

RNI No. 56987/92

THE SECULAR CITIZEN

Vol.28 Issue No.14 ■ (Total Pages 24) ■ Mumbai, 1 -7 April, 2019 ■ Rs. 10

A NATIONAL FAMILY WEEKLY

ROCK 
POSITIVITY

Stay positive
during hard times



Model Bank's 23rd Branch at Panvel

Mumbai: Model Co-operative Bank Ltd. opened its 23rd Branch at Panvel on 20th March 2019. The Branch was inaugurated by Dr. S. M. Khot, Principal, Fr. C. Rodrigues Institute of Technology, Vashi, Navi Mumbai and blessed by Rev. Fr. Leo Lobo, Parish Priest, St. Francis Xavier Church, Panvel.

The Chairman of the Bank, Albert W. D'Souza in his welcome address stated that at present our Bank is having 22 Branches and this is the 23rd Branch which is inaugurated today. Our 22nd Branch was inaugurated at Vikhroli on 10.03.2019 and two more Branches will be inaugurated at Goregaon (W) and Sakinaka in



the month of April 2019. He stated that we will be having 25 Branches by the end of April.

The Chairman stated that with Deposits of Rs.1000 crores and advances of Rs.550 crores the Bank has achieved total business of about Rs.1550 crores and the Bank is on the threshold of achieving Scheduled Bank Status. The Chairman thanked the customers for their invaluable support and trust.

The Chairman further stated that Model Co-op. Bank Ltd. is offering highest interest on Fixed Deposits and lowest interest on loans compared to other Banks.

Rev.Fr. Leo Lobo, Parish Priest, St. Francis Xavier Church, Panvel, also addressed the gathering.

Vice Chairman, William J. Sequeira and Directors Vincent Mathias, Paul Nazareth, Lawrence D'Souza, Abraham C. Lobo, Gerald Cardoza, Thomas Lobo, Ancy D'Souza, Benedicta Rebello, Marita D'Mello graced the occasion. William L D'Souza, GM & CEO, Zenon D'Cruz, Deputy GM were also present.

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Prayer & Thanksgiving Prayer to the Sacred Heart



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

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

Sacred Heart of Jesus, Your kingdom come.

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

—Mrs. Anita C. Das

Thanksgiving

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

Ask St. Clare for three favours two impossible and say nine Hail Mary's and the above prayer for 9 days with a lighted candle and publish on the 9th day your request will be granted no matter how impossible it is

—Mrs. Liza Monteiro, Thane



Thanksgiving



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

—Thomas L. Pereira

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Subscriptions Rate:

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● Rs. 500 per insertion (for 35 words) (includes box no.)

● Rs. 3000 for 12 insertions. (1 year The Secular Citizen FREE)

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Traffic jams causes inconvenience to people

Traffic congestion or traffic jams on our roads are a common sight. According to the traffic police, traffic jams leads to problems such as road rage and road bullies, in addition to fatal accidents.

Traffic jams happen when the roads are congested with vehicles and they are moving very slowly instead of moving fast. This occurrence can take a negative effect on businesses that falls down to the negative effect on the economy. Almost all of the businesses now-a-days are fitting on the trend of home shopping; this kind of mode in a business requires the businessmen to send their products to the customers, via courier. The courier company then delivers it to the customer through their delivery boy who either rides a motorcycle or takes a delivery van. When the product is delayed because of traffic jam, the customer will possibly be unsatisfied and the Company that offered the service will have a bad reputation. This short amount of time that the products or goods have been delayed can cause a major problem to the clients and the entrepreneurs.

Students and employees are also affected by traffic jams and the effect of it on their lives play a major role on their productivity at work or school.

Let's cite an example: An employee woke up early one morning because he/she has a presentation in office that will determine his/her promotion. But as he/she drives on the road, he/she notices that the traffic is moving at a snail's pace and he/she has no other way of going to the office, except by that road. Another person has his/her son/daughter who is having an examination that day. The traffic jam made him/her late and he/she reaches the examination hall late, thus losing marks in that particular paper.

Traffic jams can cause delays in many areas of our life and that delayed time may cause so much inconvenience to people.

I work at Marol Naka in Andheri (East), and the traffic here is very heavy, especially in the evenings after 5.00 p.m. Every evenings after 5.00 p.m.,

(Contd.. on p. 4)



By Jubel D'Cruz

(Contd.. from p. 3)

there is a huge traffic jam along the Andheri-Kurla Road and the authorities concerned are turning a blind eye towards it. This has been going on for years --- 35 years to be precise. I leave office at 6.00 pm. and by the time I reach my residence at Sion, it is almost 9.30 p.m.

Other negative effects of traffic jams are additional pollution, more fuel expenditure and delay in the delivery of goods.

If a person gets stuck up in a traffic jam for at least an hour everyday and the average productive life of that person is 30 years, then he/she will be wasting an average of about 28,000 hours of his/her life just because of the traffic jam. If we think about it, this is not a good idea to live your life. Money is wasted and almost half of your life will be spent sitting in a vehicle doing nothing, just waiting for the vehicles in front of you to move.

One study suggests that people who sit that long have a shorter life expectancy; so the longer you sit in a vehicle, the shorter your life becomes.

Traffic jams also contributes to pollution because of the gases that the vehicles emit. These pollutants are harmful to the health of the people and to the earth because those kinds of toxic gases cause a major harm to the ozone layer of the earth.

One of the main reasons why there's more congestion is due to more cars on the road. The adult population is increasing and therefore more people want their own personal transport to get around with. As the number of cars increase, the chance of congestion also increases. That is why in smaller towns and villages congestion is almost unheard of.

The disadvantages of traffic jams are never ending. It can only end if the government provides us with wider roads for the vehicles to move. People can also help diminish traffic jams by not using their vehicles very often and walk their way to their destinations or take a public transport.

' Clean the system even more '

With reference to Prof. Robert Castellino's letter titled : Let's clean the system in The Secular Citizen , 25 - 29 March , 2019 Indian politics is extremely filthy and the system must be cleansed even more by taking a mandatory signed affidavit from all election candidates that they will not promote a communal agenda and remove all the anti conversion laws enacted by different elected bodies in different states in the country and that they will arrange for victims of communal violence to be monetarily compensated without fail immediately.

Other mandatory signed affidavits that need to be insisted on are a return the paper balloting system as old is gold , the enactment of the right to recall law where corrupt , inefficient and communal politicians must be recalled and a law where the constitution is amended so that the citizens can nominate ,select and elect a candidate of their choice through the paper ballot system in all elections as is done in America and mandatory signed affidavits reducing the terms of all elected bodies from five years to four years and incorporating a retirement age of 75 for all politicians and a law making it mandatory for the leaders and deputy leaders of all elected bodies to be directly elected by the people and under go a mandatory psychiatric test before assuming office .

To prevent politicians from indulging in horse trading to form a government by hook or by crook to ensure that they come to power at any cost continuous sting operations must be conducted fearlessly before and after the formation of the government to expose the culprits and prevent them from indulging in even more unethical acts .

In this way the system can be cleansed even more .

—Peter Castellino.

Size does matter!

Commensurate with his size, Mehul Choksi has submitted 37 health documents in court to substantiate his claims of ill health, making it difficult for him to take the return flight to India. Most of these documents are reports of routine medical check-ups and medical opinions ,signed by a doctor in Antigua, of which country he has taken citizenship. Choksi claims he was advised against travelling(probably for excess baggage and safety of the aircraft).

While the dapper diamentaire looks in the 'pink' of health, literally, all his so-called ailments are directly attributable to obesity . I am sure that if he returns to India, the Arthur Road prison food (in Mumbai) will take care of all his obesity problems.

Prof Robert Castellino
Mumbai

Don't Get Fooled

The first day of the month of April is called 'All Fools' Day' or 'April Fool's Day'. On this day, people take delight in playing practical jokes on each other. The custom started in Rome when king Leopold of Belgium, who was married in Rome, was made a fool of by his sister-in-law when he went to his father-in-law's palace on the first of April by mistake as he had been invited there on first of May.

Today, several centuries later, April fool is played on people on a large scale. It is played by students in schools and colleges and also by employees with their colleagues in offices. It is also played at home with neighbours and family members. So be alert and don't get April fooled this year.

— Jubel D'Cruz,
Mumbai



Tragedies waiting to happen.....

Yet another misfortune has befallen the hapless citizens of Mumbai – collapse of the foot overbridge at CST. Time and again, disasters are occurring in this city of Mumbai – there is a little uproar among the citizens, protests are held, messages fly out in the social media condemning the authorities responsible for the mishap. In order to pacify the agitated citizens, announcements of inquiry commissions being set up for probing the incident, are made. Heavy compensation is also announced for the victims. And what next? What happens after the Inquiry is completed, or are the inquiries completed? Nothing! The culprits go scot-free. The city is back to normal the next day of the mishap.

There is no doubt that the BMC has failed on all fronts, be it the foot-over bridges, flyovers, roads, foot-paths, flood control, whatever. **What they seem to be interested in, is “re-naming” of roads, railway stations, cities, etc., etc. Do they understand that renaming cannot change the reality of the situation.**

What is the response of the authorities who are responsible for this state of affairs? Well, it does not touch them one bit. Hundreds of innocent lives may be lost but the concerned authorities shall not be moved. In the recent mishap at CST, hardly had the bridge collapsed, we could see the blame game had already begun. Nobody was willing to own up responsibility. It is said that a multiplicity of agencies operating in the city - BMC, MMRDA, PWD, Railways, state government & central government & other related agencies, is creating hurdles in the effective maintenance of the

city. There is really a need to have one common body responsible for all infrastructure projects in the city. In the meanwhile, there are tragedies waiting to happen.....How fast can the authorities act?

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

Need for increase of AC coaches in trains

The burgeoning Indian middle class is now financially well off. For them having an AC at home is not a luxury but a necessity. When they travel with their families, they usually do so by AC trains and buses, while many fly. The average middle class person would prefer to travel by rail in AC 3-tier coaches as they are cheaper than AC buses and much more comfortable. However, 3-tier AC rail tickets are in very short supply.

A typical long distance train like the Mumbai-Goa Konkankanya Express has 11 sleeper non-AC coaches and four 3-tier AC coaches besides 4 general coaches, a pantry car and AC 1 & II coaches. For decades this has been the configuration of coaches. It is time some of the sleeper class coaches are converted to AC three tier coaches. It is pertinent to note that many passengers travelling by non-AC are compelled would prefer to travel by AC coaches but are compelled to travel non-AC due to non availability of AC seats/berths. Hence I would like to recommend that half the coaches should be AC while the other half non AC...

—Prof Robert Castellino
Mumbai .

Parrikar --- a politician with a difference

There are no more words apparently to describe the greatness of our late chief minister Mr Manohar Parrikar, who, as President Kovind has rightly described as the “epitome of integrity and dedication in public life” ---- a great asset indeed, to Goa and the nation in his capacity as erstwhile Defence minister. Undoubtedly, Mr Parrikar was a politician with a difference --- very accommodating, and uncompromising at times, yet successful in keeping the balance of power, by treading the middle path, which earned him the distinction of being an astute statesman and a respected political leader. However, I am unable to tell the difference between a patriot and a “true patriot” ---- a term used by our prime minister Narendra Modi to describe Mr Parrikar in his condolence message. Do we also have false patriots like false prophets?

—A. F. Nazareth
Alto Porvorim

Birds are meant to fly

Birds in cages crave for freedom and companionship and often exhibit aggressive, neurotic and self-destructive behaviour as they languish in cramped cages. Because of their seemingly bad behaviour caused by their torturous conditions, people often condemn them to living in dark corners in basements or on balconies all the while locked inside of cages. Birds are known for their complex communication techniques, their beautiful feathers and their unique intelligence, but when we cage birds, then we take away their lives. Buying birds contributes to this horrible problem. Birds are meant to fly and to be with their flock. If you are a bird lover, consider buying binoculars and going on bird-watching hikes or making a backyard oasis for your feathered friends. Never cage birds!

—Jubel D’Cruz,
Mumbai

India May See Communal Violence or War before General Elections

by Don Aguiar.

In India where election-year nationalism is fuelling waves of anger over the militant attack in Kashmir that killed dozens of soldiers a few months ago, the story line was of righteous vengeance accomplished. "We won't let this country bow down!" Prime Minister Narendra Modi told a charged rally in New Delhi, speaking in front of a backdrop with the photos of the Indian soldiers killed by suicide bombers.

Passionate speeches by war widows, material pageantry of war-dead burials, haunting sounds of bugles while the flag is raised or lowered is to be understood in the context of all this.

Emotions are more easily stirred and played with by governments than intellects, which governments deem are best kept on free-fact starvation diets.

With India claiming to have avenged the Kashmir attack and with Pakistan



claiming that India had done no real damage, it seemed possible that the situation could yet be defused. Still, analysts cautioned that the crises could erupt into something more serious if restraint failed on either side.

What the Indians hit is speculation for now – they say they hit a terrorist camp, but a lot of intelligence sources say, those camps in Pakistan had been cleaned out in recent days. Mr. Bedi said. "This is more political symbolism than anything else. Mr Modi had to show some demonstrable action on India's part ahead of elections.

About the futility of attacking 'terror camps' - they do not yield any tragic enemy assets. But in this case as in many before, the Govt. of India has asked the armed forces to act on its behalf and the Armed Forces have delivered, only to once again be used for the personal glorification of Narendra Modi.

In hindsight we can see once again the Govt. has used the armed Forces in an ill-advised action, purely for propaganda purposes, without achieving any strategic or tactical goal, except maybe the minimally message to a recalcitrant adversary.

Political manoeuvring resulting from the Indian national elections probably will further constrain near-term oppor-

tunities for improving ties.

Cross-border terrorism, firing across the Line of Control (LoC), divisive national elections in India, and Islamabad's perception of its position with the United States relative to India will contribute to strained India-Pakistan relations at least through May 2019, the deadline for the Indian election, and probably beyond.

Despite limited confidence-building measures — such as both countries recommitting in May 2018 to the 2003 ceasefire along the disputed Kashmir border — continued terrorist attacks and cross-border firing in Kashmir have hardened each country's position and reduced their political will to seek rapprochement.

The common people don't want war. That is understood. But the people can always be brought to the bidding of the leaders. That is easy. All you have to do is to tell them they are being attacked, and denounce the pacifists for lack of patriotism and exposing the country to danger. It works the same way in every country that need to hoodwink their public. Standard operating procedure. This is how propaganda works everywhere. Our governments never show us what they do in our name.

The comment on India upcoming general election is part of the US intelligence community's assessment of worldwide threats in the year 2019.

There is a strong possibility of communal violence in India if the ruling BJP stresses on Hindu nationalist themes spreading hatred towards minorities and neighbouring countries or even that of India going to war with Pakistan ahead of the general election in May" Coats told members of

(Contd.. on p. 7)

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the US Senate Select Committee on Intelligence.

The comment on India's upcoming general election is part of the US intelligence community's assessment of worldwide threats in the year 2019 and was presented in the form of a written document to the powerful Senate Select Committee on Intelligence by Dan Coats, Director of National Intelligence.

Coats and heads of other top American intelligence agencies appeared before the Senate Select Committee on Intelligence to present their worldwide threat assessment. Prominent among them included CIA Director Gina Haspel, who has just returned from a trip to India, FBI Director Christopher Wray and Defence Intelligence Agency Director Robert Ashley.

"BJP policies during Modi's first term have deepened communal tensions in some BJP-governed states, and Hindu nationalist state leaders might view a Hindu-nationalist campaign as a signal to incite low-level violence to animate their supporters," Coats said.

"Increasing communal clashes could alienate Indian Muslims and allow Islamist terrorist groups in India to expand their influence," Coats warned ahead of the general election. The five-year term of Prime Minister Narendra Modi ends in May. The entire process of election and formation of the new Parliament needs to be completed by May. Coats also warns of a strained India-Pakistan relationship at least till May.

I don't know what has happened to our populace. We have become a very mindless and a very hysterical nation, almost akin to caricatures out of a cartoon movie. We have the elections fast approaching us. And we vote for politicians exactly like us but now we need to change and VOTE WISELY.

One stitch in time.....

by Sr. Tessy SSpS

Last night when I walked down to the dining room to fill a bottle of water, I heard some noise in the dish washing basin. The drain of the basin was blocked with a stopper to collect water which was dripping from the tap. A lizard had fallen in and was trying to save itself from drowning. I stood a while bit scared. To save that creature was easy, just lift the stopper and in seconds the water will drain off. But to lift the stopper, I had to wet my hand. I thought an alternative, got a long knife and started to pull out the stopper. It didn't work. Two minutes of my work was in vain. Another idea clicked me, again ran to the kitchen and got a pair of tongs. I returned in half a minute, and to my utter distress I saw the lizard was already floating! I couldn't believe it. I was so sure that the creature would hold on until I get ready with the rescue instruments. But it was too late. With tongs, I easily lifted the stopper and the water drained down; but my service was futile!

It struck me. In the first place, had I risked a bit and put my hand in and removed the stopper the creature would survive. I was too concerned to wet my hands, and to avoid doing it, I had built up many excuses in my mind 'the water would be poisonous because lizard has fallen', 'it might rush and bite me if I try helping it' also 'what is there, it is only a creature, and it knows how to escape a danger'!



In life too we miss many opportunities to save someone's life. We see them struggling- personal issues, finance, carrier, whatever may be, struggle is struggle. Sometimes we are so close to their problems, it is so evident for us, yet we do not want to put our hand in saving them. Instead of running for a long stick or tong, it's only a matter of dipping my hand to save him/her. Fear of contamination or counter attack is there, but that too has a remedy out there.

Very late we realize that we had wasted the precious moments to save the lives. We may condemn the person for jumping into danger. We may stand as passive onlooker believing the innate capacity of the person. We may never even know how close to death the person is. It may all look like a game for a while. And by the time we reach out it will be too late. I could not believe that a strong healthy looking lizard died seconds before I got a new idea to save it.

Somewhere in our system we have fed the wrong notion to avoid reaching out to other. A little wetting of the hand is always good if it can save someone. Never underestimate nor take for granted someone's struggle, moreover, when you know it. Perhaps God has brought you into that person's life by chance, then it is an obligation to save her/him, let what may be the consequence. Had I risked a bit, I could have added another stroke of blessing in my life

WHEN YOU VOTE WHAT WILL BE THE BASES OF YOUR CHOICE?

by Eric D'Sa

For when we vote in the coming elections and it is most important that we vote, we should expect that our representative government will provide the basic preconditions of a good life. We do not expect it to tap petty passions and irrational emotions through incendiary rhetoric that targets communities, regions and other countries in the name of the nation. Cynics might wonder whether elections bring about change at all, or whether the outcome results in more of the same. There is no doubt in the past, such changes surprisingly have come about. There is in any vibrant democracy, an individual who basically looks at his or her own present condition, in comparison what it was earlier and whether his aspirations based on earlier promises have been met. Hence, in a democracy elections are significant. The opportunity to vote offers us choices, we can vote for the same violence that has left us with bloodied hands and torn feet. Or we can vote for a party that offers us freedom. At stake in the 2019 election are four kinds of freedoms.

The first is freedom from fear, from the haunting feeling that someone, somewhere is watching how we behave, and that someone is ready to penalise us through words and deeds if we dare

question the mockery that democracy gives power to the religious majority. Our own people who belong to the minority community need to be reassured that they are citizens of this country by right, and no one has the right to make them feel that they are here on sufferance. All of us have to be free from the nagging worry that our neighbourhoods will be overrun by lumpens on their monstrous motorcycles baying for blood at the drop of a hat, that citizens of India will be lynched and left to die painfully on the mud tracks of our cities and villages. Above all, we have the right to vent criticism of representatives without being assaulted by crude, sex-

their making. This is what democracy means, not a handout here and a handout there. For this, we need to ask why should people remain poor.

The third freedom that we have to recapture is freedom from discrimination. Ironically, upper castes have mobilised against protections provided to one of the most vulnerable groups in human history, Dalits. It is paradoxical that reservations, which are meant to secure respect for those who are doubly disadvantaged by reasons of caste and class, are offered to the upper castes, which are already over-represented in the public sphere. Reservations have become a mockery, a charade, used as a deliberate ploy to delegitimise the project of social justice.

YOU THE CITIZENS DECIDE:

ist abuse on social media that relentlessly intrudes into our everyday lives.

The second sort of freedom we should reinstall is freedom from want. Our farmers live in precarious conditions, our working class ekes out a bare existence steeped in misery and deprivation, our children are offered insecure and low paid jobs, and our minorities live under the constant threat that their livelihoods will be snatched from them. Seventy-one years after Independence, the government should be concerned about the quality of employment it offers our people, about suitable remuneration, about lives lived with dignity, and about the self-worth that people develop when they love what they do for a living. It is not enough that the working classes are handed out a mere pittance instead of a living wage. It is not sufficient that our people work for a mess of porridge, or that they should merely have enough to eat. It is the task of a democratic government to provide for basic preconditions — health, education, employment and a sustainable wage — that enable people to stand up and speak back to a history not of

The fourth freedom is freedom from sexual violence, for women, for men, for transgenders, and for children. India must never witness with horror and pain another child mauled, raped and mutilated as in Kathua. We must never bear witness to the ignoble spectacle of lawyers demonstrating in favour of rapists. We must never again register the horrific phenomenon of women being beaten up merely because they wish to visit their god in a temple. If India cannot secure equality, which is the reason for democracy, let us at least opt for non-discrimination, a lesser form of equality.

We have a great Constitution and with it a constitutional right. At stake in the elections that loom large on our collective imaginations is not delegation of power to representatives, so that they can live out their sick fantasies of controlling minds and bodies. We vote to recapture and protect the freedom that earlier generations fought for so strenuously. We vote because freedoms as stated above are our constitutional right and we will reclaim them.

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Weaponless War - Election

Indian political parties are of three types National parties, State - level parties, and the parties registered by the Election Commission. There are seven parties which are national parties. In fact, the **Bhartiya Janata Party** and the **Indian National Congress** are the **two main national parties.**

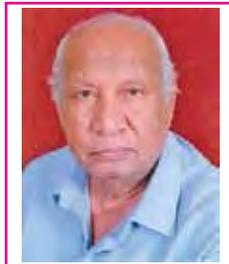
As the General Elections dates draw near, discussions on 'Rafale deal' and 'surgical strike' get more rough, less logical and personal. Now one can give thirty thousand crores to the Ambanis and how the Prime Minister can accuse the leaders of the Opposition of killing him! It is all shameless and disturbing.

This is not the first General Election. Results of every election have started led one and all. Then why, leaders are so desperate, impatient and shameless? it is a weaponless war which enbiters the atmosphere and the common is speechless to witness scenes that hurt his national pride. Here in India, every candidate keeps his own party close to his heart, national interests are conveniently forgotten.

Every modern democracy today lives by national parties. Every candidates, contesting the election, is a member of one of those political parties. BJP against many political parties will play a very crucial role in 2019 Gen-



eral Election. This time the 'war' is between the two parties - BJP and Congress. In all, there are 57 state-level political parties in India. In the Election Commission register, 1866 political parties exist all over India. "These parties are called 'letterhead parties" , said a member of the Election Commission.



by Ignatius Dabhi
Sr. Journalist

Congress is the oldest, well - organised and respected political party in India. The party played the most decisive and important role during and after the freedom struggle. In fact, it was the only political party that mattered then. Congress gave some world-ranking political leaders. Indira Gandhi brought some drastic changes in the very core of the party during 1971 to 75. Some senior leaders were thrown out of the party and tried to set up her family members at the helm of the affairs. For nearly 70 years, Congress and only Congress mattered.

The political picture changes after 2014 - when Gujrat Chief Minister became the Prime Minister. That was Narendra Damodar Modi. Bhartiya Janata Party secured an absolute majority in the Lok Sabha and a new era, so

to say, began in India. Narendra Modi was the Sangh Pracharak. He has been a good orator and that helped him to climb the political ladder.

The 2019 General Election is going to write a new history - both for Congress and BJP. Modi rule for five years in the Centre has many plus and minus points. Congress gained in Rajasthan, Chhatis gadh and Madhya Pradesh. It was a big blow to Modi. Congress proved that Modi-air is over... Modi could not keep some of his promises.... What awaits is nobody's guess. Joblessness has risen.. Who will win? It is going to be a war.... will it turn bloody? A war without weapons is going to cause many casualty.....

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Benedictine nun in Germany calls for women priests

By Christa Pongratz-Lippitt

Tutzing, March 19, 2019: The leader of one of Germany's most important women religious communities has questioned the Catholic Church's exclusion of women from the ordained priesthood.

"It is surely only natural for women to be priests and I cannot understand the reasons given as to why not," said Sister Ruth Schönenberger, head of the Benedictine Priory of Tutzing, the Bavarian motherhouse of a worldwide missionary order.

"I am surprised that the presence of Christ has been reduced to the male sex," she said in a recent interview with *katholisch.de*, the official website of the German Catholic Church.

"Here in Tutzing, we, too, have excellently qualified women theologians. The only thing they lack is ordination – nothing else," said 68-year-old Schönenberger, prioress of Tutzing since 2015.

The priory is one of the most important in the Benedictine world. In 1885 it founded the Missionary Benedictine Sisters of Tutzing, a congregation that today numbers some 1,300 sisters in 19 countries around the world.

Sister Schönenberger, who is responsible for the 70 members at the Tutzing priory and those at two other



Benedictine convents, said the criteria for priesthood should not be based on one's gender.

"Our present image/concept of the priesthood urgently needs to be fundamentally revised and I am genuinely surprised that priests themselves don't protest more against present developments since they involve them," said the prioress, noting that men and women should be treated as equals.

"The extent to which this power imbalance exists the world over is truly alarming and so is the fact that we have not learned to grapple with it more effectively. It is something we must rigorously tackle," Schönenberger said.

She called for greater and open discussion on the issue to look for concrete steps that could be taken to remedy the imbalance "and not just

comfort us women somehow – as, for example, by promising to look into the question of women deacons."

"After all, we experience concrete examples of subordination day after day. If we, as a group of women religious, want to celebrate the Eucharist together, we have to arrange for a man to come and celebrate it, every single day. He stands at the altar and leads the celebration. We are not allowed to," the Tutzing prioress said.

"We intend to look for forms (of celebrating the Eucharist) which suit us and develop new ones," she added.

She said she and her community fully supported the prayer initiative for gender equality in the Church that was launched in February by Sister Irene Gassman, prioress of the Benedictine Monastery of Fahr (Switzerland).

The Swiss religious has invited Benedictine communities around the globe — as well as parishes and other communities — to include the "Prayer on Thursday" during compline (or night prayer) each week.

Sister Schönenberger said prayer alone was not enough, but added: "Why shouldn't we pray for gender equality in the Church? It is most important that all discussions on reform be offered up to God."

(Source: *international.la-croix.com*)
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Drive against errant autos

It is heartening to note that the authorities have started a drive against those auto drivers who refuse fares and for a change, they are pretty serious about it. Special squads have been set up to keep sustained pressure on them. The initial results are encouraging but it is necessary that the drive does not lose its steam after some time. Once they know that the authorities are not around, they will be back with their old tricks of refusing, giving standard excuses like time for lunch break, some relative is sick, low on gas etc. Some of them just drive away without giving any reason – not that it matters.

The drive at the moment is restricted to a few areas like the BKC where the trouble started in the first place. It is not enough to have the drive only at such places. The main areas are the railway stations. The first thing to do is to get the autos stand in a queue with a policeman and some traffic wardens to help. Every empty auto that enters the area must be made to join the queue. Passengers should also form orderly queues and if this is done, the end result will be helpful. All the railway stations should be covered during the morning and evening peak hours if not throughout the day.

NGOs can also be invited to join in the drive and help the police. Unless the drive covers maximum trouble spots, it will not be of much help to the general public. You see elderly people and even invalids pleading with the auto drivers to stop and drop them at the desired destinations but most of them are insensitive and they think they are doing a favour. Thankfully, the recalibrated meters have reduced the problems arising out of fare disputes. Meter tampering was rampant and most of them did not carry or show the tariff cards and if they did, not all of them were genuine. In the process, the general public was being taken for a ride literally. It is hoped that once the fares are revised [which is very likely] the authorities will address the issue that is likely to follow such a step. Having a system in place for recalibration within a reasonable time will help. Pending such recalibration, laminated tariff cards should be displayed on the dash board as well as the side panels of the autos or on the back of driver's seat.

The problem of illegal autos was

IEWS on NEWS

highlighted by none other than the auto drivers' union leader who claimed that there are some 30,000 such vehicles. If what he says is correct, then it speaks volumes of the capabilities of the authorities. If the traffic policemen are alert they can find such autos. You see them in Andheri west near Fidai baug. They cover certain areas only on point to point basis and not where you want them to go. The drivers of such vehicles are very young without the uniform. There must be many such points where they operate with impunity. It is hard to believe that the authorities are not capable of reining them in and impounding their vehicles. There must be more than what meets the eye. Maybe the political pressure is not allowing them to go whole hog at this menace.

The authorities have not been successful in such drives in the past. They could not even force them to display tariff cards in the autos before the recalibration of the meters. The very fact they did not want to prominently display such cards showed that the motive was to cheat the innocent public. If they could not force them to fall in line, it only showed that the unions were very powerful and authorities helpless. The auto driver, on an average, earns around Rs 1500 to 2000 per shift. If you impose fine of Rs 100 or 200 it is pittance and he pays it willingly. The fine should act as a deterrent. For refusal to ply, fine them Rs 500 for the first offence, Rs 1000 for the second and Rs 2000 for the third. For any repeat offence, the license should be cancelled and the vehicle impounded for one month. Once this is enforced, you will see quick results. This should also apply to taxi drivers as well.

Anna Hazare – the Crusader

Once again this iron-willed Gandhian who is nearing 82 years has shown that with no political power and money he can wield enough influence and make the government go on its knees. All this has been possible because he has the courage of his convictions and given popular support he can get things done. At this ripe age he is able to fast for days without much biological problems and he has developed these qualities



by Marshall Sequeira

through a highly disciplined personal life. He has renounced everything and has made a small room in a temple his home. He has been influenced by none other than Swami Vivekanand from the age of 26 when he decided that he had a mission to fulfill. He has lived all these years a blemish free life dedicated to the village – Ralegaon. He has taken up social causes which affect the people.

He has fought doggedly for the causes dear to his heart and forced the government to bring about the RTI law, which ushered in total transparency in the functioning of the governments at the Centre and States though attempts are being made to dilute the law. He has relentlessly strived for probity in public life particularly corruption. He has brought scams to the fore and despite resistance he has forced the government to drop Ministers with dubious record. It is not easy to make a Minister resign either voluntarily or through coercion but when Anna puts his foot down there is no way you can make him dilute his demand. Anna enjoys international respect for his selfless service with determination.

His latest move to force the central government to appoint a Lokpal has come to fruition. It is ironical that the BJP which jumped on the bandwagon of the Anna during his campaign against corruption which helped them to oust the UPA forgot about this crusader once they came to power. The same thing applies to Kejriwal who benefitted politically at his cost. His many appeals to the government do not achieve anything. Only when he goes on indefinite fasts that things start moving in this country. Finally we get a Lokpal in Justice P.C.Ghose. The Indian public will have to thank this tireless crusader. It is only hoped that he enjoys good health to serve the people who have stood by him through thick and thin simply because he is a true Gandhian. It will be hard to replace Anna.

Try to discover your life purpose



they think your life purpose is; you may be surprised at how useful their answers are.

Start a list and get busy :

Many people feel overwhelmed at the prospect of seeking out their life purpose and changing their lives. Start by writing a list of the things you want to do, no matter how big or small. Add to the list every time you think of more things you want to achieve and don't worry about ticking everything off the list. Take it day by day and remember everything you tick off is a personal achievement. The future may be unclear to you now, but your list is a clear and concise list of things you want to achieve.

Know that you are already living a form of your life purpose :

Choosing the main purpose for your life can become time-consuming and stressful; as people often worry they will never find their purpose. However, you are already living a form of your life purpose, so try not to cause yourself stress and upset. Be aware you are here now and take steps to push yourself forward and make yourself happy every day. Eventually, you will stumble upon your life purpose - and worrying won't speed you up.

QUESTIONS THAT WILL HELP YOU FIND YOUR LIFE PURPOSE

- When have you been happiest in your life?
- What has made you truly proud of yourself?
- What qualities do you most admire in other people?
- What makes you feel really alive and energised?
- How happy do you feel on an everyday basis?
- If you had one week to live, how would you spend that week?

DO YOU KNOW what your life purpose is? Many people are unsure of what they want to do with their lives: however, having a purpose within your life will bring you happiness and motivation. There is no cap on the number of passions we could pursue. Here we help you discover your life purpose.

If you do not feel fulfilled by or happy with your life, you may decide to evaluate your life's purpose. While this can be a challenging self-examination that may lead you to believe that you've been living life the 'wrong way', anyways; it's never too late to begin living the life that you want to live - a life that is meaningful and happy. Find your life's purpose and then take action to implement the kind of life you really want to live

Think about what you loved to do as a child :

Children freely embrace their passions and are often encouraged by their parents to pursue their hobbies. Get a pen and paper, ask yourself these four questions and write down the answers; What kind of people did you like to hang out with? What was your favourite toy? What was your favourite game? What was your favourite subject?

After you have asked yourself each question, ask yourself the reason why and take time to think about your answers. You may notice themes and passions and hobbies; if so, note them down and explore them further.

Take notice of how you spend your free time :

Think about what you choose to do during your free time and how you enjoy spending your days off. Your life purpose will be something you are skilled at and feel passionately about - much like your hobbies. People can find themselves with hobbies they were unaware they even had, from making videos, to doodling, to creating recipes.

Although many people don't consider it, the things you are inclined to do in your spare time are often an integral part of your life purpose or they complement it.

Don't think there is only one life purpose for you :

Many people feel dissatisfied because they find the one 'true' life purpose they need to fulfil. However it is rare for a person to have one thing they feel truly passionate about and choosing to think you have only one purpose can stop you from fulfilling many other life purposes.

Most people have many, varied passions, which they can combine together or fulfill separately. Living a life where you follow your passions is a life of purpose and happiness.

Ask your friends for advice :

It is likely that your closest friends know important information about yourself that could surprise you. If you are unsure about your life purpose, they could provide a new point of view or a refreshing insight. Ask them what

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Make yourself heard - in meetings and in life



HAVE YOU EVER felt as if you're speaking with the mute button on? Well, some people have the gift of gab and know exactly how to run a conversation in a group setting but some of us feel as if we're being ignored. Making yourself heard in a meeting at work or any sphere of life is a valuable skill, one you can develop. Today, we bring you a few tips to help you jump into a group conversation and actually be a part of it. Here's the thing: It's not about how you appear to others, including learning when and how to raise your voice and who to support during a heated discussion

As children, we learn how to converse via imitation and training. If we're fortunate, we learn how to listen and respond appropriately. Through family discussions and other early experiences, we discover, among other communication rules, how to stay on topic, how to introduce a new topic and how to take turns talking. To a large extent, conversational competence is about achieving what you want (for instance: getting your point across, defending a position, appearing well-informed and intelligent) while ensuring that others reach a satisfactory portion of their goals as well.

However, in workplace or social setting where competition is intense, passion or politics may cause people to attempt to monopolise conversations. They may interrupt and even run roughshod over others. In such cases, those poorly treated exit conversations displeased, annoyed or even angry. If you are frequently interrupted or your ideas are often ignored, how can you turn things around? Here are a few useful strategies:

Position yourself in the centre:

It's easier to be left out of the conver-

sations if you're sitting at the end of the table. Positioning yourself near the centre not only puts you in the middle of the conversation flow but also subliminally reinforces that you're central to the discussion at hand.

Watch your body language:

Observe the body language of your other colleagues or friends in the room - particularly the ones who speak up frequently and hold others' attention. Are they sitting up straight in their chairs, leaning forward into the conversation, using hand gestures to indicate when they have a point to add and so on? Mimic them when it's your turn to speak and avoid slouching, shifting in your seat or fidgeting.

Speak confidently:

The more you sound like you believe in your ideas, the more others are likely to listen. Practice talking about your ideas without saying phrases like 'I think', 'In my opinion', 'This could just be me' and 'This might not be a good idea, but....' These phrases sound like you doubt your opinions and leave the door open for others in the meeting to do the same.

Jump into the conversation - tactfully:

Usually, when we talk one-on-one or with a small group of our peers, we wait for a pause in conversation that indicates it's our turn to talk. In a busi-

ness meeting with a lot of opinionated colleagues, these pauses can be hard to come by. Interrupting is an art. You'll seem less rude if you first restate ('If hear you correctly, you're saying X') or react ('I like Tom's suggestion and would also recommend we do X') to what others have said first.

Don't let yourself be interrupted:

When you finally have everybody's hard-won attention, hold the floor until you're done articulating your comments. If others try to interrupt you, it's fine to politely say something like 'Please allow me to finish my thought;', 'I'd just like to add before we move forward that X' or 'I'd love to hear your feedback but wanted to finish saying one thing first'.

Be a good listener:

Body language is a huge factor of any social situation. Look in the mirror and take some time to see how you look when sit and stand comfortably. Do you look like you want to be social? If not, practice a more open style of body language. If you don't show that you have something to say, people may never realise it. Avoid crossing your arms, constantly looking down, fidgeting and looking around for no particular reason. Try not to zone out or start formulating your own response while somebody else is talking, especially if it's obvious that they're including you in the conversation.

(Contd.. on p. 22)



'Belly Fit' - The Mangalore Pioneer

Ms. Sharlaine, conducted a demo to a large group of participants, women of ages ranging from 10 to 50 years. Workshops in Bangalore, Deralakatte and Pondicherry too. Aims to spread Belly Fit to other states by the end of this year. Is coached in belly dance by Vaishnavi T N, founder of Ira Belly dance School, Bangalore and also conducts w e e k l y



taken' and she has using it to break free into the highways of the world in a unique way. Her current objective in her own words is to, "Continuously enhance my knowledge, skills and experience by getting involved in challenging work and utilize all for personal and organizational growth to the best of my abilities." Surely this is the stuff that great personalities are made of, and she is headed the right way, God bless her.

Mangalore based and very popular Sharlaine Sequeira, is a promising young lady who is making waves around India now. She has plunged into her dream plans with a splash, "Like a dolphin taking to water". Launching out into a very new and promising concept; 'Bellyfit' is a trademarked, "Standardized Holistic Fitness System for women". A combination of stress reducing Dance aerobics, mindful body toning core exercises and relaxing stretches. Hips, Belly, Uterus and Pelvic floor are all primarily strengthened. Learning to embrace your body especially your belly and treat it with kindness, respect and love is the focus - a body that is healthy, fit and free. In addition, Sharlaine is a certified instructor in Aerobics, Spinning, Pilates, Yoga, Prenatal and post natal exercises. Also South India's first 'Belly Fit' instructor and has conducted countless demos all over the coastal city of Mangalore and beyond and reached out to hundreds of women.



belly dance classes at Hakuna Matata Club House, Mangalore.

NOTE : Regarding workshops or collaboration in your gym/studio/apartment/school or college, please contact Ms.Sharlaine's number -8197982183

She has done well and earned her skills in an exemplary manner - an over view : M.Sc Corp Psychology, 2016-2018 St.Aloysius College, B.A (Eng Lit ,Psycho, Journalism) 2013-2016 St. Aloysius College; Pre-Uni (12 th grade) (Hist, Eco, Psyco, Pol Science) 2011-2013 St. Agnes College ; 10 th Std 2011 Lourdes CBSE Central School.

'Sharlaine' speaks : Sharlaine Sequeira's, life and mission now : "I always wanted to start something in fitness and motivate and inspire people. I knew that it was not only my need but a need of most women. Even though I love Zumba, I wanted to start something different and one day, by chance, I came across 'Belly Fit' I plunged into it seriously and completed training. Belly dancing is one of the oldest forms of dance, having its roots in all ancient cultures from the orient, the Eastern hemisphere. Probably the greatest misconception about 'Belly Dancing' is that it is intended to entertain men from a sexual

(Contd.. on p. 22)



Draft Statement Of The XVII National Meeting Of The Conference Of The Diocesan Priests Of India (CDPI), Gianodhaya, Jalandhar, 2019

We, the 123 diocesan priests, from 68 dioceses, gathered together at Gianodaya, the diocesan pastoral centre, Jalandhar, Punjab, from February 26 to March 1, 2019, for the XVII national meeting of CDPI, under the guidance of Bishop Udumala Bala, Patron of CDPI-National, in the presence of Most Rev. Agnelo Gracias, Apostolic Administrator of Jalandhar, Most Rev. Albert D'Souza, Archbishop of Agra and Most Rev. Ivan Pereira, Bishop of Jammu-Srinagar, to reflect and discern collectively in a spirit of solidarity and prayer, on the theme *Redefining the Pastoral Ministry of the Diocesan Priests in the Socially, Economically, Culturally and Politically Changing Scenario in India*. The meeting coincided with the conclusion of the Vatican sexual abuse summit of protection of minors in the Church and the escalation of tensions across the Indo-Pak borders.

The talks and deliberations at the meeting emphasized that the following of the Gospel values of Christ by priests must become configured to the Good Shepherd, who personally knew and loved each individual sheep. Jesus the Good Shepherd was full of compassion, especially for the poor and the people on the peripheries of the society. The qualities of the authentic disciple of Christ are simplicity, poverty and humility, responsibility, accountability and transparency. He must have the smell of the sheep and the smile of the father. He has to live what he believes and preaches. Hence, no model of priesthood can exclude its servant dimension. The exterior challenges must prompt us to an interior renewal, so that we are able to turn challenges into opportunities. Central to this inner renewal is anchoring our priesthood in our relationship with Christ. This relationship is effectively nurtured through the celebration of the sacraments, prayer and witness to justice.

The changing socio-political and cultural scenario prompts us to introspect into our prayer life, exercise of authority and relating with others. Subsequently, there arises the need to redefine the pastoral ministry, which calls for a paradigm shift from priest to people, from faithful in a parish to all other people in a village and from religiosity to spirituality. The pastoral ministry must become the faithful response to the needs of the people, especially the poorest of the poor.

Today, more than ever, our country longs for justice, equality, peace, communal harmony and sustainable growth. Low per capita income, high rate of unemployment, widening inequalities and environmental degradation are the serious concerns faced by our country. Tribals are displaced from their natural habitat in the name of development and Dalits are subjected to humiliation and discrimination. We, as priests expected to keep the hope of the future alive, are called to transform the society into the kingdom of God. To realize this radical change, we have to become selfless missionary disciples with an inclusive pastoral care, effectively revealing the merciful and joyful face of God the Father to all people, especially, to the poorest of the poor. Jesus is our model, because he became one among the poor and suffering and stood for the cause of the marginalized and downtrodden. We can also draw inspiration and courage from Moses of the Old Testament, Martin Luther King Jr., St. Oscar Romero and Pope Francis, who became the voice of the voiceless.

We, having deliberated upon the present socio-politico-economic-cultural scenario of our country, come forward with the following resolutions and plan of action for the future:

1. We resolve to focus more on the pastoral care of our families, where

the presence of God is experienced in a more tangible way.

2. We resolve to facilitate the lay faithful in the process of decision-making at all levels.
3. We commit ourselves to the special care of the victims of sexual abuse and trafficking and those discriminated against because of their sexual orientation.
4. We shall promote basic, higher and value education and job-oriented courses for the youth of the parishes in the dioceses in view of entering also into the country's administrative services.
5. We strive to create socio-political awareness leading to lay leadership, especially among the Dalit and Tribal communities.
6. We recommend inclusion of India's socio-politico-cultural aspects in the study program of the seminaries.
7. We firmly resolve to go beyond the cultic priesthood and embrace prophetic and servant leadership.
8. We shall promote creative ministries, like prison ministry, ministry to the marginalized, ministry to the street children and youth, marriage encounter, couples for Christ, ministry among the migrants, ministry for the single and unwed mothers and to the divorced and remarried couples.
9. We intend to focus more on human rights in our activities and teaching so that we are able to overcome discrimination based on caste, class, ethnicity, creed, language and gender.
10. We shall make the SCC/ BCC more extensive in the parishes.
11. We vouch to empower people at the grassroots so that they take up the responsibility to develop themselves.
12. We shall initiate, in the institutions and parishes, activities that promote respect and care for the environment. At the diocesan level we hope to draw an eco-mission statement,

(Contd.. on p. 22)

CHRONICAL OF THE LORD'S PASSION FOR MEDITATION

This year 2019, more than any other time we need to relive with sincere prayers, devotion and penance the Passion of our Lord to get back on track for a balanced life of Freedom of faith and religious observance. Our Christian legacy is to share the Lord's Passion in forgiveness, to drown the evil of violence in His blood, and by His stripes and wounds to banish all acts of hate and abuse.

Religion cannot be replaced. Do not make secularism a religion because its creed encourages intolerance of Christianity. Never apologize for being Christian. Relive the Lord's Passion, for Christ would never conform to the warped trends of culture in our generation.

Palm Sunday is also Passion Sunday; for this is Holy Week, the centerpiece which distinguishes Christianity as a unique religion leading to the Resurrection, Transfiguration and the Ascension of the Messiah. The reconciliation of God and humankind through the death of Jesus Christ gives us a sense of the redemptive and eternal life.

Passion Sunday: this is a time when we are made aware of the torture, indignity and torment of Christ's passion and his glorious resurrection.

Earlier in a Lenten pastoral it was written that the Messiah had revealed His resurrection. It was part of his foretold ministry and mission to offer his life as a sacrificial ransom, and to rise in glory. And now, Jesus predicts his Crucifixion.

Turning to his disciples, he said, "You know that after two days the Passover is coming, and the Son of man will be delivered up to be crucified." (Mat.26:2).

The early fathers of the Church felt that Christ's passion and dying was a ransom paid for our sins.

In the 11th century (1098), Anselm the Archbishop of Canterbury, created a theory in one of the most powerful theological writings in his book: *Why God Became Man*. In his view Christ's dying was indeed a ransom. Humankind owed God the ransom of "satisfaction" (in Anselm's words).

The Passion of Jesus was aptly described by the prophet Isaiah, "He was wounded for our transgressions, he was bruised for our iniquities; upon him was the chastisement that made us whole, and with his stripes we are healed. (Is.53:5).

The scourging of Christ became the 'stripes' to heal us. God's plan was a cosmic design beyond our comprehension. Christ had to die. We can only contemplate on the subject of his death. Jesus' entry into Jerusalem on the back of a young donkey was to fulfill the prophecy that said: "Don't be afraid of your king, people of Israel, for he will come to you meekly, sitting on a donkey's colt." (Jn.12:15). This was Palm Sunday.

The Last Supper of the Lord commenced his Passion. He took the bread and said, "This is my body which is given for you. Do this in remembrance of me. And likewise he took up the cup after supper, saying: "This cup which is poured out for you is the new covenant in my blood. But behold the hand of him who betrays me is with me on the table". (Luke.22:19-21). Behind those words began the fast forward enactment to Christ's all-important campaign in our world of humankind.

Images of Christ's agony and physical violence to his body were, for the first time shown on the screen in Mel



BY MELVYN BROWN

Gibson's movie, "The Passion of the Christ". It is not a film for the faint-hearted. It shows the raw reality of what had been. Pope Saint John Paul II after seeing the film said, "It was as it was".

Judas Iscariot, one of the twelve, went to the chief priest of the Jews and said: "What will you give me if I deliver him to you?" "And they paid him thirty pieces of silver"(Mat.26:15). What followed was an extremely painful confrontation with Judas, the kiss of betrayal and the cruel attack by Christ's captors. The mob rudely hit him, spat on him and propelled the bleeding savior from the Mount of Olives for an ugly trial.

When Jesus spoke to the Temple Guards they refused to reply to his questions. (Luke.22:53). Dragged from the home of the High Priest, the next morning at dawn to the Jewish Supreme Court where they all came together. The Messiah was brought to the Council. Members of the Council questioned him and debated on the answers Jesus gave them. They could not find fault with Christ – so they took him to Pilate, the Governor. And Pilate also found him innocent of any crime.

"Is he a Galilean?" (Luke 23:6). When the mob said Christ was a Galilean, Pilate sent him to King Herod. At the court of Herod, Jesus was mocked and made fun of. Finally, both Herod and Pilate could not find Jesus guilty of leading a revolt against the Roman government.

Even after scourging and crowning with thorns, the mob cried out in one voice "Crucify him" (Luke 23:21).

(Contd.. on p. 22)

Inspiration!

Stay positive during hard times

BAD THINGS HAPPEN both personally and professionally: Relationships end, significant others get unwell, promotions are given to someone else, clients leave, companies go through rounds of layoffs and what not! Experiencing challenges and problems are part of life. There is nobody alive who has been spared hardship. However, some people seem to cope with bad situations better than others. Their overall happiness does not seem as compromised when unfavourable things happen. How do these people manage to stay happy even when they are facing difficult times? Let's find out

It is a universal law that ups and downs are part of a life. What makes the difference is that how we stay positive and handle the hardship without giving up. However remaining positive is not very easy, especially at our difficult time, it is easier said than done! Well, to stay positive and happy is not a choice, it is the only way to live life. Even though it feels bad to not feel pity about your present situation and mull over the craziness you have to go through now, you really don't have a choice here. You just need to say enough is enough and should focus your energy on being positive and try to keep yourself happy. That said, there are several things you can do to help yourself cope with the bad times and stay happy

Know that this too shall pass :

As the first attempt to stay positive, you need to develop a mind-set with the most powerful wordings of all time 'This too shall pass'. This means that, happiness or sadness will pass away soon and nothing is permanent in this life. Rich or poor, this rule of life never change. Your present life situation may be extremely difficult to cope up but please remember that it is going to end soon and happiness is around the corner.

Try to control the things :

The first is to be clear about what factors are under your control. Quite a bit of work shows that when times are bad, people are more resilient when they focus on things they can do to move forward rather than focusing on the ways that circumstances have conspired to put them in a bind. Focus on actions you can take that will make your situation better. As you engage in those actions, you will find that you feel better about your work and will also be more productive.

Look for an easy win :

When you experience a loss in one aspect of your life, it can make you focus on the negatives across all of the facets of your existence. That is not a good time to embark on a long project that may not succeed. Instead, find something in your work life that you can complete quickly and successfully. That way, you can remind yourself that a significant setback is not a sign that you are cursed.

Learn from the situation :

When bad things happen, they often present us with perfect opportunities to learn a valuable life lesson. For instance, if you get laid off, you can upgrade your education or skills and learn to become a more valuable

employee. Or you could learn that you want to start your own business to become more independent. There are lessons to learn in almost any unfavourable situation. We just need to

pay attention.

Your expectations can affect your happiness :

When we have unrealistic expectations, we set ourselves up for disappointments, unhappiness and frustration. Life will not always go smoothly. When we expect both the good and the bad, then we have a more balanced outlook in life and can avoid much of the heartache. The more unrealistic our expectations are, the more unhappy we will be.

Be present and mindful :

Think about this: almost all our unhappiness is caused by something that has occurred in the past. When people are ruminating about a past event that they cannot change. The past is gone and what has been done cannot be undone. Yet so many people stay unhappy by focusing on the past. If you want to be happy, it is essential to focus on the present, on the here and now. After all, now this the only time we really have. We will never get the past back. By learning to focus on past, no matter how bad it may have been. Of course this is not an easy thing is not an easy thing to do but even if we succeed some of the time, it greatly alleviates our unhappiness. One way to become better at this is by learning to meditate.

Give others the benefits of the doubt :

Finally, go out of your way to give a positive interpretation of the actions of others. When you think negative thoughts about other people, you can create a self-fulfilling prophecy. Your negative thoughts will influence the interpretation you give to their actions that can cause you to interact with them anger or mistrust.

(Contd.. on p. 22)

WANTED : JOSEPH



We live today in a world which is broken and fragmented; hate and violence have gripped people and nations as never before. Our world cries out today for exemplars: men and women who can transcend narrow-mindedness and bigotry; people who can make a positive difference in the lives and destinies of others. One such person on whom we can truly model our lives is St Joseph- whose feast he celebrate today. Joseph encompassed so much; among them:

Just

Joseph is always referred to as a 'just man'. Right from the moment, Mary was betrothed to him he was confronted with making several decisions. It was not easy. Every decision he had to make, would impact on Mary or Jesus or both them in a profound way. But he did so with a great sense of responsibility; be it the moment he wanted to send Mary away quietly or when he finally found the child Jesus in the temple. The 'righteousness'(justice)of the Bible, was his forte.



BY FR. CEDRIC PRAKASH SJ

Open

Joseph was transparent to the core. He knew it was his duty to register himself and Mary when the census was being taken. He did not avoid that! A grim reminder to each one us as 'Election Day' draws near. He wanted the best for Mary and her child. But no doors opened for him! Joseph was therefore open enough for the second best: a stable, to the warmth and the adulation of the animals. Above all, he was always open to do what the Lord wanted from him!

Sincere

Lies and half-truths, myths and fake news ('fekuisms') dominate our lives

today. We are plagued daily with a torrent of misinformation, coming from paid propaganda units who work for those who attempt to control our lives and destinies. In a world where insincerity, flattery, hypocrisy and 'diplomacy' are the new normal, a sincere person often has to pay the price. Joseph therefore being an upright man, beckons us to live lives of authenticity and sincerity.

Embracing

Joseph did not hesitate to embrace others: he embraced the shepherds and the Magi; he embraced the 'Gloria' of the angels and the tortuous flight into Egypt. His embracing life meant that he was available for others, ready to accompany them. Today we exclude and even kill the 'other': those of a different religion or colour, the poor and the marginalized, the refugees and the migrants. Discriminating rather than embracing, has become our way of proceeding.

Protective

"Protect us" is the unceasing cry of the innocent and vulnerable! Sadly the trust that some of these "little ones" placed on priests (even on some bishops), on the powerful and wealthy, has been badly betrayed. Unfortunate stories continue to be revealed. Joseph, as the protector of Mary and Jesus and of the Church today, is more than a model to be imitated. He challenges us to become more like him in order to heal the festering wounds and the painful memories.

Humble

It was surely not easy for a man to be entrusted with a heavy responsibility in which oftentimes he did not have a decisive role. For Joseph that did not matter. He epitomised humility! Like Job he was patient and silent, waiting for God's plan to unfold – even

when perhaps, he found it difficult to comprehend. In a world in which arrogance and power rule, Joseph is a beacon of strength- motivating us to become 'meek and humble of heart!'- like him and like his Son.

Today, 19 March 2019, Pope Francis completes six years as Pope. It was not without reason that he chose this day to begin his Pontificate. St Joseph has always been very special in his life. He shares a 'personal secret', "I would like to share with you something very personal. I like St Joseph very much. He is a man of strength and of silence. On my desk in my room, I have a statue of St Joseph sleeping. While sleeping he looks after the Church. Yes, he can do it! We know that. When I have a problem or a difficulty, I write on a piece of paper and I put it under his statue so he can dream about it. He now sleeps on a mattress of my notes. This means please pray to St Joseph for this problem. That is why I sleep well: it is the grace of God!"

Today we celebrate St. Joseph and Pope Francis! At the same we realise that we desperately need today a person who is Just, Open, Sincere, Embracing, Protective, Humble!

Not one, but many everywhere! Let us pray to St Joseph for this grace and have the courage to place big posters everywhere with the words 'WANTED: JOSEPH' emblazoned on it! Hopefully someone may find us!

*(Fr. Cedric Prakash SJ, is a human rights activist.

Contact: cedricprakash@gmail.com

Royal Christian Family MATRIMONIALS - BRIDES

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

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

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

6908. MUMBAI : Mangalorean Roman Catholic spinster, (Born in July 1992), Ht. 5' 2", Wt. 53 kgs, Fair Complexion, Edn. B.Pharm + PGPBA., working as Sr. Executive in Pharma Packaging. Contact email : anaita.lobo@gmail.com

6907. MUMBAI : Mangalorean Roman Catholic spinster, (Born in May 1987), Ht. 5' 6", Wt. 70 kgs, Fair Complexion, Edn. B.Com., working for American Bank as a Bank Teller. Contact email : carolp_1987@yahoo.co.in

6905. ABUDHABI : Mangalorean Roman Catholic spinster, (Born in July 1989), Ht. 5' 1", Wheatish Complexion, Edn. Master in Commerce (Finance), working as a Secretary cum Accountant. Contact email : steffifernandez798@gmail.com

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

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

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

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

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

6887. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in August 1989), Ht. 5' 5", Wt. 50 kgs, Fair Complexion, Edn. M. Sc., (Nursing), Nurse by profession. Contact email : mauricequadras@gmail.com

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

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

6881. MUMBAI : Goan Roman Catholic Spinster, (Born in September 1990), Ht. 5' 5", Wt. 64 kgs, Fair Complexion, Edn. MDS in Endodontics, working, Seek alliance from well settled RC Bachelor upto 30 yrs. Kindly reply with full details & Photograph to email : virgo14_1990@hotmail.com

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

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

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

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

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

6775 AUSTRALIA: Australian citizens of Indian Christian origin residing in Sydney seek matrimonial alliance for their daughter: Age: 43yrs Ht.: 5'4", Wheatish complexion, Beautiful with black hair Understanding, trust worthy, physically active, having a pleasant & affable disposition with strong family values and social networking skills. Marital Status: Divorcee/Female living in New South Wales Australia (has no children) Annulment in progress. Well educated employed in the Australian Financial Sector in a responsible position.

Expressions of interest are solicited from eligible male suitors meeting the following criteria: Must be Christian settled either in Australia, UAE, Kuwait, Bahrain, North America, Canada Age: under 47yrs Marital Status: Bachelor or Divorce (with no children) Personality traits: Suitor must be healthy with a pleasing personality & strong family values. Height :minimum5'8" Suitors with strong financial resources pursuing either a Professional/Corporate/ Business career will be highly favoured. Interested suitors are requested to send profiles to the follow9ing email: sme94427@bigpond.net.au

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

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

Royal Christian Family MATRIMONIALS - GROOMS

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

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

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

6904. MUMBAI : Converted Roman Catholic issueless Divorcee, (Born in April 1971), Ht. 5' 8", Wt. 76 kgs, Wheatish Complexion, Edn. B.Sc., MBA, working as a Territory Manager. Contact email :

sudeeptalukdar2003@gmail.com

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

7024. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in April 1980), Ht. 5' 9", Wt. 65 kgs, Wheatish Complexion, Edn. SSC / Diploma in Electricals, Having own Business. Contact email :

jeny22_m@yahoo.co.in

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

6796 MUMBAI : Mangalorean Ro-

man Catholic Bachelor, (Born in August 1985), Ht. 5' 5", Wt. 68 kgs, Wheatish Complexion, Edn. BE-IT & PGDM - Operations, working as a IT Audit. Contact email : shawndsai185@gmail.com

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

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

jane_3105@yahoo.co.in

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

sudeshmascarenhas@gmail.com

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

6857. AUSTRALIA : Mumbai born and broughtup Tamilian Roman Catholic Bachelor, (Born in July 1988), Ht. 5' 10", Wt. 60 kgs, Wheatish Complexion, Edn. B.A., IHM., Working as a Store Associate in **Australia** and is a permanent resident. Contact email : simonsigo31@gmail.com

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

in **DUBAI**. Contact email : joslyn.gomes@gmail.com

7011. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in September 1983), Ht. 6', Wt. 75 kgs, Wheatish Complexion, Edn. MBA Electronics and Finance, working as Research Electronics. Contact email : canute.serrao@gmail.com

7010. BAHRAIN : Mangalorean Roman Catholic Divorcee, (Born in June 1985), Ht. 5' 11", Wt. 76 kgs, Wheatish Complexion, Edn. HSC Diploma in food & beverage, working in 4 Star Hotel Bahrain. Contact email : tenthmay@yahoo.com

6996. MUMBAI : Tamilian Roman Catholic Bachelor, (Born in September 1990), Ht. 5' 5", Wt. 75 kgs, Wheatish Complexion, Edn. BMS., M.Com., MBA in Marketing, working for L & T Infotech. Contact email : rodnidavid@gmail.com

6994. AUSTRALIA : Mangalorean Roman Catholic divorcee, (Born in April 1959), Ht. 5' 11", Wt. 80 kgs, Wheatish Complexion, Edn. Dip. ITI Course, working as a Technician. Contact email :

ninearies21@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 OR Mob.: 8459353089 / 7407814175

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Email : royalchristianfamily@gmail.com

Royal Christian Family MATRIMONIALS - BRIDES

7023. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1992), Ht. 5', Wt. 55 kgs, Fair Complexion, Edn. B.Tech - Biotechnology, working as a Biotechnologist. Contact email : seherarakel@gmail.com

7006. DUBAI : Mangalorean Roman Catholic Spinster, (Born in June 1987), Ht. 5' 4", Wt. 68 kgs, Wheatish Complexion, Edn. B.Com., working for Bank. Contact email : liddysouza@gmail.com

7015. MUMBAI : 35 years, Roman Catholic Spinster, (Born in February 1983), B.Com., LL.M., working in a MNC in Mumbai, seeks alliance from well educated and well settled bachelor. Kindly reply with profile and photograph on the email ID : alliance3525@gmail.com

7014. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1992), Ht. 5' 1", Wt. 45 kgs, Fair Complexion, Edn. MMS (Finance) working as a Finance Executive in Limited Company. Contact email :

eva_hpereira@rediffmail.com

7013. MUMBAI : East Indian Roman Catholic Spinster, (Born in November 1989), Ht. 5' 2", Wt. 61 kgs, Fair Complexion, Edn. M.Com., PGDFM., working as a Financial Analyst, Contact email : dmelloraymond23@gmail.com

6995. NEWDELHI : Goan Roman Catholic Spinster, (Born in March 1992), Ht. 5' 3", Wt. 58 kgs, Wheatish Complexion, Edn. MBA, Real Estate Professional. Contact email : tanya2gomes@gmail.com

6900. MUMBAI : Mangalorean Roman Catholic spinster, (Born in May 1989), Ht. 4' 10", Wt. 51 kgs, Wheatish Complexion, Edn. BMS., Marketing specialization, working as a Customer Support. Contact email : pereira1189@yahoo.com

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

6791. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1987), Ht. 5' 5", Wt. 67 kgs, Wheatish Complexion, Edn. C.A.,

Working as a Senior Specialist, Seeks a suitable match. Contact Email : jolie_rosetta@yahoo.co.in

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

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

faith_forever_2017@yahoo.com

6782 MANGALORE : Mangalorean Roman Catholic Spinster, (Born in April 1992), Ht. 5' 3", Wt. 50 kgs, Fair Complexion, Edn. BHM, working as a Receptionist. Contact email :

savinajmascarenhas@gmail.com

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

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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 an 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

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

MATRIMONIAL

6903. MUMBAI : Mangalorean Roman Catholic spinster, (Born in June 1987), Ht. 5' 4", Wt. 75 kgs, Fair Complexion, Edn. B.E. (EXTC.), M.S. (International Business Management), working as a Client Consulting Manager. Contact email : mendonca_luke@yahoo.co.in 12018anselm@yahoo.com

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(Contd.. from p. 14)

standpoint. it actually has numerous benefits. 'Belly Fit', on the other hand, is a modern trademarked, standardized, Holistic Fitness System for women which is a workout designed by Alice Bracegirdle who is the CEO and Co-Founder of 'Belly Fit Enterprises'. Within 60 minutes the movements activate, heal and empower the uniqueness of the female body - hips, belly, uterus, and pelvic floor. A participant, a female, can be anywhere around 12 years of age till about 60 years. Beyond that there is something called as 'Belly Fit Flow' for senior citizen women. It's about being connected to who we are - strong, sexy and sacred, with or without flat abs! I have successfully conducted several demos so far and reached out to around one thousand women all around Mangaluru city and further on. Soon it will be Mumbai" So, here is your big break girls and ladies.....our own Mangalorean pioneer expert and hero is committed to set you on a great path to health, wellness and beauty - 'Belly Fit' is the key. So, no more waiting where ever you may be! Good Luck, God speed.

-By: Ivan Saldanha-Shet. M'luru; in discussion with Ms.Sharlaine Sequeira.

Inviting local area representatives / promoters for Religious Items of home and individual use (Christian based)

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(Contd.. from p. 15)

which will lay down concrete goals and objectives to be realized in a time-bound manner.

- 13. We shall promote ecumenical and inter-faith dialogue, where we shall stress on servant Leadership.
- 14. We commit ourselves to collaborate with lay faithful and religious men and women so that the Church can benefit from their rich resources.

The Priest-Delegates
At the XVII National Meeting of CDPI
Gianodaya, Jalandhar, Punjab
March 1, 2019

*Shared Contributed by :
Fr. Michael G.
Vasai (N) Dr. Palghar, 401203.*

(Contd.. from p. 13)

FEW THINGS TO PONDER OVER

A group conversation is war! You need to know when to be civil but you also need to know when to strike. Sometimes the only way to get a word in edgewise is by interrupting. Unfortunately, every group is different, so knowing when you can get away with interrupting varies. The only way to know for sure is to take risks and practice. If you try your best to be polite, you can find the right timing and eventually become an expert at interjecting. Keep things light, apologise and use humour to disarm them if you're able. If you have a friend in the conversation already, jump in when they're talking or use them as a way to get your foot in the door. You won't be the only one to try to interrupt, so don't feel too bad. When others try to interrupt you, pick your battles.

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(Contd.. from p. 17)

QUICK TIPS TO STAY HAPPY IN TOUGH TIMES

- Remain optimistic.
- See the big picture.
- Unwind with some form of entertainment.
- Go into 'survival mode' if necessary.
- Relax and get some fresh air.
- Remain focused on what really matters.
- Give to others in need.

(Contd.. from p. 16)

And so, Pilate sentenced Jesus to be crucified at a place called "The Skull" and along with two criminals on either side. The Roman soldiers crucified them. They nailed a sign on top of the cross above Jesus with the words: King of the Jews.

One of the thieves turned to Jesus and said, "Remember me when you come into your kingdom". Jesus replied "Today you will be with me in Paradise. This is a solemn promise. (Lk. 23:42-43).

About noon Jesus cried out, "My God, my God, why have you deserted me" (Mark 15:33-34). This exclamation of Jesus reminds us that Christ was human and had a human soul. A few hours later Jesus made another cry and let out his spirit.

Jesus was dead. His Passion and suffering was over. Amen.

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Vote ! Not for NOTA

It seems that the hectic pre-election campaign preceding the 2019 general elections in India, does not take citizens welfare seriously. Political parties indulging in mud-slinging, accusing one another of not doing anything while in power, are working on the negative track, not conducive to citizen. Every voter hopes for a better India and development that will lift up all sections of society. Every Indian wishes to have a government that will bridge the widening gap between the rich and poor in this country. We wish for harmony, fraternity and brotherhood that will leave doors open and heads held high! So when we are discriminated against on the basis of religion, diet, dress, class or caste and are refused equal treatment or opportunities to develop, we feel cheated because the Constitution of India promises to **“secure to all its citizens-**

JUSTICE, social, economic and political;

LIBERTY of thought, expression, belief, faith and worship;

EQUALITY of status and of opportunity; and to promote among them all

FRATERNITY assuring the dignity of the individual and the unity and integrity of the Nation.

How can people in a Democracy be subjected to deprivation that makes them non-entities in the country of their birth? Present social conditions cry out for employment, healthy agricultural scene, easy and affordable access to health care, protection of environment and infrastructure meant for the use of all classes of people. But aspirations and hopes are trampled under the juggernaut of corruption, favoritism, strong prejudices and blind allegiance evident in society. So we are disillusioned and brand all parties and politicians as ‘good-for nothing’ and



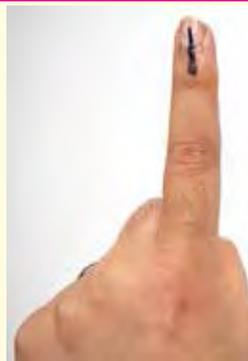
by Vera Alvares

either boycott the elections or press the NOTA (none of the above) button with vengeance!

Eminent and enlightened citizens are expressing the view that the ‘Secret Ballot’ or VOTE is a weapon given to every citizen above 18 years by the Constitution to elect a government **‘For the people, by the people, of the people’**. If we fail to vote, do we have the right to sit in our comfort zones and grumble about the deterioration around? Do not lose your right to vote and be an enlightened voter, because if the candidate you elect to the Parliament, Legislative Assembly or Municipal Corporation will have the power to make or break your life. Also it is essential to know the functions and responsibilities of elected representatives at all rungs of the government, lest we ask our MP to clean our roads and the Corporator to make laws!

The noble Statesmen, capable administrators and persons of integrity wanting to serve India and its people, may have passed on, but it is our duty to cast our vote and elect the one candidate who has the potential and the willingness to be a ‘public servant’. You owe this to your country, to the next generation of Indians and to the millions of Indians struggling to survive. Check the track record of a candidate, intentions, economic status, agenda, honesty and do not be disappointed if none of them measure up to your expectations. Vote on the basis of your own experience, vote for better living standards, future of your children and a peaceful existence, vote for yourself!

Against the dismal conditions prevailing in the country, a list of demands by the citizens seems to be futile! But at every elections, citizen groups come together and prepare a “CITIZENS CHARTER”, a list of their



‘preferences’ to present to the candidates. That promises to abide by the charter have been freely made and broken is another matter. Here is another futile attempt at communicating with the future government.

This is to create awareness and trigger a thought-process among Indians, to be read and discussed.

1. Candidates elected on the ticket given by one political party, cannot jump to another party till their term ends.
2. Each candidate should contest from one Constituency only. The irony of it is if he or she gets defeated even in one Constituency, means citizens do not wish him or her to join the government. And where does it stop- two or ten constituencies?
3. If elected they should be accessible to the voters and make every attempt to honour the opinions expressed by them. It is the general belief that if the government uses the tax-payers money for projects opposed by them, such people are not working for the welfare of the people of India.
4. Being elected to form the government is not a job. There is no age limit, no restrictions, hefty salary and perks so why the pension? Also elected representatives, who do not attend Parliament or Assembly, should be paid only for the days they attended.
5. Laws for Indians should be enforced in a similar manner for all.

The image of the politician bowing low before us, asking for votes will soon be replaced by the very same ones expensively clad, in luxury cars, amidst a posse of guards zooming from place to place. But do not lose hope. How can we remind those in power that water sources, forests and clean air sustain life and will make India a green and clean country? So stand up and be counted among those shaping the destiny of India, by voting!

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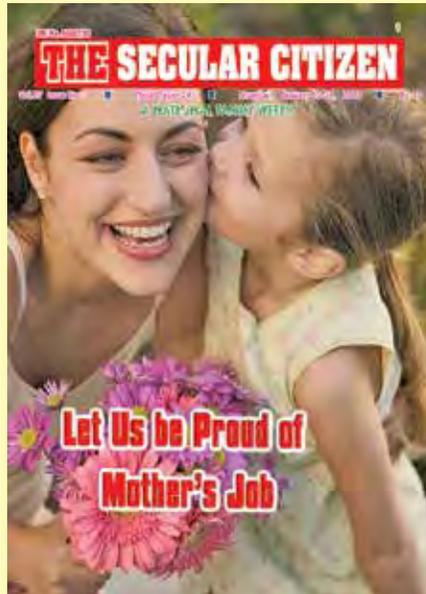
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