission Sunday and clergy home Sunday, which need elaboration on the previous Sunday).

The Parish priest then drew the attention of the congregation to the two lectors of the day, who were attired in tunics. He said that as lectors proclaim the Word of God it was necessary that they too should be uniformly attired like celebrants, altar servers and EMHC. (I believe this should be replicated in our parishes)

The third and last point was on the need to say "Amen" aloud before receiving Holy Communion. The parish priest explained in some detail, that very often people of other faiths come to our churches and walk up unknow-

ingly for communion. If in doubt the EMHC asks: "Are you a Catholic?" which offends them if they are Catholics. This situation would not have arisen if the person had said "Amen" in a loud and clear voice. The surest way of determining whether a person is a Catholic or not, is by the response "Amen" to the EMHC's: "Body of Christ". Hence the parish priest exhorted the congregation to reply "Amen" in a loud and clear voice. (Our parishioners in Mumbai must be made to understand the importance of saying "Amen", loud and clearly. It will help if the ECHM too says "Body of Christ" a tad louder).

—Prof Robert Castellino
Mumbai /Calangute



Soups are best starters in the world

SOUPS ARE A favourite culinary category across the world, cutting across all geographical and cultural boundaries. Whether it is the Indian shorbas and rasams or the continental thick soups and clear ones, soups are always there to regale your spirits and warm your taste buds



Soups can be had as appetisers before a meal or as a satiating mid-day snack, depending on when you have it and how you make it. Soups are typically liquid foods made of pulses, vegetables and stock, often reinforced with rice, noodles or pastas to make it more filling. They can be had warm or cold and enjoyed in the afternoon or evening when your tummy rumbles. Traditionally, soups are classified into two main groups: clear soups and thick soups. So here are some soup recipes which you can easily cook up anytime at home. Learn these few basic recipes so that you don't need to visit a restaurant every time you feel like having soup. They are so simple and healthy that you can make them daily for your family.

Veg clear soup :

Simple and delicious soup can be made in minutes. Heat oil in a sauce pan, add in ginger, garlic, onion, spring onion white part and saute for a min. Add in veggies of your choice like carrots,

beans, cauliflower and capsicum and saute for 5 mins or so. Add in water and cook until veggies are done. Add in salt, pepper and corn flour water and mix well. It will thicken the soup. Lastly add spring onions green part and mix well. Serve hot.

Lentil soup :

An extremely healthy soup option is with lentils. Dry roast the cumin seeds, coriander seeds and peppercorns. Then crush it coarsely using a pestle or blender. Heat oil in a saucepan and saute the onions, garlic and green chilli over medium heat for 10 minutes. Now add rinsed masoor dal and salt and bring to boil. Cover and cook over medium heat for 25 minutes until the lentils are cooked. Puree with hand blender. Return the pureed mixture back to saucepan and reheat and lastly stir in lemon juice and serve hot. Perfect also for a sore throat.

Lemon coriander soup :

Heat oil in a deep non-stick pan, add garlic and green chillies and saute on a medium flame for a few seconds. Add chopped onions and saute on a medium flame for 1 to 2 minutes. Add cabbage and carrots and saute on a medium flame for 1 minute. Add basic vegetable stock, lemon juice, salt and corn flour-water mixture, mix

well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally. Add coriander and mix well. Serve immediately.

Chicken clear soup :

Excellent soup for non vegetarian food lovers. Simple and rich in protein. Take water in a sauce pan and add in carrot, onions, ginger, red chilli, salt, pepper and chicken in it. Cook this for 10 mins or until the chicken is cooked. Remove the chicken and shred into small pieces and set aside for a moment. Drain the stock and discard the vegetables. Now pour the stock back into the pan and bring it to a boll. Add the chicken back in this and simmer for a min. Now pour corn flour slurry in this and mix well till it gets little thick. Ladle it in a soup bowl and garnish with cilantro and fresh chillies. Serve piping hot and enjoy with your family and all.

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Reflecting on the coming wedding season

by Ivan Saldanha-Shet. M'luru

Vivah, Lagn/Kazar, Madhme, Shadi, Kalyana, Madhuve, are different words for WEDDING, in Mumbai's cosmopolitan culture. Weddings are a source of joy, happiness, celebrations, feasting, solemnity and more, now it's sophisticated and unnecessarily expensive. Mangalore Catholics are experiencing a vastly evolved scenario from what prevailed just a few years ago. With the wedding season for 2018 in sight, readers sure will like to read one of insights, yes many practices exist and all depends on the



time and place.

Mixed marriages that seem to have infinite combinations, religion, region, language, culture, profession..... and a lot else are all too common, in fact a real conservative match is very rare. Break ups and litigation are frequently seen, there is no need to list the causes as many are well aware. Now, among the common people "community Weddings" are popular to some extent. In chris-

tian preaching for a successful marriage the recommended essential are, Prayer, Scripture reading, Sacraments, Devotion to Mary and so on.

The Courts we see have recently said 'live-in' relationships legal, 'same sex marriages' are near accepted, and consenting adults in relationships not a crime - decriminalization of gay sex is not criminal too - how do we accept and work out in our culture? Not understood any more are the humble times when the famous Konkani song "Bara soroon thera lagli mai, kazar kerge maka" (Twelve past going on thirteen, mother get me married) was the basis of marriage.

OLD WORLD CEREMONY : Treasured and traditional true blue Mangalorean catholic wedding are very nostalgic. The customs, tied with the ancient roots and soil were sacred. According to the universal saying, 'Marriages are no doubt made in heaven' but so are thunder and lightning; and marriage break ups happen on earth! The engagement, the signing of the 'betrothal agreement' by the groom, the 'sconsalia', is indispensable today. As the Wedding is finalized the 'vovlic sankchi' or the extending of invitation in a proper manner to different degrees of kin-

dred is taken up.

The pre-nuptial ceremony '**ROCE**' was a much admired ritual in times gone by. '**ROCE**' (generally means 'coconut milk') a very traditional heritage family ceremony Roce, is practically a purification rite of the bride and groom, today more often a combined ceremony. At the arranged time the bride and groom, sit on a '**baank**' (wooden bench) along with their young relatives in the decorated '**matov**' (pandal). The elders present after reciting 'angelus', give their blessings and the singing of the traditional '**vovyo**' commences. It may be considered that perhaps the Konkani 'vovyo' is rooted from the Tuluva 'Padadane' and "**gumtam**" song. The bride wears a '**kirgi bazu**'



the lower part is the old '**sado**' (wedding Saree) of her mother or grandmother and a 'bazu' (blouse) usually a 'lace' (crocheted scarf) gracefully covering the shoulders the hair arranged with '**Khale/mogre**' (jasmine) and orange '**aboli**' wearing family jewellery; the groom wears an old '**lungi**' and shirt - a rosary round the neck is important, preferably belonging to an ancestor.

The roce and oil is applied by all present in order of seniority. Such ceremonies among catholics are never without a liberal quota of '**Sor-ro**' (liquor) and a sumptuous home cooked '**Jevann**' (celebratory meal). The meal was generally on plantain leaves in days gone by and consisted of traditional fare. It is heartening to note that today in Canara and else where some old customs are being revived.

THE WEDDING : This is the much awaited D-day! In olden times Latin mass was held only in the morning and so too nuptial services - this ceremony was usually in the parish of the Bride. She was taken in a procession by family, relatives and friends canopied by a traditional red/gold umbrella with a brass band. A

simple white Saree (often silk) was worn with a sleeved 'bazu' blouse, wreath and veil was a later addition. Strangely once upon a time she was covered by a 'vol' blanket like wrap around, to ward off evil eyes. The groom, in another procession, wore a gold 'zari' (gold) bordered white 'pudven' (white double lungi) and a black **'kuthaun'** (long coat) with a gold bordered **'urmal'** (turban). The church nuptials were conducted by the parish priest, related or invited priest and the ceremony used to be at the end of the mass. The vows were sealed with the groom placing a blessed simple gold band called *'voklechi-mudhi'* on the left ring finger of the bride. The groom was given a gold signet ring, called *'maichi mudhi'* (mother-in-law's ring) later in the day. After the signing of the church register and so on - the wedding party proceeded to the bride's home in a procession where they are welcomed with *'panpood vudhak'* and light refreshments. Hall reception and Cutting the cake and so on came into vogue sometime in the 1920's perhaps; toast and wedding march even later.

At the home of the bride the ceremonies are indeed emotional and nostalgic. The 'Sado' (wedding Saree), generally a deep red or crimson with gold brocade, presented by the grooms parents with the gold jewellery is the focus. Women present were drafted for this and since some time was needed singing and dancing was the agenda. Then the bride would appear radiantly decked up on the arm of the groom and there would be jubilation for it was indeed a grand sight, the dream of every girl. The bride in her 'SADO' attire with traditional gold jewellery and white and orange flowers (Khale/mogra and Aboli) with a unique hair do was a gorgeous sight. Then the grooms mother ritually tied a solid long gold chain called the 'Pidduk' a symbol of the bond of marriage, which was already blessed during the nuptials. Now a days the *'kariyamani'* (black bead chain) is widely used. The couple would then sit royally while receiving the blessings and gifts of the guests with song and *'fugothioh'* (fire

(Contd.. from p. 4)

viding equality to the poor, the issue of Dalits or of the Caste is not poverty alone, poverty is a fractional fact of the whole issue. For example a couple of years ago few priest of the Bangalore Archdiocese sent a memorandum to the Vatican Nunciature under the banner Dalit Priests of Archdiocese of Bangalore - was it about providing food, clothing, shelter and education to the poor. NO. It was for providing equality and justice as per Christian teachings and Holy Books.

Poverty is constantly perpetuated upon the Dalits by the ruling caste/class for their hegemonic benefits and is marketed by their communities'.

Truly egalitarian societies are hard to find and difficult to sustain. The stronger (not just physically) human animals prevails and takes advantage

works) in the back ground. This was followed by the grand wedding lunch with guests seated on mats on the floor and eaten on banana leaves, liquor was not generally served at this function. At the end of this as the grooms guests prepare to leave, all assemble near the gate of the house in the 'mato' for the emotion charged *'vopsun dhevechen'* (handing over) of the bride to the grooms family. An elder of the brides family makes a touching speech about the love, good upbringing and care given to the bride by her family, describing her good qualities and asking the grooms family to give her care and affection and the bride is wished farewell and blessed; the ceremony ends with the singing of the Latin *'Laudate'* (Thanks giving) and by now it would be early evening. Are we gradually witnessing the return of traditions. And the wedded life progresses.

"Laudate Dominum omnes gentes/Laudate eum, omnes populi/Quoniam confirmata est/Super nos misericordia eius,/ Et veritas Domini manet in aeternum. Gloria Patri et Filio et Spiritui Sancto. Sicut erat in principio, et nunc, et semper. Et in saecula saeculorum. Amen"

of the weaker. In this sense, the powerful few join forces (church, state, private business houses, etc.) have but always lorded over the many ever since the first village/city states were formed, even earlier, in some power sharing arrangement or other, going back to the Aryans and the pharos and their pyramid obsessions.

Still, the only real and only legitimate power always resides in the people. And the upper caste know only too well, are hence forever scared of the people.

In systems of control where the power of the few over the many is exercised nakedly, the power relation is very clearly understood by the people who are being oppressed.

In other systems of control, which have supposedly gone past the oppressed stage to some very inspiring and uplifting, but often in a deceptive way, the upper caste cannot exercise naked power over the people. Subtler means of control are here developed, more or less perfected, and implemented. These come in the form of being beguiling or purported to be beguiling with charm, enchantments and the like.

Seen in this light, it becomes clear which systems are egalitarian, which systems only pose as egalitarian and so on.

More so, understood this way, it also becomes transparently clear why caste systems are devised, and by whom, and so to whose benefit.

Yes, in the strictest sense of the term, they are indeed unjust, provide inequality and indeed established to enable the corrupt and powerful few to forever enslave their narrow mindedness.

Of course, it need not always be this way. And that it is this way or has been this way are not at all good reasons for making it right or the only way.

We can do better than that, I would like to think.

Extraordinary Fourteenth November

The fourteenth of November, for several reasons, has always been a special day in my life. This year 2018, the day was simply an extraordinary one, made so by different people and events. As I look back at the day, I am overwhelmed with the flood of thoughts and emotions that unwind before me like some blockbuster movie. In spite of the fatigue, there is an inner joy! As I gather a memorable day together, I cannot but help to look back through the prism of the Jesuit Lexicon: words and phrases that mean so much to me!

Restoration is a keyword for the Jesuits today, as we celebrate the Feast of St Joseph Pignatelli, the second Founder of the Society of Jesus, after St Ignatius. After forty years of suppression, it was St Pignatelli, through his dogged determination and exemplary holiness, helped restore a good part of the Society by 1807. It was not easy; but his painstaking efforts bore much fruit. Today we Jesuits are called to be restorers; to make all things new; to heal the brokenness of our world; to be reconcilers with God, within humanity, with creation.

Availability is what Pope Francis epitomizes. It was a first for me at a Papal General Audience, this morning. Pope Francis must be one of the busiest persons in the world. Nevertheless, I was just wonderstruck to see him spend value time with the differently abled, the sick, the old, the newlyweds, the choirs, children who were carried up to him and with so many others. He went to them, embraced them, listened patiently to what they had to say, and blessed them. It was all simply heart-warming: a practical lesson on being available to others!

Faith-Justice is a fundamental dimension of our Jesuit Spirituality which I was initiated into as a Jesuit novice and when GC 32 was underway. It was, Fr Pedro Arrupe, the visionary Superior General of the Jesuits who presided over that Congregation. Today we remember him, 111 years since his birth. I will always treasure warm memories of my meetings with Fr Arrupe. In a circular letter today, Fr Arturo Sosa, the Superior General, tells us that the process towards the possible beatification of Fr Arrupe has begun. Pray for us dear Fr.

Arrupe!

Mission was at the heart of Fr. Arrupe's 'way of proceeding'. He ministered to the victims of the nuclear holocaust in Japan. On this day in 1980, he founded the Jesuit Refugee Service- convinced that Jesuits must respond to the cries of the refugees, displaced and other excluded. I also spent some value time today with Antonio Vettor, a former pilot in the Italian Air Force and Alitalia. Antonio's uncle, Jesuit Fr. Agostino Agnoletto, came to India as a young missionary in 1923 and died in Bangalore in 1987 after doing some pioneering work in India.



BY FR. CEDRIC PRAKASH SJ

Companionship is the Society of Jesus. Prime time with my two Gujarat Province companions Rolphy Pinto and PT Simon. Met some of the Jesuits working at 'Radio Vatican'; concelebrated the Eucharist with the Jesuit Community at the Gregorian. Providentially, on the street bumped into Antonio Spadaro (editor of *La Civiltà Cattolica* and instrumental in the Pope's new book *Sharing The Wisdom Of Time*); was hoping to meet him but it was not working out till this chance encounter! Finally dinner at the Gesu and talk to the Jesuit scholastics.

Encounter and sharing are also key words of GC 36. These are essential dimensions for meaningful companionship. I felt very honoured that the South Asian Scholastics who reside in the Gesu invited me for a sharing. The Rector Fr. Orlando Torres took the trouble to be present and so did some scholastics from other parts of the world. The sharing I thought was rather good, the questions were challenging and I was my usual self, doing my best to share how I think, Jesuits of today need to respond to the various challenges that confront our world today.

Love is what a mother is all about! Today I celebrate my own mother Cynthia. On this day in 2010, she entered her eternal reward. This day will always be a special day of thanksgiving for me- for the gift of 'mummy'- to me and to my three siblings. It was not an easy life for her but she gave us the very best; she was a woman of substance and of deep faith. She nurtured us in the faith, brought us up with love and showed us how to make our world a better place. She truly personified the contem-

plation to obtain the gift of love!

Openness is the hallmark of a child. We are constantly reminded about this: to be open, to be transparent; to be humble and simple. These are all essential in the discernment process. Today in India, we celebrate Children's Day. The birth anniversary of Pandit Jawaharlal Nehru- India's first Prime Minister. Nehru truly loved children and believed that the country had to invest in their growth. Today, we Jesuits are called to protect children entrusted to our care, in a very special way. Above all to be like children: open, transparent, humble, simple and joyful!

Communications is the heart of any relationship. It is fundamental to the Jesuit way of proceeding, important for collaboration networking. Unexpectedly, I spent some hours at 'Radio Vatican'. Besides some Jesuits, there are several other amazing people working there- all highly committed to communicating the 'joy of the gospels'. It was great meeting Sean, Linda, Sr. Carmel- Ann, Robin, Francesca, Devin in the English section. Linda went all out of her way to do interviews with me on the new book of Pope Francis and on my work with JRS.

Bridges is the picture I saw on my door, as I returned to the Residence of the Salvatorian Sisters, a short while ago. GC 36 emphatically states that "all our ministries should seek to build bridges, to foster peace" (D.I#31). For the last few days, I have been here in Rome with the Sisters at their General Chapter on the theme, "Salvatorian Women- building bridges of mercy and justice with people throughout the world". Each time I looked at the picture of the bridge, I was made to realise that much more needs to be done in our world today!

Wow! I can hardly believe that I have gone through all this today! It was a long day: twenty hours and more - in silence, in prayer, in the midst of others, with companions; well worth every second! This year the fourteenth of November was for me not only memorable but also simply extraordinary!

**(Fr Cedric Prakash SJ is a human rights activist. This personal reflection/diary was begun late night on 14/15 November 2018; but was edited/fine-tuned only on 17 November 2018)*

Inspiration!

THE WORD 'LOVE' itself has a variety of meanings and interpretations, making it very difficult for many to describe. However, the health and psychological benefits of love, are easy to identify and more obvious. While we all enjoy the feeling of love studies show that being in love goes beyond that warm and fuzzy feeling. For all those who did not know that there's an actual science behind love, we bring you a list of the most amazing and scientifically proven effects that love has on your mind and body

Love or a strong bond with your partner is good for your health and over-all wellness. Several researchers have proved that married people live longer, enjoy a more satisfying life, experience less stress, live a healthier lifestyle and have lower rates of heart disease, diabetes and depression compared to their single counterparts. The list of health perks is long; so we bring you the top benefits of being in love

Love promotes longevity :

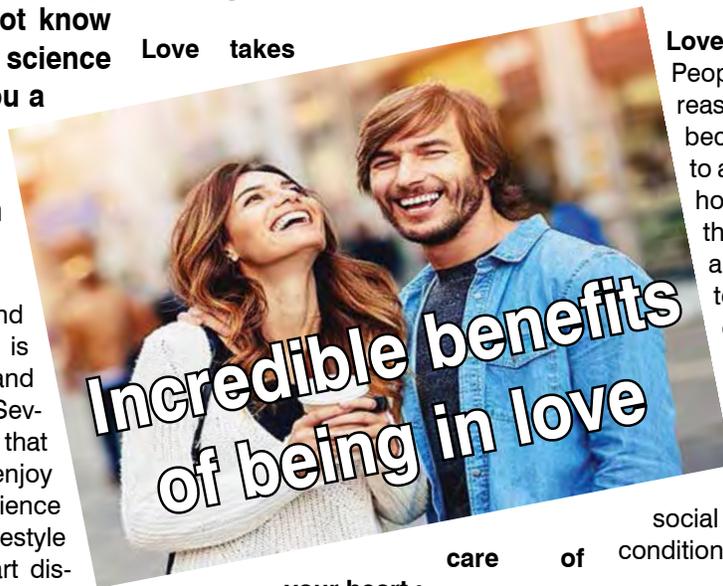
According to surveys, people in meaningful relationships, particularly those in a marriage, feel healthier and benefit from a sound lifestyle (including good choices, regular meals, better rest and less stress). Being romantically involved with someone also makes people address physical conditions faster, proving that people in love and in a committed relationship tend to live longer.

Love is a natural pain reliever :

A warm embrace feels good and comforting. Yet, studies have shown that oxytocin (a chemical in the brain which creates a feeling of calm and

closeness) released during a 10 to 20 second hug can fight pain, especially headaches. There are instances where all it takes is looking at a photograph of your loved one. Doing so increases your endurance threshold and reduces pain (up to 40 percent in moderate cases and 15 percent in severe). Our brain associates the image of our partner to a pleasant distraction, making any kind of pain more bearable, thus acting as an analgesic.

Love takes



care of your heart :

Expressions of love have the ability to cut your heart rate in half. It is most effective in stressful situations, reducing the risk of heart conditions in the long run. Aside from releasing oxytocin, love has also been shown to diminish stress, lower blood pressure and reduce regular and social anxiety, as well as boost self-esteem and help avoid and fight depression.

Love helps your body fight illness :

From holding hands to romance related gestures all increase the production of endorphins which in turn, enhances our immune system. Similarly, people with physical conditions who feel loved have a much better response to treatment and feel more motivated to fight illness.

Love diminishes addiction :

Drugs like cocaine as well as nicotine and alcohol are so addictive because they affect the dopamine levels in our bodies. The hormone, dopamine, is responsible for a sudden rush of pleasure and euphoric effects. Infatuation works in the same way! But aside from releasing dopamine, it also enhances the release of testosterone and oxytocin, which makes up the best combination for avoiding and fighting addiction. Therefore, being in love has the ability to fill your life with all the pleasure you need. But at the same time, when fighting an addiction, feeling loved literally helps you cope with the withdrawal symptoms and reduces your cravings.

Love is therapy :

People resort to therapy for many reasons. More often than not, it's because they want to be listened to and understood. Yet, no matter how many specialists you go to, the person most able and available to offer you an efficient ear to listen to is the partner you cherish. Your partner's support and affection are both mentally and physiologically the main medicine you need to deal with in relation to your phobias, depression, social anxieties and your physical condition.

RESEARCH SHOWS THAT PEOPLE OF ALL AGES BENEFITS FROM BEING IN LOVE

- For some conditions and some patients a cuddle can have magic healing powers!
- If you and someone you love share a loving kiss every morning you will live five year's longer!
- If you go off to work with a kiss you will be less likely to have an accident on the way!
- Babies who get lots of love and are given heaps of hugs and cuddles by their parents - will grow up into more emotionally stable children than babies who don't get enough love.
- Children who are deprived of love grow up to become emotionally tougher than children who get lots of love.

**By P.X. Francis Charuvila
Manipur:**

A special regulation — the Inner Line Permit (ILP) — makes it illegal for Indians to travel and work in certain states without permission from authorities. The regulation divides Indians as insiders and outsiders, creating social tension.

For quite some years, the situation in Manipur state in eastern India has been unfriendly to outsiders. Local people use the term mayang (outsider) to disparagingly denote Indians from other areas living in their state.

The ILP system is in force in the northeastern states of Arunachal Pradesh, Mizoram and Nagaland, where visitors from other parts of India need a government-issued document to visit what are considered protected areas.

Manipur's majority Meitei community has been demanding the introduction of ILP in the state to regulate the entry and exit of outsiders. "Outsider" Indians living in the state — even some who have lived in the area before the state's formation in 1972 — say such a system would force them out of their homes.

The origin of the system is traced to an 1873 British law — the Bengal Eastern Frontier Regulations — which restricted entry to border areas to "British subjects" to protect British interests in the tea, oil and elephant trade by prohibiting non-British Indians developing commercial ventures.

Those who support the regulation in Manipur say British rule covered the area of present-day Manipur and the lack of such a regulation has led to large numbers of outsiders settling in their state. Such an inflow is absent in states where the regulation is in force, they argue.

Demands for an IPL system have also been made in the northeastern states of Assam and Meghalaya and in the Andaman and Nicobar archipelago in the Bay of Bengal.

The tendency to look at people as outsiders

generally comes from a narrow ethnic feeling. Unfortunately, politicians have nurtured it with hate speeches to placate local sentiments for votes. While the Indian constitution guarantees freedom to travel to any part of the country, the administration fails to address why certain areas need to be excluded based on archaic laws.

Many oppose the presence of outsiders fearing that jobs available for local people will be taken away. But that argument has no basis because locals are not ready to do the low-paying work taken up by migrants from other states. That explains why thousands of people from poverty-stricken states like Bihar and Uttar Pradesh are now working in Manipur.

Indians outsiders in their own country

A casual look at the working population shows that not many local people are working as masons, carpenters, road cleaners and daily laborers. That means daily life in Manipur depends greatly on the labor of outsiders, who insiders want to leave.

Another fear is that the small population of Manipuri people will be swamped by outsiders, changing the demography of the state over time. They say Tripura's indigenous Tripuri people have been reduced to a minuscule minority. Bengalis from Bangladesh and Silchar migrated to Tripura in large numbers and so Tripura today is a "Bengali state."

If that logic is applied, then every Indian state, including relatively richer states, should protect themselves with regulations to keep away non-locals. But then, the concept of nationhood gets challenged and the progress of people jeopardized.

For generations, people from Bihar and Uttar Pradesh have lived the arduous life of migrants in various parts of northeast India. We see a large chunk of them on the banks of the Brahmaputra River, where life is tough, especially when there are floods. Where should they go if they are ousted with a law

to protect other people's interests? Do we not consider these migrants as people who, after generations of hard work, continue to be poor and migrant?

There was a time in Nagaland some 25 years back when all the non-Naga people would get occasionally rounded up and kept in a stadium for a whole day. It was as good as a deportation. Even those who had the normal permits were treated like prisoners for a day. This is how non-local people could be treated.

Outsiders are treated cruelly within Manipur too. Almost every other day, we hear reports about outsiders being killed or attacked, and no one seems to care.

On the other hand, should any Manipuri face any kind of harassment anywhere in India, there is a loud hue and cry in the state. Manipuri people generally love to go to big cities in India for studies and work. Is the demand to keep others away from Manipur not

one-sided?

The enthusiasm for ILP in Manipur cannot be seen as a people's demand. Everything in Manipur seems to be dictated by insurgent groups who run a parallel government. People in general have given up hope that the police or any law enforcement agency can achieve any good in this matter.

As I was returning from a village on my bicycle after a service last week, two people stopped me and wanted to check my bag. I asked them to show their identity card as only security forces are authorized to do such checking. They said nothing but rudely checked my bag and sped away on their scooters

My identity card presenting me as a Salesian missionary and the school principal seemed to have no effect on them. They denied me my rights for free travel as an Indian citizen, and there was no one I could approach to claim my rights.

*P.X. Francis Charuvila, a native of Kerala state in southern India, has been a Salesian missionary in Manipur for over 30 years.
Source: UCAN*

Royal Christian Family MATRIMONIALS - GROOMS

6899. MUMBAI : Roman Catholic Bachelor, (Born in June 1968), Ht. 5' 7", Wt. 77 kgs, Wheatish Complexion, Edn.

Diploma, Mechanical Engineering Graduation, MBA, working as an Engineer.

Contact email : teresa.mimr@gmail.com

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

6896. MUMBAI : Goan RC Bachelor, (Born in March 1982), Ht. 5' 11", Wt. 75 kgs, Wheatish Complexion, Edn. B.E. Electronics, Master in Information Management, working as a Finance Professional.

Contact email : clyde25@gmail.com

6863. MUMBAI : Mangalorean RC Bachelor, (Born in June 1986), Ht. 6', Wt. 54 kgs, Wheatish Complexion, Edn. B.Com., working as a C.S.R. Contact email : canute86@gmail.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

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

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

6764 MUMBAI : Goan RC Bachelor, (Born in November 1977), Ht. 5' 10", Wt. 76 kgs, Fair Complexion, Edn. MBA

PGDM, working as an Asst. Vice President.

Contact email :

shamlcoutho@gmail.com

6763 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in May 1978), Ht. 5' 7", Wt. 60 kgs, Fair Complexion, Edn. HSC, working as a Captain. Contact email : harrydsilva3@gmail.com

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

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

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

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

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

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

6704. MUMBAI : Goan RC bachelor, (Born in September 1987), Ht. 5' 9", Wt. 75 kgs, Wheatish Complexion, Edn. 10th std., working as a Mech/Supervisor in Gulf.

Contact email :

josephdsouza12@gmail.com OR 8691913335 / 9029273230

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 RC Bachelor, (Born in February 1986), Ht. 5' 5", Wt. 68 kgs, Fair Complexion, Edn. B.E. Mechanical, working as a project engineer in SAUDI ARABIA seeks a well qualified girl from a good family background. Contact email : ian.roshan.dsouza@gmail.com

6664 MUMBAI : Mangalorean R.C. Bachelor (Born in December 1982) Ht. 5' 3", Wt. 68 kgs, Fair Complexion, Edn. B.Com., A.C.A., LLB., C.A. by Profession. Contact email: saldanha_ryan@yahoo.com OR 9820670158.

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

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 email keithcardozo@hotmail.com OR 9820338755

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6980. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in September 1987), Ht. 182 cms, Wt. 79 kgs, Wheatish Complexion, Edn. PGDBM, working as a Manager. Contact email : roystonpereira2007@gmail.com

6979. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in March 1989), Ht. 162 cms, Wt. 74 kgs, Wheatish Complexion, Edn. B.Com., working as a Office in Bank. Contact email : luton767@gmail.com

6977. MUMBAI : Goan Roman Catholic Bachelor, (Born in April 1980), Ht. 5' 6", Wt. 65 kgs, Fair Complexion, Edn. S.Y. B.Com., working as B Bartender at princess Crews. Contact email : dlimadenzil@yahoo.com

6975. CANADA : Goan Roman Catholic Bachelor, Canada Citizen, (Born in May 1973), Ht. 5' 6", Wt. 70 kgs, Fair Complexion, Edn. C.A., Working as a C P Account. Contact Email : seqjerome@gmail.com OR Mob.: 9619819553

6973. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1989), Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn. B.Sc., Nautical Science, working as 2nd Officer in Merchant Ships. Contact email : meltondsouza@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

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 : godwinclavar@gmail.com

6952. MUMBAI : Goan / Tamilian Roman Catholic bachelor, (Born in June 1974), Ht. 5' 7", Wt. 60 kgs, Fair Complexion, Edn. HSC, working as a Supervisor, Only Child. Contact email :

williammendes2106@hotmail.com

6949. MUMBAI : Proposals are invited from parents of a Roman Catholic God fearing educated homely girl for a Mangalorean Roman Catholic boy, finance professional, (Born in March 1983), Ht. 5' 10", Church marriage annulled, no issues presently working overseas on PR. Please email the profile and photo to benedict83319@gmail.com

6948. MUMBAI : Goan Roman Catholic bachelor, (Born in July 1987), Ht. 5' 4", Wt. 70 kgs, Wheatish Complexion, Edn. B.Sc., working a HR. Contact email : adleyds@gmail.com

6941. MANGALORE : Mangalorean Roman Catholic Divorcee, (Born in November 1985), Ht. 5' 11", Wt. 80 kgs, Wheatish Complexion, Edn. B.E., working as IT/Software Developer. Contact email : rickson.philip@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

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

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

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

6916. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in October 1986), Ht. 5' 10", Wt. 84 kgs, Fair Complexion, Edn. B.E. Mechanic, working as an Engineer in the Oil Industry. working as an Engineer in Major MNC Company. Contact email : treasa542000@gmail.com

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

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

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

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

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

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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

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

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

6954. MUMBAI : Goan Roman Catholic Spinster, (Born in October 1987), Ht. 5' 2", Wt. 47 kgs, Fair Complexion, Edn. B.Com., CA., working as a Finance Executive. Contact email : merissa5@yahoo.com

6953. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in December 1992), Ht. 5' 5", Wt. 55 kgs, Wheatish Complexion, Edn. Bachelor in Vet Science, Doctor by profession. Contact email : andrea-lobo786@gmail.com

6951. MUMBAI : Born Again Christian Divorcee, (Born in October 1976), Ht. 5' 5", Wt. 55 kgs, Fair Complexion, Edn. Post Graduate Diploma, working for Insurance Company. Contact email : sonalmodawal33@gmail.com

6950. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in July 1990), Ht. 5' 3", Wt. 68 kgs, Fair Complexion, Edn. Post Graduate, working as a Relationship Manager in Private Bank. Contact email : mendoncas2307@gmail.com

6947. NEWZILAND : Goan Roman Catholic Spinster, (Born in July 1984), Ht. 5' 4", Wt. 55 kgs, Wheatish Complexion, Edn. B.Com., MBA Finance, working as a Finance Analyst. Contact email : ronifernandes2001@yahoo.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 : sandrereg67@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

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

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 : cocom4053@gmail.com

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

6932. MANGALORE : Mangalorean Roman Catholic spinster, (Born in September 1990), Ht. 5' 4", Wheatish Complexion,

Edn. M.Com., working as an Asst. Manager. Contact email :

francisjerome.barrocas@gmail.com

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

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

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

6927. MUMBAI : Goan Roman Catholic spinster, (Born in January 1977), Ht. 5' 2", Wt. 60 kgs, Fair Complexion, Edn. Post graduate, working as an Admin., in MNC. Contact email : mrf.ma77@gmail.com

6926. MUMBAI : TAMILIAN Roman Catholic Divorcee. 1st marriage annulled by the church, (Born in June 1985), Ht. 5' 3", Wt. 76 kgs, Very Fair Complexion, Edn. B.A., Successful school teacher for last 10 years. Contact email : amelia_christopher@rediffmail.com

MATRIMONIAL

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

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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) Contact email : sabjf1963@gmail.com OR Cell No.: 8828998414

6978. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in June 1989), Ht. 162 cms, Wt.50 kgs, Wheatish Complexion, Edn. Undergraduate, Tailoring. Contact email : sd450199@gmail.com

6976. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in February 1992), Ht. 160 cms, Wt.65 kgs, Fair Complexion, Edn. M.M.S., working as a Officer. Contact Mob: 9967192950 / 8850927660

6974. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in March 1992), Ht. 5' 2", Wt. 51 kgs, Wheatish Complexion, Edn. B.E. working as a Technical Manager. Contact email : steffie.xavier@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 : fernandesjennifer90@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

6925. MUMBAI : Mangalorean Roman Catholic Divorcee, having one 8 years old son. (Born in April 1987), Ht. 4' 11", Wt. 60 kgs, Wheatish Complexion, Edn. B.Ed., Teacher by profession. Working in **DOHA QATAR**. Contact email : precstillamarsh201@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 Etobicoke, Toronto, Canada. Contact email : projann@rediffmail.com

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

6811. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1991), Ht. 5' 3", Wheatish Complexion, Edn. B.Com., working as a Freelance Content Creator. Contact email : dcostavalentina@gmail.com

6810. MUMBAI : Mangalorean RC Spinster, (Born in February 1990), Ht. 5' 4", Wheatish Complexion, M.P.T. (Master in Physiotherapy) working in Mumbai, planning to settle down in Canada, seeks alliance from well settled, qualified Mangalorean RC bachelor with good family background and Christian values. Contact No. 9967119891

6809. BAHRAIN : Mangalorean Roman Catholic Spinster, (Born in May 1983), Ht. 5' 8", Wt. 62 kgs, Wheatish Complexion, Edn. B.Com., Computer, working as a Customer Service in Foreign Bank. Contact email : saldanhairene@hotmail.com

6808. USA : Mangalorean Roman Catholic Spinster, (Born in August 1984), Ht. 5' 4", Fair Complexion, Edn. B.E., M.S. (USA), working as an Engineer in USA. Contact email : 1954.tulips@gmail.com

6807. U.S.A. : Mangalorean Roman Catholic Spinster, (Born in January 1988), Ht. 5' 6", Wt. 54 kgs, Wheatish Complexion, Edn. B.E. Computer Engineering, working as a Software Engineer in California. Preferred someone working in U.S.A. Contact email : celinefrancisd Cunha@gmail.com

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

6804. COIMBATORE : Anglo Indian

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

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

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

6770. MANGALORE : Mangalorean Roman Catholic spinster, (Born in October 1987), Ht. 5' 2", Wt. 52 kgs, Wheatish Complexion, Edn. MBBS, Senior Residential Doctor. Contact email: myname2487@gmail.com

6769. MUMBAI : East Indian Roman Catholic spinster, (Born in December 1986), Ht. 5' 1", Wt. 70 kgs, Wheatish Complexion, Edn. MBA in Finance, Deputy Manager in Bank. Contact email: dianafrnds62@gmail.com

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

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

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

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

Address your replies to :

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99, Perin Nariman Street, 1st Floor,
Fort, Mumbai - 400 001.

MATRIMONIAL

6679. USA : US Based RC Spinster, 28, 5' 3", B. Tech., MBA from premier institutions, talented, caring, slim, attractive personality, senior manager in renowned MNC invites alliance from well-educated, professionally qualified, well-placed RC bachelors with good family background and strong Christian values. Kindly e-mail profile with picture to msp241289@gmail.com

MATRIMONIAL

6903. MUMBAI : Mangalorean Roman Catholic spinster, (Born in June 1987), Ht. 5' 4", Wt. 75 kgs, Wheatish Complexion, Edn. B.E., M.S. Marketing, working as a Client Consulting Manager. Contact email : mendonca_luke@yahoo.co.in

What are brain damaging habits?

Brain is the part of the body that controls all body functions. It retains memories we experience and stores information that we gain. Although we take care of our brains yet, sometimes, un-intentionally much harm is caused to the brain.

What we are is determined by our habits. Here we are going to give you dangerous brain damaging habits you should start avoiding.

Long Naps -

During the day, short naps no longer than 20 minutes will leave you feeling energized. Longer naps of roughly an hour will leave you feeling groggy and sluggish. This feeling comes from entering the deeper stages of sleep that occurs after 30 - 60 minutes.

Over-stressing -

When you spend time worrying about everything, you drain a lot of mental energy. Choose a select few things worth worrying about and let go of the rest.

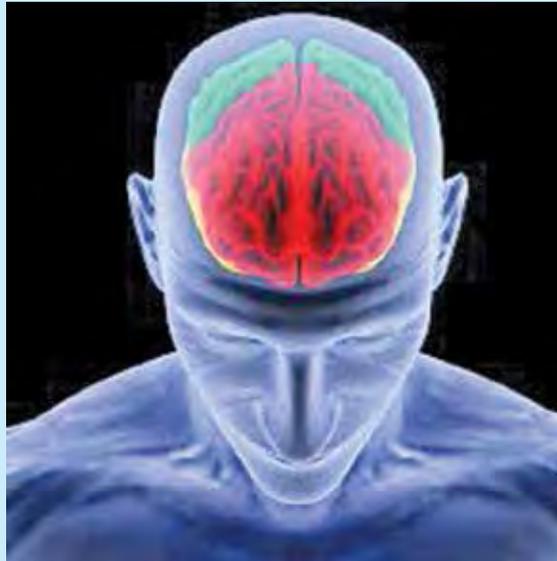
Taking Things Personally -

We don't need to make everything about us and when we do so, it gets exhausting. The whole world is not out to get you.

Sleeping In Late - It sets a bad tone for the rest of the day. Studies have found that when you wake up earlier in the morning, it makes you more productive. Note: If you are someone who prefers to work late/are more productive late at night, this may not apply to you.

Holding On To The Past -

If you can't let go of past mistakes or tragedies, you will never fully enjoy the present or the future.



Fueling Drama -

Sometimes it's ok to let a small disagreement go. You don't always have to be right. People may try to throw negativity your way, and often times the best way to handle it is to not add fuel to the flame.

Lack of Self-Respect -

Exercising bad habits such as poor diet and lack of exercise rob your body of energy. Your body is a machine and needs the right fuel and maintenance to keep running efficiently.

Lack of Gratitude -

Learn to appreciate the things that you've been blessed with because there are people out there that wish they had the exact things you aren't thankful for.

Worrying About What People Think About You -

Spending time thinking about how much people like you is not only a waste of time, it's emotionally draining because we can never be sure. Rather than worrying about what people think, just assume everyone talks sh*t about you and move on.

Facebook Scrolling - Trying to reach the end of your newsfeed is one of the most draining daily activities. You

see a bunch of photos of people's lives you don't care about while reading conversation between people who you haven't seen in years.

Moving Slow -

The faster you move the more energy you get. The slower you move the more your body feels sluggish. When you can walk fast, do it.

Indecisiveness -

This might be the biggest daily drain on your efficiency. The internal debate of

whether you should do something is exhausting. It makes it hard to think and raises your cortisol levels which promotes anxiety. Just do it.

Heavy Lunches -

After you eat a big lunch you sit there staring at your computer wondering why you can't get any more work done.

Fantasizing About Being Somewhere Else -

Day dreaming about being somewhere better actually takes a lot of brain power and is also kind of depressing. It distances you from the world around you and makes it harder for you to get your work done.

Warm Showers -

Warm showers sedate you, sometimes after taking a warm shower I want to lay down again.

Not Engaging In Stimulating Thoughts -

Your brain is like a muscle, and if you don't exercise it – it will shrink. The deeper the thoughts – the better the exercise your brain gets, and the healthier it will be in the long-term. So read a book, watch a documentary or play some puzzle games, just keep that thinker working.

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