

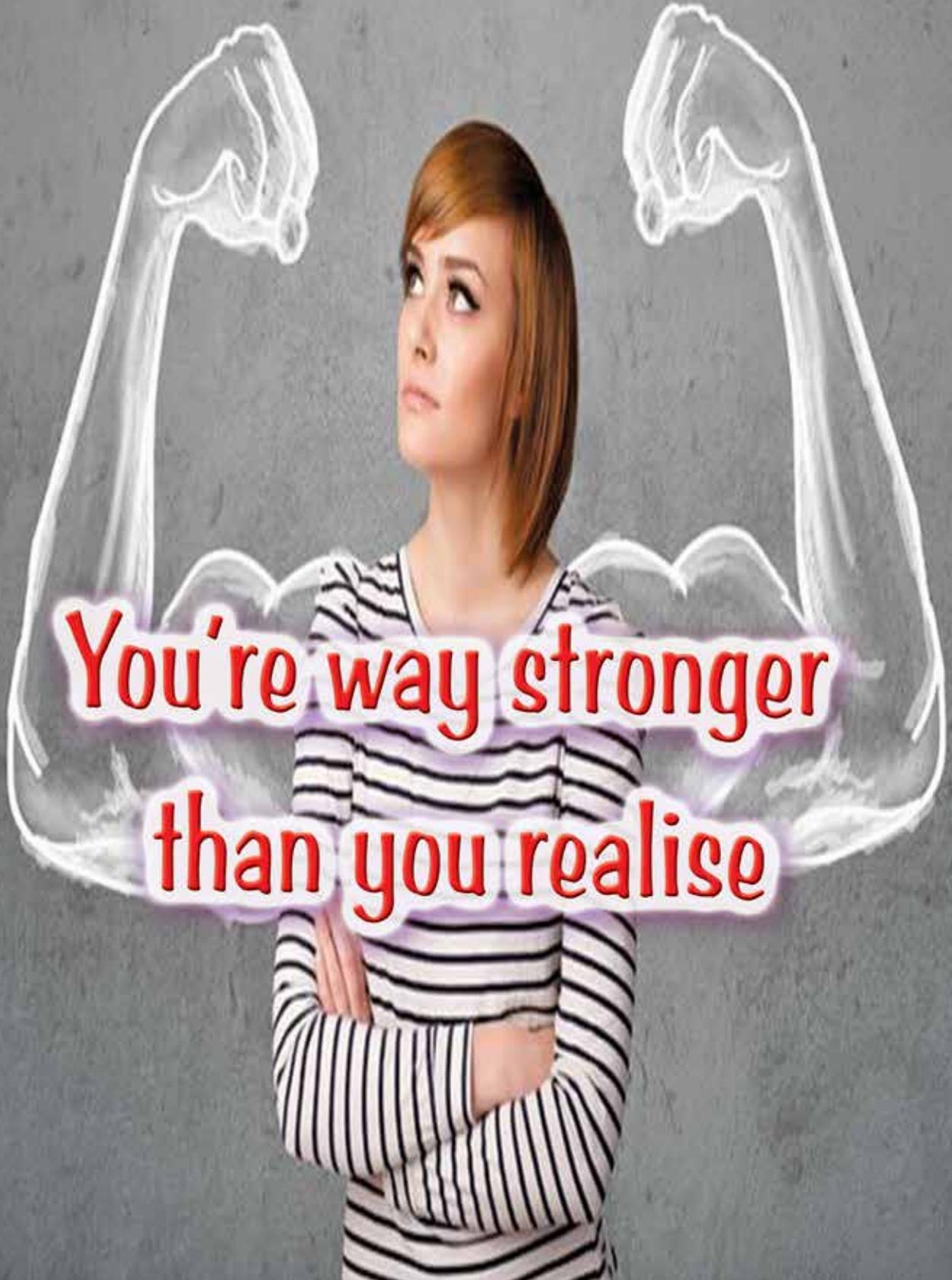
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THE SECULAR CITIZEN

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A NATIONAL FAMILY WEEKLY



You're way stronger
than you realise

AFJ Pro-Life Celebrates 40 Years Of Its Spiritual Guardianship (1979-2019)

by Melvyn Brown



A wave of prayer and thanksgiving at the Divine Mercy Chapel last Sunday reached out to all the Ambassadors for Jesus in the Archdiocese of Calcutta. It was a special day to rejoice in all the efforts made to protect the unborn child in its Spiritual Guardianship project.

The abortion debate goes on, not only in the U.K., the U.S.A., but in many countries across the world. The lives of unborn children are under threat. The pressure keeps mounting. Respect for human life must be our priority always.

The Ambassadors for Jesus over the passage of forty years have organized several projects on the theme of Pro-Life. I have met the late Mother Teresa in Calcutta; spoken to her about the AFJ Prayer effort in Pro-Life, and Saint Mother Teresa gave me her blessings. That was a time when the Missionaries of Charity were circulating their "Safe-Cycle plan" in their Planned Parenthood mission.

India's Roman Catholic population accounts for almost 13 million, or just 1.7% of the country's over 1 billion people. As Founder and director of the AFJ lay apostolic movement, I had introduced the idea of Spiritual Guardianship through the power of prayer. It was quite simple: A person takes on the effort to be a Spiritual Guardian to an unborn child (wherever in the world), who will live and not be aborted.

Life at the moment of conception is a human being and has the right to live. Our hope is that in some distant future this dream will galvanize the Catholic Church and God's people through one of these 'rescued' children, help boost the vision of "one flock under one shepherd".

Any baptized Christian can be a Spiritual Guardian. There is no age limit. The spiritual revival of a dream comes through a drive unremittingly belonging to the individual.

It is stated in Canon Law 1398 that a person who actually procures an abortion incurs (a penalty automatically) of excommunication.

Arthur Rubenstein, the famous pianist said, I quote his exact words: "My mother did not want a seventh child, so she decided

SHAKTI -

what does it mean to the common man?

Recently, India conducted its first anti-satellite (ASAT) missile test, called "SHAKTI", successfully destroying a low earth orbit satellite in space by using a missile which covered a distance of 300 km to engage the target. This has been touted as a major achievement for the country. **We understand, this Test places India in a select group alongside the US, Russia and China, countries with demonstrated anti-satellite capability.**

Are we proud of this status that our country has gained - in the group of developed, super powers ? We have competed with these nations in the field of Science & Technology - well that's Great ! In fact, our prime minister announced this achievement in a specially televised speech to the nation.

Now lets' get down to ground realities. The other countries referred to have made great strides in all other fields besides Science & Technology. **Where do we stand in comparison - corruption for instance? India averaged 75.67 from 1995 until 2018.**

What does this Shakti mean to the common man ? In simple words, Shakti means strength. How much strength does the common man in India have ? The farmer does not have the strength to bear the recurring losses on his farm and gives up his life. The small businessman does not have the strength to bear the losses in his business. The salaried class is weighed down by Income Tax. The common man is weighed down by the rising prices of daily provisions. **One tends to ask, what does SHAKTI mean to the common man ?**

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

to get rid of me before I was born. Then a marvelous thing happened. My aunt dissuaded her, and so I was permitted to be born. Think of it. I was a miracle".

It was indeed a miracle, none of his mother's children made a mark in the world, and Rubenstein turned out to be one of the greatest pianists the world has known. It is my belief that somewhere in the world the life of a child will be saved because of your constant and determined effort not to break the chain for 9 months - praying for only a few minutes each day.

Permit me to draw your attention to the AFJ Constitution (introduction) where it is written: "Our journey through life is a pilgrimage of love whereby we stop along the way to accommodate and assist our fellow brethren, to unite divisions in the Church, to save an unborn life from destruction, to grasp the vision of seeing a flash of God's glory in the smallest encounter."

You can contact me for further particulars and receive after your registration (free) a special prayer card with instructions

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2019 Elections – Vote Wisely

By Don Aguiar

We have 2 options this elections: #2019 elections.

**One whom we all think is an idiot
And the other who thinks we all are idiots.**

Once a Lion announced he will distribute free woollen shawls if he is elected King of the Jungle, One sheep who was his supporter asked “from where will the wool come from?”

The Lion laughed.

Not related to #Minimum Income Guarantee NOR #promises made by a so called Chowkidar and his party on his campaigning during the last general elections and his subsequent behaviour and #the turn of events we the people are experiencing in relations to the Chowkidars promises.

My son's new college, just like our recent government (I should stop saying “new”, it's been almost four year in this place.) has opened up a lot of opportunities to everyone joining it. I don't mean career wise, those are in abundance, I mean in, for a lack of a better phrase, extra-curricular activities such as smoking, drinking, consuming drugs, fake news, corruption, bribing, etc.

All of those, to the best of my knowledge, alter your state of awareness, your train of thought, and your way of thinking. All the people who partake in these activities, are aware of this (except probably first timers, who are curious), and it is their decision if they want to partake in the consumption of above mentioned substances.

We the people are in a state of awareness of this government imposing their ideology of a Hinduvita India and now must decide this election if we want to elect a government of a Hindu India which follows the principles of Mahatma Gandhi and the like which is secular, progressive and democratic OR we continue with a Government of a Hinduvita India whose agenda is to establish a Hindu Rashtra which takes you back centuries to the Mahabharata and the like.

(Contd.. on p. 4)

We all like to think of ourselves as free men and women, who can do whatever they want as long as it is not morally wrong (and all the laws in any country are only legislated if they are morally wrong) I don't think doing anything that does not do anyone else harm as wrong, even self-harm, because it is your conscious choice to do it. If you drink and then hit others then if that is illegal I have no qualms about that. Is it illegal to drink with your close ones inside a safe place, what the hell is wrong with that? Why is that illegal?

Consuming drugs is bad for your health, and so also fake news, corruption, bribery is bad for the growth of the nation. I agree with the fact that there are many health risks that a human body undertakes whenever it consumes a drug, or spreading fake news, etc. but it is, once again, your choice to neglect those consequences and enjoy a nice high.

Did you know that in ancient times the people who participated in the use of psychedelic drugs were worshipped by the locals as they believed it to be spiritual, there are still people who believe in this, I personally know of tribes in the amazon basins which consume a psychedelic drug called Ayahuasca, (pronounced iowaska), which is an entheogenic brew made out of Banisteriopsis caapi vine and other ingredients. This particular drug gives you seizures and nausea but the tribes still consume it, because for them, there is nothing wrong with altering their state of consciousness. They do not abide by constitutional laws made by people who have no

clue about most of the laws that are made. In fact, people from all over the globe actually flock to those tribes in hopes of being allowed to consume this particular drug. Which is similar to the educated Indians being brain washed by the media which is now controlled by this right wing government or with the right wing ideology of the ruling government that has been camouflaged beautifully leading these educated Indians to be eager to implement this ideology of a Hindu Rashtra no matter what the consequences be upon them on one side and to the Muslim and Christian minorities on the other side.

We are intelligent and informed people and should not shirk our responsibility or be lazy like this tiger.

The donkey said to the tiger, 'The grass is blue' Tiger said, 'No grass is green.' Then the discussion became intense. Both of them are firm in their words. To end this controversy, both went to Lion – King of the jungle.

In the middle of the animal kingdom, sitting on the throne was a Lion. The donkey started yelling before the tiger could say anything. "Your highness the grass is blue isn't it?" Lion said 'yes! The grass is blue'.

Donkey, 'This tiger does not believe. Annoys me. He should be punished properly'. The king declared, 'Tiger will be jailed for a year'. King's verdict was heard by donkey and he was jumping in joy in entire jungle. The tiger was sentenced to one-year jail.

The tiger went to the Lion and asked, 'Why your highness! Grass is green isn't it? Lion said 'Yes! Grass is green.' Tiger said' ... then why am I sentenced to jail?'

Lion said, "You did not get punished for the grass being blue or green. You have been punished for debating with that stupid donkey. Brave and intelligent creatures like you have argued with a donkey and have come here to get a decision.'

In these times when the hues of the tricolour are distilling into a monochromatic saffron and religious intolerance is rising its ugly head upon Muslim and Christian minorities we need to exercise our vote wisely, give it to the best candidate, just don't debate with donkeys or you will be punished for the next 5 years.

But getting to my point, we believe ourselves to be free, but are we? Consciousness is perhaps the sole most important thing to anyone, and that is also the main reason for the fear of death in people, as the dead do not display any form of consciousness, and we do not want to exist anymore consciously. Consciousness is the foundation of literally everything, if you are not conscious, then you are nothing.

So the decision to alter your state of consciousness is yours and yours only, it is no one else's. Think on it, and just wonder what else the mass media has brainwashed us into believing, as the only reason we find it to be morally either right or wrong. And why is it morally either right or wrong, because you are brainwashed since the beginning of your coherent consciousness to believe it is either good or bad. But is it?

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A 'dramatic' announcement to the nation

On Wednesday virtually the entire nation came to a standstill when it was announced that the PM would make an important announcement, and understandably so as the last time he made an announcement it was to announce demonetisation. After some dramatic delay, which kept the nation on tenterhooks, the PM came live on TV to announce that our scientists had hit a target in space using anti-satellite missile technology, only the fourth country to do so. A great achievement by our scientist considering the it was a moving satellite about 300 kms away thus needing perfect timing.

However the timing of this experiment was not to the liking of the opposition, and justifiably so as the model code of conduct is currently in force. Added to this is the fact that the technology was already in place in 2012; it only had to be tested. Moreover, as the credit for this achievement goes to the scientists, the announcement should have been made by one of them.

—Prof Robert Castellino
Mumbai

Aged & Sick exploited at polls

With polling day fast approaching all over India, it is necessary that people be aware how the aged, helpless and sick are cruelly and illegally exploited by vested interests on polling day. They are of no consequence at other times, in this regard when it

concerns the helpless in mind and body, they are exploited on polling day. Mainly those who have control over these unfortunate souls, who are totally unaware of goings on around them. It's a matter of total manipulation and exploitation on that one day. This election around the "cVIGIL" App, may be able to prevent and take action on the unscrupulous elements.

Politicos, their touts, with responsible people in the social strata, kith & kin, care takers in institutions, are all hand in glove in this atrocity. These, aged, sick and paralysed people advanced in age, senile, not aware of the reality, are dragged to the polling booths, in vehicles provided by agents of candidates, to cast votes unmonitored favouring the party/candidate who has a hold in the case. This is commonly seen in homes/houses, institutions/ashrams, and so on. This is illegal and not in keeping with humane norms.

Only authorised Govt officials and SVEEP authority has the mandate to arrange for such persons, without posing a risk, to be taken to the polling booth to cast votes in a free and fair manner with consent. No, transportation or coercion of politicians and their agents must be allowed; as invariably there are gartifications/considerations like money and material that change hands - a blatant criminal, illegal and immoral crime. The authorities concerned must seriously with care monitor and prevent such exploitation that have been rampant in past polls in the name of good of nation, which is a myth.

—Ivan Saldanha-Shet
Mangalore.

On choosing the right

candidate

General elections 2019 and Assembly elections and by-polls in some states are now at our doorstep. Political parties are going hammer and tongs at one another, leaving no stone unturned in their no-holds-barred campaigning, even as we are witnessing defections galore by elected members after being wooed relentlessly by rival parties with promises of crores of rupees and ministerial berths. We are seeing this happen in Maharashtra and now, Goa takes the cake with disparate alliance partners of the BJP govt in Goa calling the shots and claiming their pound of flesh. Two deputy chief ministers were appointed only last week in the new Goa govt to appease the two alliance parties. This week one has been sacked and replaced with a defector from the alliance party. Yet another alliance defector has been inducted into the Goa cabinet. Earlier two Congress loyalists defected to the BJP and are now contesting the by-polls on a BJP ticket. This is the sad state of governance in the smallest state. So, in this dismal scenario, what can the poor voter do even after voting for a clean candidate, given the spate of betrayals and backstabbing going on, with candidates switching parties and loyalties after being elected. And when power corrupts later, what voice does the poor voter have in this filthy game of politics?

—A. F. Nazareth
Porvorim, Goa.

' Jesus Christ's sandals '

Jesus sandals are called Jandals - a light sandal with a thong between the big and second toe - a flip flop flip flop and are made of unprocessed leather dry grass and have strings or ropes of simple cheap sometimes with golden or silver beads or gems added and are displayed in the Prum Abbey in Germany and are considered the most notable of church rel-

(Contd.. on p. 19)

Indian voters must 'avoid terror of pseudo-nationalism'

rose to power in 2014.

They claim any individual or institution that fails to conform to the BJP's ideology is branded unpatriotic.

The statement from the council's executive secretary, Father Savio Fernandes, also warned voters to avoid siding with "corrupt defectors" who move from party to party, their only concern being the pursuit of victory and power.

"These people are actually cheating the voters," Father Fernandes told ucanews.om.

"People vote for them based on a party and its ideology ... but they easily change their views without any consideration for voters."

His small state on India's western coast can elect two members of the 543-seat parliament. However, it must also fill three state legislative seats after two Congress party legislators quit and joined the BJP last year.

Roughly a quarter of the state's 1.4 million people are Christians, mostly Catholics.

"Another evil is the blatant engineering of defections in violation of the people's mandate. Moreover, persons who deceive and betray people's trust should have no (place) in a democracy," the statement said.

The BJP has been criticized for poaching rivals and dabbling in horse-trading to unseat Congress governments, particularly in Goa and several predominantly Christian northeastern states.

Father Fernandes said the guidelines were not devised to shape people's thinking but are meant to help Catholics make a wiser and more well informed choice when they cast their ballots.

"It's part of Church's social responsibility" to issue such pastoral letters, the priest said.

Source: UCAN

New Delhi: Ahead of the general elections in India in April, Church officials have issued pastoral guidelines asking Catholics to reject candidates who espouse certain ideologies and vote for guardians of secularism and democracy.

Cardinal Oswald Gracias, president of the Catholic Bishops' Conference of India, joined other regional bishops in issuing a set of guidelines.

The latest comes from the Kerala Catholic Bishops' Council, a regional forum of bishops in southern India, favoring candidates who respect the country's secular constitution and related institutions.

It is due to be read out in all Catholic parishes in Kerala on March 31. While it offers guidance and advice, it also stresses that the Church does not favor any specific political party or ideology.

The circular, printed in the local Malayalam language, entreats parishioners to support candidates who are committed "to the values of secularism and democracy" and who will work for the "integral development and unity of the nation."

The message comes as Prime Minister Narendra Modi's pro-Hindu Bharatiya Janata Party (BJP), is seek-

ing a second term by placating Hindu voters and sensibilities.

Critics say the BJP leaders plan to amend India's secular constitution to align it with Hindu nationalism and create a Hindu nation if voted into power, even though the party fielded two former Christian pastors for the state elections in November.

However, the Kerala bishops are promoting the view that India should be governed by leaders who will protect its rich heritage of religious and cultural diversity. They oppose all forms of religious fanaticism.

Cardinal Gracias in his pastoral letter asked Catholics across the country to "pray and to discern in prayer what is best for our country. We have to vote judiciously."

The Church hopes the six-week election that starts on April 11 "will give us leaders who listen to the people, understand our anxieties and their needs, and respond positively," the cardinal wrote in the letter dated March 14.

He urged voters to elect leaders who "understand authority is service," and who would work for the benefit of the economically poor, socially oppressed Dalit and tribal people while also focusing on communal harmony, national integration, and environmental conservation.

In the Christian stronghold of Goa, a former Portuguese colony north of Kerala, the Church's Council for Social Justice and Peace issued a statement on March 26 imploring voters to reject the "terror of pseudo-nationalism."

Political and rights activists have been complaining about a growing atmosphere of intolerance after the BJP

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“Days of Anger and days of tears are here....”



An old Latin poem begins with these words: “the days of anger and the days of tears are here. The poem taught by an old Spanish Jesuit father Arze in 1960 and we greatly enjoyed the lesson. That was in Andheri - Bombay - Vinayalaya. “Dies ire dies..!” Every general election time in India is “dies ire...” The General Election days are announced and every political party is gearing up with only one aim - win at every cost, by hook or by crook!

In our country, The Election Commission is supposed to be an autonomous - self guiding - body. Unfortunately, of late, many incidents of undue interference of the government are reported. Many government agencies in order to hide their failures and malpractices, interfere in the workings of those autonomous bodies. We hear the present government did turn and twist the Reserve Bank functioning and imposed the ‘notebandhi’. Millions have lost their daily bread and jobs....

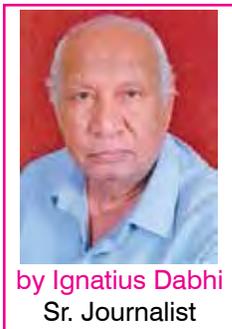
Three dates in UP during the month of Ramazan will disturb the millions

of fasting muslims. Will there be a low voting? Will the BJP profit by the low voting in this areas? There is anger among muslims.... Is the Election Commission in anyway, under the influence of the ruling BJP government ?

Political pundits say that this General Election will be unique in many ways. Some have already predicted that there will be open fights and bloodbaths... Modi knows it very well that there is no ‘air’ of any kind and every government cupboard has many skeletons to hide. Modi government has failed on many fronts. Modi men’s last resort os ‘Pulwama Airstrikes’... The present government has miserably failed in protecting farmers, jobless millions, the ever rising prices and rampart corruption in every public department. The rich have become richer and poor have become more poor. The apparent development has not touched the life style of the poor and the lower middle-class. People openly say that Modi gives promises - does not keep them! The BJP gives good slogans - does not follow them. Political thinkers say that no election anywhere in the world is won on empty talks of development. In India,

even after 70 years of independence, most of our life-style depends on castes and creeds. Before leaving for the United States, at the Indira Gandhi airport in Delhi, President Obama said : “as longest the country is divided in castes and creeds, I does not see any tangible progress will ever be made here....” Modi was present at the airport. All our elections in India are fought on caste fact or. The age-old caste system does not allow the helpless backward class men to come up in life. The nation’s 2.5 percent Brahmins occupy more than 70 percent of important posts in the country. Every political decision is caste-base. Our mindset is so. For Modi is the last phrase of political survival. He and his men will do everything to win... It is so with Congress, too. Rahul and his brigade will try to win. If all opposition parties unitedly fight, Modi will have a tough go. Mamta, Maya Akhilesh, Pawar, Chandrababu, with Congress fight, BJP will have to use all means to win. In short, this election is going to be unprecedented and unique. What will be the outcome? What will happened? Rahul Gandhi said : “This war between Gandhis and Godses !.....”

God save my country. God save my motherland.



by Ignatius Dabhi
Sr. Journalist

WHY OUR POLITICAL PARTIES ARE NOT SERIOUSLY LOOKING AT THE ALTERNATIVE, IF THE ECONOMIC MODEL WE HAVE FOLLOWED IN RECENT YEARS HAS FAILED TO IMPROVE PEOPLES LIVES AND REDUCE POVERTY ?

by Eric D'Sa

In the lead-up to the 2020 U.S. election, socialism appears to be on trial, especially as Democratic Party candidates such as Bernie Sanders and Elizabeth Warren have called for policies that some would describe as being associated with a socialist paradigm. What is socialism? It requires, first, that the most productive assets are collectively owned, and second, that the major decisions regarding the use of those assets are determined by some collective choice procedure. We in India as per our Constitution are a socialist nation. With a slogan of 'Gharib Hato' our late PM Indira Gandhi nationalised all major banks and the coal industry.

The standard attack on socialism implies that only one variant exists: state ownership of productive assets with centralised control over resource allocation. Yet modern socialist models are open to a mixture of collective ownerships depending on the context, and, for example, propose democratic voting to determine how much citizenries collectively wish to save or invest. These decisions may be implemented indirectly with interest and tax rate adjustments.

Most of these models also retain markets as a cheap way of getting information about consumer demand and business performance. More modest proposals to extend public capital ownership through independently managed sovereign wealth funds are likewise ignored by the standard attack. The standard line on historical experience draws attention to the flagrant human rights abuses that occurred, and still occur, under socialist regimes, mainly the Communist models.

Many people have opposed state so-

**YOU THE CITIZENS
DECIDE:**

cialism for this reason. But it must be acknowledged that others have come to different conclusions. Even some who grew up and lived in the Soviet Union until its collapse and emigrated to the west have mixed feelings. They claim, back then, people being in cinemas during the day was unheard of because everybody had a job. They reminisce about the first-rate education system and welfare provisions to which everybody had access. So even in a system that failed with the break up of Saivite Union, many people associated with it have some mixed feelings.

Similarly, the common claim that socialism cannot match the sustained economic growth generated by capitalism is false. The Soviet economies grew rapidly for some 25 years in the post-war period. Yugoslavia performed remarkably well by many economic indicators for 30 years after 1949. An opponent of socialism might interject that even if better socialist alternatives to historical cases exist in theory, they have never been tried anywhere in the real world. That may be true, but neither were any new ways of doing things be-

fore they were adopted.

The reply that the difference between technological innovation and socialist experimentation is that the latter has cost millions of lives, wrongly implies that socialists have learned nothing over the last 100 years. Fundamentally, this reaction seems to come from the contestable belief that people should not take big political gambles to improve the quality of their lives and those of future generations. Now that in Western Societies themselves are seriously looking whether Capitalism has failed them and articles even from our own Raguraj Raman ex RBI governor state Capitalism has to relook how it functions and make the necessary adjustments.

Since 1991 we as a nation have taken actions to dismantle many of the socialist policies which restricted growth. This required relook at the policies that Congress party for decades since Independence had followed. We have to give credit for this to two leaders, Narisama Rao and Manmahohan Singh who pulled back the country from an economical disaster. However since then the politicians and the bureaucracy who benefit from the control over public sector units have resisted much change to dismantle further socialist policies.

So when Narinda Modi got elected, some of our economists who believe that Capitalism will solve all the nations problems, were optimistic that with a massive mandate and required majority, Modi will be another Margaret Thatcher. His often quoted phrase of 'Minimum Government, Maximum Governance' gladdened their hearts. They overlooked the fact that during the 10 years he ruled Gujarat, he did not privatise a single state public sector company. He was a control freak who loved to control the administration and the state

(Contd.. on p. 9)

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(Contd.. from p. 8)

enterprises.

Hence though he had an opportunity of quickly privatising the large inefficient public sector units and specially loss making companies such as MTNL and Air India, he proceeded very slowly. His government sold as they say part of the silver jewels, because the economy was not doing as well as it should and when private investment had dried up, GOI had to pump in the money into development of infrastructure. With the disparity of income and wealth between the rich and the poor increasing and the jobs for the increasing number youth entering the employment market not available, there is a growing unrest in the country.

Hence may be a time has come to see if a new socialistic structure which quickly ensures that our large public sector banks and other large government controlled companies will be moved out of the control of the government, by bringing the government share holding in these companies below 50 % and once a professional management takes over, bring the Government share holding below 25%. Similarly even in case of other large privately owned companies, the family holding be restricted to be below 25%. This way large companies and banks will have wide spread public share holding. Even large foreign companies operating in our country be restricted to hold less than 50% of the equity in their Indian company. This structure with sufficiently large number of companies competing in the same field, may be able bring in a more economic growth, equitable distribution of wealth and jobs.

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In an era of deep distrust of politicians and people in civil power world over, Pope Francis comes forth as a Man of hope for a better world; as he is a man of His Word, who lives what he preaches!

Francis, The Universal Pastor

by Fr. Michael G., Vasai

In India the Congress regime became corrupt and was overthrown in 2014. The BJP that came to power did not keep the promise of bringing *Achcche din* (good days) in the country! Pakistan condition is no better. Terrorism is controlling governments in many countries. Many countries in South America are ruled by mafia groups. In such an era of deep distrust of politicians and people in civil power world over, Pope Francis comes forth as a Man of His Word, who lives what he preaches! He has gained the trust of people of all faith traditions and cultures and even the people in civil authorities across the world. He has become the hope of the world! On Feb 08, 2019 the world witnessed him as the first Pope in history to have visited the Arabian Peninsula. A demanding declaration on human fraternity was signed by him and Grand Imam Dr. Ahmed Al Tayeb of the mosque and university of Al Azhar in Egypt!

A. A Herald of World Peace:

At 52nd World Day of Peace (1st Jan. 2019) Pope announced, 'Peace be to this house!' (Lk 10:5-6) and declared *Bringing peace is central to the mission of Christ's disciples. He offers peace to those amid the tragedies and violence that mark human history.* For the Pope the "house" which Jesus speaks of is every family, community, country and continent, in all their diversity and history. *It is first and foremost each individual person, without distinction or discrimination. But it is also our "common home": the world in which God has placed us and which we are called to care for and cultivate.* Thus in the greeting itself Pope marks the whole universe as the target of his pastoral care. He earmarks the humanity as the goal of his universal pastoral ministry.

In his sermons and letters Francis is guiding the faithful from individual to family and reaches to the world politics. He takes the politicians too as 'pastors' to the poor and displaced, as the Old Testament prophets took kings as the *shepherds* of the people. In his message for the World Day of Peace, the Pope reflects on the role of "good politics at the service of peace." Those who hold political office must exercise their office in service to others, basing their work on the foundation of charity and human virtues. Pope Francis warns of the vices that can afflict politics, including corruption, xenophobia, racism, lack of concern for the environment, and contempt for exiles. He admonishes, "When the exercise of political power aims only at protecting the interests of a few privileged individuals, the future is compromised and young people can be tempted to lose confidence," He encourages politics to foster the talents of young people and their aspirations in order to promote peace. "Everyone can contribute his or her stone to help build. Some people are in the least concerned with the advancement of society or the formation of the laity, some do so in order to obtain economic benefits or some power over others. We cannot overlook the fact that in recent decades there has been a breakdown in the way Catholics pass down the Christian faith to the young.."

The Holy Father repudiates a politics of intimidation and fear, and denounces the uncontrolled proliferation of arms. Peace, he authoritatively insists, is based on respect for each person... respect for the law and the common good, on respect for the environment" as well as "the moral tradition inherited from past generations." He recalls the "Beatitudes of the Politician",

(Contd.. on p. 22)

Prayer to the Sacred Heart of Jesus and Immaculate Heart of Mary



O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys & sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the

Mass throughout the world, in reparation for my sins, for all our associates and in particular for the intentions of our Holy Father for this month.

Lord Jesus, I confide this intention (*request*) to your most Sacred Heart. Let your Sacred Heart decide, I count on you, I trust in you, I beg you to cast your merciful gaze upon me. I know Lord Jesus that you will never fail me.

I have asked you for many favours, but I implore you to place this one in your open Heart. When the Eternal Father looks upon it, He will see it covered with your Precious Blood. It will no longer be my prayer, but yours Jesus. Sacred Heart of Jesus I place my trust in you. Immaculate Heart of Mary pray for me. Amen.

Prayer to St. Michael the Archangel



St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly

pray; and do thou, O Prince of the Heavenly host, by the divine power of God, thrust into hell Satan & all evil spirits who prowl about the world, seeking the ruin of souls. Amen.

Prayer to St. Joseph



O St. Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interest and desires.

O St. Joseph, do assist

by your powerful intercession, and obtain for me from your divine Son all spiritual blessings, through Jesus Christ, our Lord. So that, having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers.

O St. Joseph, I never weary of contemplating you, and Jesus asleep in your arms; I dare not approach while He reposes near your heart. Press Him close in my name and kiss His fine head for me and ask Him to return the kiss when I draw my dying breath. St. Joseph, patron of departing souls, pray for me.

Amen. [Our Father/Hail Mary & Glory Be...](#)

Prayer to the Holy Spirit



Come Holy Spirit, fill the hearts of your faithful & kindle in them the fire of your love. Send forth your Spirit & they shall be created. And You shall renew the face of the earth. O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise & ever enjoy His consolations, Through Christ Our Lord. Amen.

Prayer to St. Anthony



O Holy St. Anthony, gentlest of Saints, your love for God And Charity for His creatures, made you worthy, when on earth, to possess miraculous powers of an exalted kind. Encouraged by this thought, I implore you to obtain for me (*request*). O gentle and loving St. Anthony, whose heart was ever full of human sympathy, whisper my petition into the ears of the sweet Infant Jesus, who loved to be folded in your arms; and the gratitude of my heart will ever be yours. Amen.

Prayer to St. Jude



Most holy St. Jude – apostle, martyr & friend of Jesus, today I ask that you pray for me and my intentions! (*Request*)

You are the patron of the impossible. Pray for me and my intentions! O St. Jude, pray that God's grace and mercy will cover my intentions. Pray for the impossible if it is God's will. Pray that I may have the grace to accept God's holy will even if it is painful and difficult for me. St. Jude, you loved our Lord, help me to love Him more.

O St. Jude, pray for me that I may grow in faith, hope and love and in the grace of Jesus Christ. Pray for these intentions, but most of all pray that I may join you in heaven with God for all eternity. Amen.

Powerful Prayer to St. Clare of Assisi



O glorious Saint Clare! God has given you the power of working miracles continually, and the favor of answering the prayers of those who invoke your assistance in misfortune, anxiety, and distress; we beseech you, obtain for us from Jesus, through Mary, His Blessed Mother, what we beg of you so fervently and hopefully, if it be for the greater honor and glory of God and for the good of our souls. Nine Hail Marys Pray with a lighted candle asking St Clare for even impossible favours for 9 days. [*Publish this novena*]

Emeritus religious 'celebrate gratitude' in Milore

"Celebration of Life" at Fatima Retreat House (FRH) Jeppu, Mangaluru, March 16, was a special day for at least 225 Senior Priests and nuns. A first of its kind event - objective of this programme was to express profound gratitude to consecrated men and women who have dedicated their lives in selfless service of God and man in various capacities. The assurance to the aging of recognition, support and accompaniment in their retired life and evening years.

Dr Ms Thangam Varghese, eminent Plastic Surgeon of Mangaluru was the Chief Guest, Rev Fr Jerome Stanislaus D'Souza, SJ, Provincial Superior, Karnataka Jesuit Province, Rev Fr Joseph Martis, Rector, St Joseph's Seminary, Mangaluru, Professor Edmund Frank, a philanthropist, Founder and Trustee of the Sylvester and Tressy Frank Foundation, Fr Maxim Rasquinha SJ, Sr Eva BS, and Ms Phyllis Maria D'Costa, Director UXCEL gave the lead.

Dr Thangam Varghese, with her message on the topic, "Secrets of Successful Ageing", said that "success" means different things to different people at different times. She elucidated on the deeper meaning of success quoting the words of Grantland Rice, "For when the One Great Scorer comes To write against your name, He marks not that you won or lost, But how you played the Game". Each one's race of life is different. But everyone has to run to the Author and Finisher of our race!

Along with talks, the organisers introduced some physical exercise too. "Yoga for Good Health" was a brief session of Yoga Exercises conducted by Ms Veena Srinivas. "Ageing - A Gift and A Task", was the topic dealt with by Fr Joseph Martis, of course one must try to keep one's always active! A Lively entertainment programme was also part of the Agenda for the day, carried out by a group of young

men and women belonging to Campus Crusaders and UXCEL. All received a memento.

In his presidential address Rev Fr Jerome Stanislaus D'Souza, SJ, Provincial Superior, Karnataka Jesuit Province, heartily appreciated the work done by the Religious. He exhorted the participants to be more human as well as more divine because that is what the world expects from them today!



by Ms. Olga Noronha, M'luru

Prof Edmund Frank appreciated the contribution made by priests and nuns throughout their lives for the betterment of society, and even in their twilight years! He expressed his appreciation to the participants.

Ms Phyllis Maria D'Costa, then read out a citation, written in the form of a poem, in her inimitable style, which was to be presented to Bishop Aloysius Paul D'Souza, Bishop Emeritus at the Celebration. Due to unavoidable circumstances he could not be present. She paid rich tributes to the great and noble service done by Bishop A. P. D'Souza, to the Diocese of Mangaluru and beyond!



A Lively entertainment programme was also part of the Agenda for the day, carried out by a group of young men and women belonging to Campus Crusaders and UXCEL. They

enacted a skit "Life is a Journey which dealt with the theme 'how God can help us overcome feelings of rejection and isolation; Gayle Rodrigues performed a Konkani folk dance which to the aging would have evoked nostalgia. The highlight of the entertainment programme was a mono-act by young Allen Rasquinha,

Another unique feature of the Celebration of Life was the unveiling by Fr Jerome Stanislaus D'Souza SJ, of the portrait of "The Smiling Christ of Javier" which is to be found in the Castle of St Francis Xavier, Navarra, Spain. Each participant received a laminated copy of the portrait as a memento.

As John Hoeven said: "Caring for our seniors is perhaps the greatest responsibility we have. Those who walked before us have given so much and made possible the life we all enjoy"! May each one of them in turn enjoy the evening of life and the lovely sunset!

THE ART OF conversation takes practice but it's not as hard as you might think. Whether it's at a dinner party, your school or over the phone,

Golden rules of great conversation

a great conversation starts when two or more people feel comfortable talking with each other. All great conversations share common elements. Familiarise yourself with each of the golden rules and you will improve your interpersonal communication skills immediately

Too often, a conversation results in wasted time and nothing productive to show for it. Conversational skills are essential. It's the way that you get to know people and the way that you show people who you are and get further in life. Here are some great tips if you need a helping hand

Learn to talk with someone :

We have a kind of habit of learning to talk at people, rather than with them. Practice involving both people in the conversation, Listen to the other person and respond to them accordingly.

Tell them things when the time is right and when the conversation calls for it, rather than lining them up in your head. Don't spend the entire conversation waiting to talk. Remember that a great conversation can't be all about you, so you should listen as much as you talk.

It's not a competition :

You don't need to one-up everything that you're told. It's a really bad habit and it's difficult to break but it's important. Being told a story isn't a prompt for you to wade in with a better, more exciting version, even if it's true. Let the person have their moment, appreciate it and tell your story at a much later date if at all. You don't want to



be the person that always has to be better.

Pay attention :

If your conversation has more than one person, you run a high chance of someone being interrupted at some point. If someone is interrupted, help turn the conversation back to them. Wait for the interrupter to speak and then ask the person they interrupted to continue.

Be polite and friendly but let the person know that you were listening and you did appreciate their thoughts. Otherwise, they could be too embarrassed to say much else.

Involve everyone :

Some shy people find it impossible to get involved in conversations. Be a good host and help them out. If someone looks timid and shy and hasn't contributed yet, ask them a question. Odds are, they want to speak but couldn't find a good topic or moment to jump in to the conversation. Just make sure you pick that question well.

Introduce people :

If you're merging groups of people or indeed single people, who know each other, then make sure you introduce them. It doesn't really matter if they will never meet again. It's polite to introduce people and it can make everyone a bit uncomfortable if it gets skipped. It can be quick and informal but make sure you offer first names at least.

Watch your default responses :

How often do you reply to something that you're told with 'I know'? It's probably more than you think. Even if you

did already know, pointing out just makes you sound kind of arrogant and rude. If you do need to say that you already knew, try saying that 'X' mentioned it the adding to the conversation. Don't just say 'I know' though. It's a pet peeve of so many people.

Don't interrupt :

Let everyone in the world finish before you start speaking, unless you're telling them that the place is on fire. It's demeaning and rude to speak over someone and it ruins the atmosphere. Learn to bite your tongue. It doesn't matter how badly you need to speak or how much you need to speak; learn to wait. It's always better to be a great listener.

Decrease personal barriers :

There's an assumption that you need to be super professional when first talking to someone. Most people like real conversations that don't force them to act like people they aren't. If you see an opportunity to joke around or personalise a conversation, take it even if it's early. It will decrease barriers from the start and the shift will enable you to have a better conversation.

HOW TO START A CONVERSATION

- Bring up current events.
- Refer to earlier conversations.
- Watch for signs of interest.
- Comment on the surroundings or the occasion.
- Ask an open ended question, without a 'yes' or 'no' answer.
- Mention a reason to leave when necessary.
- Keep a conversation flowing with small talk.

You're way stronger than you realise

STRENGTH DOESN'T MEAN you're not afraid. It doesn't mean you have all the answers. It means you have the ability to keep going, putting one foot in front of the other, even when fear and doubt say you can't. We can easily say that we are all survivors, we have all overcome adversity, we have all had our share of battles. We have all had our moments when we've fallen so low we questioned if we could lift ourselves up. Yet we have become smarter, bolder, braver and wiser from the struggles we've endured. Today, if you question what you can change, handle or overcome, remember: You can do amazing things when you decide to get strong.

Strength is more than muscle; it's mental. It is challenging yourself; pushing through when everything in you wants to quit! Most of us go about our life never truly realizing just how tough we are. At times, we might catch a glimpse and be surprised with ourselves but most of the time, we're too busy beating ourselves up over why we aren't constantly exceeding our personal best. We bring you a list of points that are actually the signs you're way stronger than you realise.

All you follow is your heart:

It takes a lot of guts to follow your heart. More than it does to do virtually anything else. That's because following your heart requires many different types of strength: the willingness to stand up for what you believe in, to weather criticism, to face your fears, to take consistent action without giving up and to get back up after you've been hit with failure. If you know what you want to do with your life and you're actively following your heart, you're far stronger than you know.

You love others without fail:

Love takes a certain measure of courage, strength and wisdom. Without

each of these things, you're not able to fully love someone. If you have someone in your life that you give unconditional love to, each and every day, you move forward with courage and toughness.

You're fine with being susceptible:

That vulnerability is weakness is one of the world's great misconceptions. Vulnerability in a person is a sign that person is strong enough to admit imperfection, an imperfection we all have but aren't all willing to admit to. If you're okay with being vulnerable you've not only found a great source of strength but you're far more likely to live a happier life than someone who is not.

You're no more afraid of failure:

If you couldn't give a crap whether you failed or not because you know you're just going to get back up and try again until you succeed, you have immense strength and a very rare ability to weather the effects of adversity. You know your weaknesses

Most people don't know what their true weaknesses are because they're not conscious enough. But you're not only aware of your weaknesses, whether it's social anxiety, perfectionism or the tendency to second guess yourself, you actively work around them and adapt what you're doing to make it happen regardless.

You've sorted your inner world:

If you've meditated for years, kept a journal or simply consider yourself very introspective and self-aware, you have a particular kind of strength that very few others have. Where most are controlled by the forces of stress, anxiety and strong emotions you're able to manage them effectively and keep them from overwhelming you.

You know it's okay to be criticized:

No one likes being criticized. However, if you don't react defensively to criticism and let it roll off your shoul-

der, that's a sign of a very thick skin. Many people react as if they've been struck in the heart when receiving criticism. But you understand that people talk because of their own insecurities - not because what they say about you is true. Their words are nothing but sticks and stones to you as you're secure with yourself and know your own truth.



STRENGTH QUOTES FROM THREE STRONG WOMEN

"You may not control all the events that happen to you but you can decide not to be reduced by them."

*-Maya Angelou,
American Poet*

"Where there is no struggle, there is no strength."

*-Oprah Winfrey,
American media proprietor*

"It's important to remember that we all have magic inside of us."

*JK Rowling,
British Movelist*

WEAKNESS :

We can't help but feel it. Life just seems so heavy sometimes. The weight of the world crashing down on your shoulders and on your heart. It's not easy but you are stronger than you know. You can handle it all.

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THANKSGIVING



May the Sacred Heart of Jesus be adored. Glorified Loved and Preserved throughout the World. Sacred Heart of Jesus thy kingdom Come.

Sacred Heart of Jesus, have mercy on us. St.

Jude worker of miracles, pray for us. St. Jude the helpers of the Hopeless cases, pray for us.

Say this prayer nine times for nine days and Your prayers will be answered by the eight day.

—A Devotee

MEMORARE



Remember, O most Gracious Virgin Mary, that never was it known, that anyone who fled to Thy protection, implored Thy help, or sought Thy intercession, was left unaided. Inspired by this confidence, I fly unto Thee, O Virgin of Virgins, my Mother. To Thee do I come, before Thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in Thy Mercy, hear and answer me. Amen.

In an emergency, say the Memorare prayer 9 times in a row (and a tenth time in thanks). Your prayer will answered.

—Lawrence J. D'Souza & Family, Borivali

Nine Rooms

Heart Transplant Clinic.
I open doors, discover
Delight or despair.
A middle-aged man,
His shell-shocked teenaged son, both
Surprised he's alive.
Slim young man, paler
Than I recall, and losing
Weight; I think: cancer.
A yellow-haired sprite
Cries, grateful for the bright
Red scar on her chest.
The next man cries, too
He is scared to live, waiting
To get sick again.
Thirty years with a
New heart, riddled with cancer,
Yet glad to grow old.
She talked nonstop, but
Not since the stroke. Now she grunts,
Eyes wide and fists clenched.
He is medically
Perfect but angry about waiting
Ten minutes for me.
Freckles and a grin,
Loves Star Trek and me, because
I okayed (one) beer.
5-month-old baby
In tow, her only question:
Are tattoos okay?
I explain, berate,
Cajole, and remember all
Those I didn't save.
The unlucky ones,
Where were their miracles?
I wish they were here.

—Michelle M. Kittleson, MD, PhD

About the Author :



Dr. Michelle Pinto Kittleson. USA, The author is part of a family of physicians in USA, hailing from Mangaluru. Dr. Michelle Maya Pinto-Kittleson, MD, PhD is Director of Post Graduate Medical Education in Heart Failure and Transplantation at Cedars-Sinai Heart Institute and Assistant Clinical Professor of Medicine/ Cardiology at the David Geffen School of Medicine at the University of California, Los Angeles (UCLA), board certified in internal medicine and cardiology. The daughter of Dr. Edward Pinto, a leading US Cardiologist and Dr. Marguerite Monteiro.

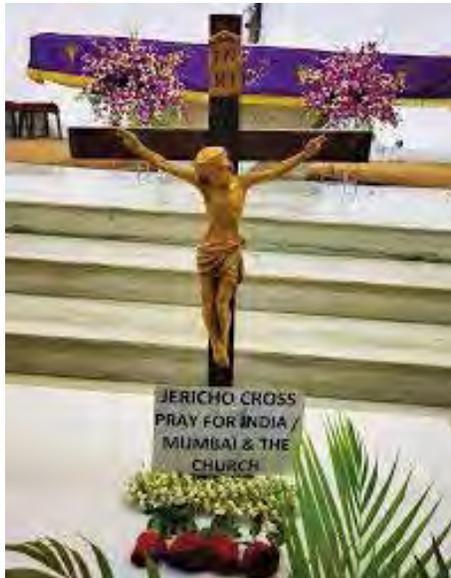
— Courtesy-Ivan Saldanha-Shet.

The Lord's Is The Battle - And The Ammunition!

"The Jericho Cross is not from Jericho as such – it is just another crucifix, from Archbishop's House." That having been said, where lies its significance for the believer in the context of its circulation in the diocese? Methinks the coming of the Jericho Cross to our parishes [across the country] has rich meaning which of course is obviously lost on those in Bombay (and probably elsewhere in India) who have attended various services related to it, particularly night vigils.

Jericho must fall!

The Jericho Cross brings to mind the lyrics of "Lift High the Banners of Love". It's a hymn that is implicit about life's every battle belonging to the Lord – in the present instance, the forthcoming battle of the ballot in which it is obvious as to who or what is the 'Jericho' that must fall! Very rightly, the Psalms invite us to make a joyful noise unto the Lord (cf Ps 100:1). **But amidst the mindless cacophony of the super-loud singing being passed as 'praise & worship', we have missed out on a beautiful opportunity to evangelize our own people in terms of understanding the power of prayer, especially in the scandalous situation prevailing in the Church, on the one hand, both universally and domestically and, on the other, the messy situation the country as a whole is presently in** [which in fact are the twin reasons for which the Jericho Cross is ostensibly being circulated]. Indeed, the question one may ask at this juncture is, 'Is screeching into the microphone supposedly in praise and worship of God the only way to pray?' Is it even the right way to pray at all? Be it a simple monthly Holy Hour or an hour before the Altar of Repose on Maundy Thursday night, or a night-long vigil with the Crucified Lord or before the Blessed Sacrament exposed on the occasion



of a parish jubilee or whatever, yelling one's lungs out as though God were deaf à la some contraption in Hindu temples where the knobs of hundreds of brass bells are banged wildly to awaken the deity, the leader of the choir's orchestra gesturing repeatedly in demand of an increase in the bass volume has become the norm. The lines between the afore mentioned prayer events and a weekly Charismatic Prayer Meeting having long blurred, and in most instances completely obliterated, how on earth do we expect our Maker in Heaven to hear our plea for a 'Jericho fall'?



by Ladislaus L D'Souza

Resource material on the subject

Jericho is a theme like no other, on which are available images and video clippings galore which, if used creatively, could effectively enable simple folk to understand what prayer essentially is all about and inspire the sophisticated to marvel at the wonders wrought through unflinching trust in God and help all without distinction appreciate better the power of faith-filled prayer. With those in charge perhaps unable to discern between prayer forms, what continues to rule the roost is so-called 'Charismatic prayer' whose most prominent feature is 'yelling' – forget 'Sing! Shout! Clap

your hands....!' It is 'Yell! Screech!! Knock the daylight out of your drums and guitars! And just scream at your holy Maker!' Strangely, 'Charismatic Prayer', with its aggressive posturing that has participants stand, sit, dance, clap, spin around like there won't be another day, has changed all prayer equations. To what purpose, one may ask. Every prayer and every song has a reason and a season even as every prayer form has its own place and role. That understanding having long taken flight, what seems to unduly reign supreme is prayer and hymns that constitute 'praise & worship'. And so it is that, even four-part harmony at Mass has been largely replaced by raucous music, both vocal and instrumental, often comprising of medleys.

Possible reasons for raucousness

The bigger question now is, 'WHY?' Just why has Charismatic style prayer-praise-&-worship apparently become so popular? **Could it be that we believers are increasingly getting jittery in the face of periods of silence that is an important feature of prayer and have found a façade in loud music to hide behind? Could it be that what silence reveals to us about ourselves when in prayer before the Crucifix or the Blessed Sacrament or even the Tabernacle is unappealing or rather difficult to digest?** If so, the loser is every participant at any given liturgical, para-liturgical and non-liturgical prayer event that lacks volume control, whether on the precincts of the parish church or wherever, those allowing for such a state of affairs becoming answerable to the Lord whom those gathered have essentially come to praise, thank and worship.

The glory of Holy Week

Coming back to the Jericho Cross, **there are on the one hand people asking what is so special about a crucifix being circulated by Archbishop's House and, on the other,**

(Contd.. on p. 19)

Catholic Culture : Liturgical Aberration

The word "ABERRATION" means "forbidden". Liturgical Aberration means signs and actions that are forbidden within the course of the liturgy. The following are some of the Aberration within and outside the liturgy;

1. Praying of individual rosary or any form of prayer inside the Church while the Mass is going on.
2. Praying in front of the statue of Mother Mary or a saint while the Blessed Sacrament is exposed on the altar for Adoration is forbidden.
3. Mixing unblessed water with Holy water is forbidden or blessed salt with unblessed water is forbidden. Have the priest bless both the water and the salt before mixing them together. Adding a small quantity of Holy water to bathing water is okay. This however, is not the same as adding Holy water to unblessed water and thinking that by that addition, the unblessed water has become blessed and can be treated as Holy water.
4. It is forbidden to make use of the Sanctuary for any purpose outside the liturgical activities like Mass, Adoration and the Benediction.
5. Using unblessed objects such as the rosary, the scapular or the medals to pray or wearing them is forbidden.
6. It is an Aberration to bow before the Blessed Sacrament in the tabernacle or while it is exposed. Rather, we should genuflect to the tabernacle or the exposed Blessed Sacrament. A profound bow is also good in the case of those who can't genuflect.
7. To take sacred objects that have been blessed to another priest

for blessing is forbidden. The first blessing cannot fade. That's why there's no need for a second.

8. Chewing of the Holy Communion like biscuit is forbidden.
9. Apart from those functioning during the liturgy on the Sanctuary, it is forbidden for people to walk in and out of the Sanctuary.
10. Lying against a priest and criticizing him publicly is an abomination with dire consequences. Desist from doing it. You can respectfully discuss the issue with the priest in private.

ABERRATIONS IN THE CHURCH

1. Requesting for prayers from the priest after Mass is not proper. The priest has already prayed the greatest prayer he can pray for you which is the Holy Mass whether your intentions are vocalized or not.
2. Receiving Holy Communion at Mass and going for confession after Mass is not forbidden. With an act of perfect contrition (contrition of love), a penitent can receive Holy Communion during Mass and go for sacramental confession as soon as possible.
3. Not doing the penance given to us after going for confession is forbidden. Without the satisfaction (doing the penance given by the priest), there is no remission of the punishments due to sin. More so, penance must not be done in a hurry.
4. It is forbidden to stand close to the priest while hearing the confession of others. A good distance is required. It is a sign of our respect for the dignity of the Sacrament of Confessions.
5. Receiving Holy Communion and singing without a moment of recollection and prayer is wrong.
6. Washing the face and hands with Holy water at the entrance of the Church is forbidden.



By Jubel D'Cruz

7. It is also forbidden to bury sacred objects like the rosary, the scapular or medals in a piece of land, foundation or in a compound (when it's not the case that you're respectfully disposing them...). It is sufficient to have a priest bless the land and sprinkle it with Holy water.
8. Hearing people's confession and calling it counselling is forbidden. Sacramental confession must be done. Anyone can counsel anyone but only a priest has the power and authority to hear people's confessions and absolve them.
9. Placing a child on top of the altar during the so called "dedication" is an aberration.
10. Saying "Holy water hasn't touched me" whenever it is sprinkled is a sign of lack of faith. It may have touched you by a drop without you noticing it.

ABERRATIONS

1. Praying in front of Marian grotto and Blessed Sacrament and afterwards, going to the chapel to pray again shows poor understanding of our faith. It is the same Jesus in the Blessed Sacrament and in the chapel
2. It is not right to greet a priest before Mass, especially during the morning mass.
3. It is wrong to call someone's name at confession.
4. Fast before receiving Holy Communion, at least one hour, if you're not sick.
5. Unless it's an emergency, don't use the aisle (central passage) during the liturgy. It is meant for processions only. Use the side passages instead.

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Inspiration!

Overcome fear of people and society

FEAR OF PEOPLE or society is more than an emotion. It's actually a psychological condition, also known as anthropophobia, similar to shyness and social phobia. A person with this condition is afraid both of interacting with and being around other people. Here is some information on how to overcome it

It is believed that anthropophobia is caused by an excessive shyness and timidity towards people. Anthropophobic people may think of them whenever they act and talk. People who have once experienced mistreatment from the other people be it at school, at home or in the society, are more likely to suffer anthropophobia than the ones who haven't. If you believe you or someone you know may suffer from anthropophobia but you're not sure, a better understanding of this condition's symptoms will probably clarify this for you

Symptoms and causes :

- Feel strong anxiety in anticipation of a social interaction or event, often days in advance;
- They typically have trouble holding eye contact with others, even with familiar people;
- They often feel nausea or sickness when interacting with others or being around others;
- Intense sweating, skin pallor or blushing are also common when dealing with other people;
- They have constant thoughts of self-doubt and self-criticism when in social settings;
- They avoid social events and interpersonal interactions and often they even just avoid leaving the house.
- They find the mere presence of other people highly energy draining and talking with people even more so.

- They seriously struggle with making conversation and being friendly with others.

What causes anthropophobia?

It is believed that genetic predispositions do play a role but it is not the dominant one. Early traumatic events from childhood regarding relating to people are often at the root of anthropophobia but not always.

Sometimes there could be a few traumatic experience dealing with others, other times they could be a lot more non-traumatic but still unpleasant experiences, other times it's a combination of the two. At a conscious or subconscious level, they have come to believe that other people are a threat to them, that they will judge them and hurt them. They have come to see themselves as unlikeable and inclined to attract the antagonism of others and social settings as dangerous for them. Thus, they fear people and they try to avoid them as much as they can.

How good news is that the fear of people can be overcome. The fact this fear can be so intense and all-encompassing is not in any way an indicator that's its permanent. With proper guidance and with some consistent work, you can stop fearing people and learn to enjoy social interactions. In order to achieve this, what you need is to develop new, more constructive thinking habits regarding people and your relation your fear of people will dissipate.

- Understand that this is a form of paranoia: The first thing that you need to realise is that people who suffer from anthropophobia suffer from extreme paranoia.
- Recognise that people do not notice what you think they do: When you go out into public, the things that go through your mind are stuff like, "That man is laughing at me be-

cause I look stupid", when in actual fact they are most likely not thinking about you at all.

- Do not take on board the laughter of others: If you see people laugh-

ing or chuckling, you always think that they are laughing at you. This is extreme paranoia which is the root cause of anthropophobia.

- See a professional: To cure your anthropophobia you need to get rid of your paranoia by seeking medical advice from your doctor or seeing professionals.
- Try to self-treat: It is also possible to get rid of paranoia by yourself. What you need to realise is that you are only thinking bad things in your mind about the people you see. But, what if you start thinking good things? It's your brain, so you can do anything with it.

TWO TYPES OF INTERVENTIONS THAT CAN HELP PEOPLE WITH ANTHROPOPHOBIA

• Progressive exposure :

When you fear people, you are inclined to avoid them. Unfortunately, this only keeps the fear alive. It's crucial to do the very opposite and expose yourself to social settings. This process needs to be progressive in order to work well. You start small, with exposure to social situations that generate a relatively small amount of anxiety and you advance steadily. Progressive exposure essentially helps you dealing with people and thus it becomes comfortable.

Correcting your thoughts :

In addition to progressive exposure, it's also important to directly address negative thoughts that make you fear people. This implies noticing them when they appear, recognising what's faulty about them and replacing them with more rational thoughts. You need to practice thinking in a more constructive way. And with practice, this new way of thinking overpowers the old one and becomes second nature. And so the fear dissipates..

My Opinion On Multiple Issues

On taking undue credit

Chairman Mao Zedong held absolute sway over China from 1949 to 1976. He became a cult figure idolised and feared by his countrymen. Everything good that happened in China was attributed to him. And so it was common for a farmer to say : "Thanks to Chairman Mao, my chicken have laid more eggs this year". And people thanked chairman Mao for this, that and everything good that happened in China. Several apocryphal stories are told, the most famous being by yet another farmer: "After 14 long years, thanks to Chairman Mao, my wife has finally conceived!"

—Prof Robert Castellino
Mumbai

Poll promises are difficult to implement

In a bid to outdo Modi in poll sops, Rahul Gandhi has promised to give the poorest 20% people , a monthly income of Rs 6,000 or Rs 72,000 per annum if the Congress is voted to power. . Five crore families(or 25 cr people) will benefit from the scheme , roughly the same number as the Mnrega beneficiaries.

Mnrega was Congress' baby, adopted by the BJP, who turned it into their flagship poverty alleviation scheme. This is the only scheme which is not beset with the problem of identifying the needy poor, as only those who are poor and needy avail of it

The problem with Rahul Gandhi's scheme is of identifying the poor which will be a herculean task. And whereas Mnrega has a budget outlay of just Rs 60,000 cr , Rahul Gandhi's ambitious scheme requires a whopping Rs3.6 lakh cr! It would have been more prudent to double or even triple the Mnrega daily wages instead

of giving money for doing nothing, which is bad economics.

—Prof Robert Castellino
Mumbai

Train from Mumbai to Goa/Mangalore via Vasai

Western Railway (WR) has introduced a summer special from Bandra (Terminus) to Goa and Mangalore with halts at Borivili and Vasai in Mumbai and Thivim, Karmali and Madgaon in Goa. During the Ganpati festival too, WR runs similar specials to Goa. CR and Konkan Rly run trains via Dadar and Thane.

People from western suburbs of Bandra, Andheri, Malad, Borivili , Mira Road and Virar travelling to or from Goa/Mangalore have for a long time been demanding regular train service via Vasai , as at present they have to travel all the way to Dadar. We request WR to run trains along this route on a regular basis. The train, if introduced will rival the Konkankanya Express/ Mangalore Express in popularity and occupancy.

—Prof Robert Castellino
Mumbai

@MainBhiChowkidar

I quite like the @MainBhiChowkidar twitter handle . It gives dignity to labour like @MainBhiBhelpuriwala, Pakodawala, Kelawala etc. It matter very little that elections over, they will lose their newly-found lustre.

I have already changed my twitter handle to @MainBhiGoenkar (person from Goa). This could well open a Pandora's box with people of all states distinguishing themselves with the name of the state like @ MainBhiGujarati, Bihari etc. Worse still if the handle is extended to castes like @MainBhiPatidar, Maratha etc. And finally, I shudder to think of the con-

sequences if people begin using the handle to denote their religion like @MainBhi.....
God help us.

—Prof Robert Castellino
Mumbai

Advaniji put out to pasture

The curtain has finally come down on the long, illustrious and controversial career of BJP patriarch and co-founder LK Advaniji. At 91, it did not take long for the BJP to convince him that it was time to call it a day. Always the brides-maid LK Advani was a victim of circumstances. He could have been PM in 1999 but for towering presence of Atalji. He could have been PM in 2014 but for the sudden arrival on the scene of an upstart who took the country by storm and is still holding sway. He could have been President of India in 2017 if only he had the blessings of his bete noire. But it was not to be. Hopefully, he will be treated with dignity befitting his stature as he moves into the sunset.

—Prof Robert Castellino
Mumbai

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those saying that *'anyway, the same xyz only is going to win this time also'*. It's like people responding in large numbers to a pastor's call to gather out in the open at a particular time to pray for rain but doing so devoid of their umbrellas! With prayer before the 'Jericho Cross' turning out to be a Charismatic prayer event that encourages the Ostrich attitude, we are literally praying for xyz to win, make no mistake!

Frankly, it is significant that India's forthcoming General Elections coincide with some of the holiest of days in the Church's Liturgical Calendar, viz Holy Week. Looking at the issue from a wider perspective, we are being given a golden opportunity to prove our response to the challenge of Maundy Thursday whose mandate is to LOVE ONE ANOTHER AS I HAVE LOVED YOU (Jn 13:34)! At Jesus' very first miracle Mary advised the servants of the wedding household: "Do whatever he tells you" (Jn 2:5). Is it not obvious that Jesus is asking us to love one another so much that we go out on Maundy Thursday and vote consciously to have a government that cares two hoots for the true welfare of the people replaced with one that sincerely lives up to the power given it from above (cf Jn 19:11a)? In the present governmental setup, the lines between truth and falsehood stand diminished, the rule of law rooted in the country's Constitution taking a backseat. **Queuing up at the polling booth in large numbers on Maundy Thursday to cast our vote is our opportunity to give the Pilates of India a fitting answer to their collective query "What is truth?"** (Jn 19:38a) Are we not being challenged to love both our country and those who govern it to the extent that we strive through the General Elections to ease out those in the saddle for the good of the country? Most importantly, are we not challenged to pray – and pray unceasingly! – that 'Jericho' does indeed fall and lapse into history?

ics mentioned by Pepin the Short in the deed of 762 and he received them from Rome as a gift of Pope Zachary - 741 -752 or Pope Stephen II 752-757.

The sandals are the remains of an ornate fabric shoe/slipper from the Merovingian period of the 5th -8th century and were given by Rome to the Abbey in the Carolingian period of the 7th - 9th century .

Pope Zachary recognised Pepin's elevation as king and Pope Stephen completed the process of giving the gift in 754..

Besides religious significance the relic is physical embodiment of the Frankish kings legitamised by the church.

Pepin managed the expenses of the small Prum Abbey over 30 years with a large property called Sant Salvador meaning Holy Saviour which was the favourite monastery of the Carolingian dynasty legitimised by their rule.

Thus we see the importance of Jesus Christ's sandals.?

—Peter Castellino.

Lift high the banners of love...!

If truth be told, the forthcoming battle of the ballot is not ours but the Lord's! And the ammunition he gives us believers is the *right-and-duty to vote and profound prayer*, neither of which costs us anything whatsoever. So, wilfully forgiving and forgetting the deprivation accorded us by those turning the Jericho Cross circulation into an opportunity to indulge in the kind of prayer and praise that has no rationale whatsoever, let us all as one body surrender ourselves totally to the Lord and heed the battle-cry –

"Lift high the banners of love! Hallelujah!!

Sound the trumpets of war!

Christ has gotten us the victory!

Hallelujah!!

Jericho must fall!!"

Pope Invites Pediatricians to Help Shape Culture!

On 21 March 2019, Pope Francis met with the *Italian Federation of Primary Care Pediatricians*; which has been active for the last 40 years, and which offers support to over 5,500 family pediatricians. Some of the Pope's observations beneficial to all caregivers:

"In our time often, prevention and treatment of diseases become the prerogative of those who can afford a certain standard of living. But I encourage you to work to ensure that this inequality is not added to the many others that afflict the weakest; but rather that the health system assures assistance and preventive care to all especially children!"

"I praise you for your commitment to remain constantly updated with advances in the medical field; while also promoting a culture of solidarity and inclusive health – a lifestyle that respects the body and the dignity of the child, even the unborn!"

"Regard JESUS, your Source of closeness and tenderness; as a Model of humanity and dedication! How He welcomed the children who came to Him, pointing them also as models for those who wish to enter the Kingdom of God!" (cf. Mark 9:37).

"Pediatricians could also play a role in shaping the culture! Your work represents a real mission, which involves both the mind and the heart. With this style, you give Christian witness by seeking to practice the Gospel values of life and self-respect" (cf. Matthew 25: 35-40).

—Dr. Hazel Colaso,
Bandra West, Mumbai.

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6901. DUBAI : Mangalorean Roman

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

bidisharocking@gmail.com

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

michaelfernandes59@gmail.com

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

lgp1891@gmail.com

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

nisha_sequeira@hotmail.com

6858. BHOPAL : Mangalorean Roman Catholic Spinster, (Born in March 1993), Ht. 5' 1", Wt. 55 kgs, Wheatish Complexion, Edn. B.E. Computer Science and MBA in HRM working in Bangalore. Contact email :

godwinsvd@gmail.com

6855. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1990), Ht. 5', Wt. 58 kgs, Wheatish Complexion, Edn. CA by profession working for privated company. Contact email : mithalimenezes@gmail.com

6853. DUBAI : Mangalorean Roman Catholic Spinster, (Born in February 1989), Ht. 5' 4", Wt. 79 kgs, Fair Complexion, good looking, Edn. M.Com., PGDM -HR, working as a HR Assistant in Real Estate Firm in Dubai. Contact email : sav_cm@yahoo.com.

6851. BAHRAIN : Mangalorean Roman Catholic Spinster, (Born in January 1989), Ht. 5' 7", Wt. 64 kgs, Fair Complexion, good looking, Edn. B.E.

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

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

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(Contd.. from p. 14)

proposed by Vietnamese Cardinal François-Xavier Nguyen Văn Thuân, a faithful witness to the Gospel who died in 2002: *Blessed be the politician with a lofty sense and deep understanding of his role. ... Blessed ... who personally exemplifies credibility...* [1]

In conclusion of the speech, Pope Francis says that peace *“is the fruit of a great political project grounded in the mutual responsibility and interdependence of human beings... It is also a challenge ... that ... entails a conversion of heart and soul.”* He reminds them of Jesus’ message on the occasion of sending his disciples on mission: *“Whatever house you enter, first say, ‘Peace be to this house!’* (See Lk 10:5-6).

Bringing peace is central to the mission of Christ’s disciples. The “house” of which Jesus speaks is every family, community, country and continent, in all their diversity and history. It is first and foremost each individual person, without distinction or discrimination. But it is also our “common home”: the world in which God has placed us and which we are called to care for and cultivate. Pope refers *“Peace is like the hope which the poet Charles Péguy celebrated. It is like a delicate flower struggling to blossom on the stony ground of violence.”*[2]

His concerns for the poor in the world are deeply reflected in the letter *‘Gaudete et exultate’* with its central focus on the beatitudes.

B. The Film, A Screen To The Universe:

On the 5th anniversary of his Pontificate, a film entitled *“Pope Francis – A Man of His Word”* opens a unique window onto the Holy Father’s ideas and his encounters with people from all walks of life. Pope has made good use of the medium to exercise his pastoral ministry. The film presents him as the pastor of the universe. Written and directed by three-time

Academy Award® nominee Wim Wenders, is intended to be a personal journey with Pope Francis, rather than a biographical documentary about him. The result is a rare co-production between Focus Features and the Vatican. (13/03/2018)

The film is a large screen to project Francis’ ideas and message to the universe. It presents his work of reform and his answers to today’s global questions regarding death, social justice, immigration, ecology, wealth inequality, materialism, and the role of the family. The film’s direct-to-camera visual and narrative concepts place the audience face-to-face with the Pope, creating a dialogue between him and the world. Pope Francis responds to the questions of farmers and workers, refugees, children and the elderly, prison inmates, and those who live in favelas and migrant camps. All of these voices and faces are a cross section of humanity that join in a conversation with Pope Francis. This “symphony of questions” provides the backbone for the film, which also shows the Holy Father, the *universal pastor* on his many journeys around the world. It features footage of him speaking at the United Nations, addressing the Congress of the United States, and mourning with those gathered at Ground Zero and at Yad Vashem, the World Holocaust Remembrance Center in Jerusalem. He speaks to prisoners in correctional facilities and to refugees in Mediterranean camps.

Throughout the film, Pope Francis shares his vision of the Church and his deep concern for the poor, his involvement in environmental issues and social justice, and his call for peace in areas of conflict and between world religions.

OUR COOPERATION

A gigantic task is laid upon Pope Francis’ shoulders! Will he succeed in being a pastor to the universe? Yes! We may doubt but he is optimistic! In a message delivered during his visit to Abudhabi on 2-5 Feb. 2018 he speaks like a *Yogi, a Sthitapradnya*

and a poet: “May your life become a garden of opportunities for happiness ... That in spring may it be a lover of joy. In winter a lover of wisdom. And when you make a mistake, start all over again. For only then will you be in love with life. You will find that to be happy is not to have a perfect life. But use the tears to irrigate tolerance. Use your losses to train patience. Use your mistakes to sculptor serenity. Use pain to plaster pleasure. Use obstacles to open windows of intelligence. Never give up Never give up on people who love you. Never give up on happiness, for life is an incredible show.

He is full of hope for the future and all out to proclaim this evangelic hope to the whole world. In Panama (Jan. 24, 2019) at WYD he announced, *“The Right to a Future Is a Human Right’, ‘We know that another World Is Possible!... and young people urge us to take our part in building it, “so that our dreams do not remain ephemeral or ethereal, but can promote a social contract in which everyone has the chance to dream of a tomorrow. ... By welcoming the dreams of these young people, Panama becomes once more a land of dreams that challenges so many certainties of our time and opens up vital horizons.”* These horizons can enrich the path ahead through a respectful and compassionate gaze upon others.”

Pope’s success depends upon our cooperation with him. *“The joy of the Gospel”* was the central theme of the Conference of Catholic Bishops of India.[3] The concluding message says to the Clergy and the Religious: *You represent the person of Christ in the Church and in the World! Strive to be selfless missionary disciples, shunning every form of clericalism and careerism so as to be faithful to your vocation – active in the Spirit, effectively revealing the merciful and joyful face of God to all people, especially the poorest of the poor. In all our ministries—especially pastoral care, education, healthcare and social action — let us constantly seek to announce the Joy of the Gospel to all, so that God’s Kingdom may blossom in our world today.*



Living A Healthy Life



A healthy lifestyle means maintaining a balanced and nutritious diet as well as engaging in sports or other fitness related activities. A healthy diet alone however is inadequate to ensure a healthy body as physical activity helps to keep one in shape and free of sickness and disease.

Hence, the emphasis on healthy lifestyle should start at a very young age. Parents must urge their children to eat more vegetables, fruits, juices, whole meal and whole grain foods. Many parents, due to time constraint, usually find the easy way out by cooking two-minute noodles or heading towards the nearest fast food joint for a quick meal. They do not realise however that sets the stage for an unhealthy lifestyle for their children who quickly become addicted to such foods. Thus, parents can counter this problem by cooking or preparing meals that do not take up time such as cheese sandwiches, soup, stir friend vegetables or buy pre-packed meals from supermarkets which can be warmed up in the microwave oven.



By Jubel D'Cruz

According to the World Health Organisation, only one in ten people exercise regularly and a majority does not follow a healthy diet. The main culprit is our penchant for junk food as can be seen from the popularity of fast food chains and other western eateries. Even local foods such as fried noodles, friend rice and snacks and savories are laden with fat and calories. Thus, consuming this type of food on a daily basis can contribute to weight gain. Overweight and obese people suffer from many health complications such as diabetes, high blood pressure, high cholesterol and even cancer.

Dining out usually involves eating heavily and unhealthily. Most of us are prone to ordering deep fried food and oily dishes as opposed to steamed or baked food. Thus, though eating out are unavoidable, parents of children and adults as a whole should order fresh food and foods that are nutritious and not laden with oil, fat or sugar. Once a pattern of healthy eating is established, it would be easier to carry through such a lifestyle and for the children to follow suit.

School canteens must be urged to sell only highly nutritious food and drinks. Vending machines that sell soft drinks and drinks that are spiked with sugar should be banned.

Daily exercise is vital. In fact, schools should implement physical education on a daily basis rather than twice weekly. Only the minority are actively involved in sports. Most students are sedentary and prefer to concentrate on their studies as they consider indulging in physical activities a waste of time. By enforcing regular exercise daily, these students would be exposed to the importance and benefits of exercise.

Many parents and adults do not allocate time for physical activity. A large number of them work long hours and return home late thereby depriving themselves of the benefits of exercise. Parents must lead an exemplary life which can benefit their children by increasing awareness on the health benefits of exercising regularly. Bringing their children for walks in the morning or evening is a good start to achieve this goal. They should become members of clubs which have swimming pools and gym facilities. During the weekend, the family can strengthen their bond by adjourning to clubs for exercise and a healthy meal after that.

In short, leading a healthy lifestyle is a conscious decision. One can ignore that and lead a life that exposes one to many health hazards. It is important to recognise that a healthy living ensures a longer life span as well as a life free of disease and complications.

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