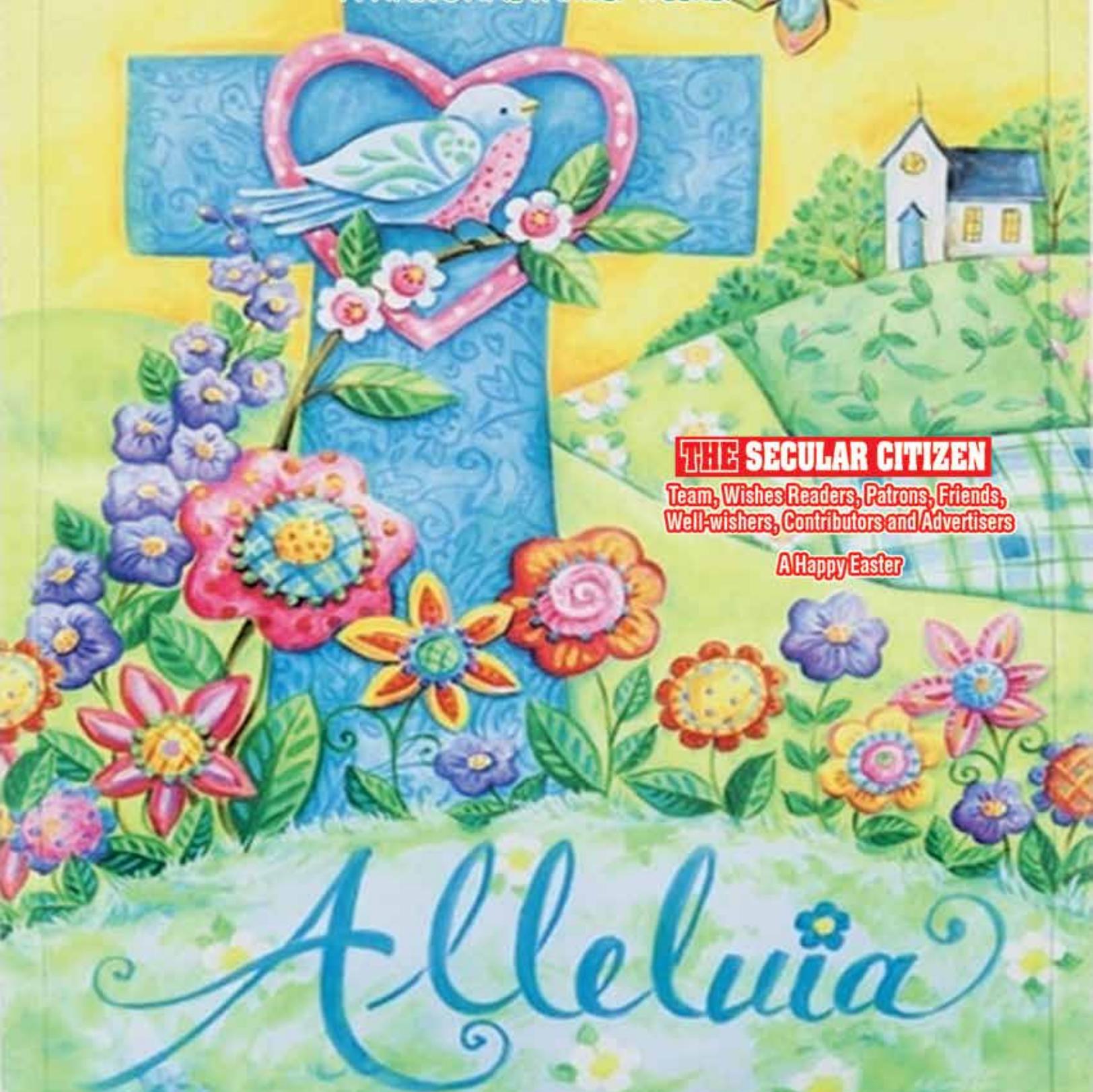


# THE SECULAR CITIZEN

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A NATIONAL FAMILY WEEKLY



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## Vote to Save Our Democracy #2019 Elections

By Don Aguiar

We are at a critical junction in our history as an independent nation. We are facing the most important election in our history – an election for the soul of India, an election for the future of India. And tragically, we seem to be forgetting the most important and most powerful mantra of India – secularism, diversity, tolerance, nay, acceptance of all types of people – at the most critical time for us.

Many are confused as to who to vote for. Dynasties will end sooner or later, failure to keep promises, whether by this government or the previous one, is not criminal so long as sincere efforts were made: and corruption is a widespread phenomenon across parties but can be tackled over time as our democracy and its institutions evolve. **What won't go away once sown, however is communalism and hatred for fellow Indians. That, when combined with proximity between the government of a party that believes in a religious majoritarian ideology and big business, is dangerous.** That's the one thing a secularist will not vote for.

Knowingly releasing misleading or doctored information is problematic as well as sharing manipulated images or news bytes are equally problematic, particularly when the person sharing them is a representative of our country's highest office with vast influence over public opinion. But as the technology advances, the question of what's real and what's not may be up for debate. As the technology that allows us to manipulate images gets more sophisticated and easier to use, then the claim that a video or news byte is fake becomes more credible.

**Journalists, know that manipulating images is manipulating truth. It's deceptive, dangerous and unethical.**

News organizations disapprove of altering photos and videos, on the premise that doing so deceives readers and viewers. News photos are cropped to better frame the action in them, and videos are edited to enhance clarity and storytelling — all considered legitimate practices. But some images are unethically altered. Judges in the annual World Press Photo competition have regularly disqualified entries because of "excessive" post-processing, such as toning that removes or hides objects in a photo.

Among the most infamous examples of news-photo manipulation were Nation-

(Contd.. on p. 4)

(Contd.. from p. 3)

al Geographic's shot of the Egyptian pyramids, "squeezed" together to fit on the magazine's cover in 1982, and Time magazine's cover image of O.J Simpson in 1994. Time darkened Simpson's image, making him look more sinister and menacing.

Totalitarian governments have long recognized the value of altering photos and videos to manipulate public opinion and perception. Such governments regularly censor images or release them selectively to maintain popular order and morale.

Modern-day regimes vigorously employ digital techniques to fool viewers; North Korea's propaganda ministry routinely alters images emanating from the isolated nation, from photos of leader Kim Jong Un's ears to state-issued pictures of the country's military prowess.

**Such tactics are now been regularly employed in democracies like India, too. Political campaigns are rife with fake images.**

Ever since the BJP came to power, it has spent its time telling us how small and oppressed and humiliated Indians have been, and how great and powerful and proud we are now that the BJP is in power. This is the only real vision that the BJP has: Our collective low self-esteem is someone else's fault, and we pledge to smack that someone down to make us feel better about ourselves. Here's an overcompensating statue. Give us your vote.

The party has spent mind-boggling amounts of money advertising the fiction that India was a scattered nothing before the advent of Prime Minister Modi, and that since his arrival, people fall about in wonder when they spot an Indian passport; that the economy has magically been healed; that corruption has vanished (as in a way it has, to London and Antigua); that Pakistan lies awake all night shivering with fear; that the world is anxiously waiting for us to lead it; that there is hope for the critically endangered Hindu population; and that we now have a strong and stable leader, which means that everything should be better.

But everything is not better—it is worse.

What? Can't hear you. Here, have a statue.

As a work of art, I quite like, as some people are calling it, the 'Statue of Unity'. I like the way the metal has been tricked into soft folds of cloth and crinkly skin. Well done.

The statue of Sardar Vallabhai Patel is made entirely out of iron. The man was a dyed-in-the-wool Congressman who worked with M K Gandhi and Jawaharlal Nehru, and who banned the Rashtriya Swayamsevak Sangh (RSS) for spreading 'poison'. The man who commissioned the statue is a dyed-in-the-wool RSS product who obediently reports to the RSS, and who wants a 'Congress-mukt Bharat'. The man now made 182 metres tall will be remembered for stitching India together. The man with the 56-inch chest who commissioned the effigy will be remembered for loudly talking about unity to drown out the sounds of a social fabric being ripped apart. Sardar Patel was part of a team of great contemporary leaders. Mr Modi assiduously curates his own image as the country's single outsize icon.

Mr Modi has not delivered many things that he said he would—he has not fixed the economy or the banking system, nor rooted out corruption; he has failed to build institutions and transparency. But there's one thing he said he would do and, by golly, he's done it—he has **built a statue that nobody demanded, at an exorbitant cost, to honour a man whose place in history is already cemented.**

The most useful thing about the Statue of Unity is that it provides a striking visual comparison to the small-minded divisiveness of the current dispensation. **After all, if building a statue could magically make something true, Mr Modi has only to build statues of a giant toilet, a giant happy farmer, a giant empowered woman, a giant growth graph, and a giant, giant mandate.**

Everyone knows what's going on here. Hindutva has no national heroes of its

own since the RSS declined to participate in the struggle for independence, and few elsewhere since it is trying to shove Gandhi and Nehru into the shadows of history. Its efforts to manufacture a heroic aura around V D Savarkar have failed. It has decided to just do the efficient thing and adopt Sardar Vallabhai Patel, who comes pre-loaded with greatness and Shudra status, which as Knacha Ilaiah Shepherd points out, means that his legacy, relatively less written about, is more easily manipulable.

Corruption is a creeping crises, **communalism is an exploding crises.** When it raises its ugly head, as it has in the last five years, there won't be time to react, to save the country from a descent into a pogrom, a genocide, a civil war. That's the lesson India's founding fathers learnt and based their policies and shaping of India on. That's the lesson we must learn today.

**But if we let politician spread hatred and polarise society and we let their private armies indulge with violence with impunity and the rule of law and order is overwhelmed, if we let governments and business become one and take India on a path towards Fascism, that hope will be dead.**

**So my vote will be first to save our democracy. What about you?**

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## Open Degree

Educational qualification is not a requisite for contesting national election, but filling in the educational column correctly in the nomination form is.

In her nomination form Smriti Irani has downgraded her educational qualification from BA in (2014) to Intermediate in 2019.

We've heard of Open University but this perhaps the first time we are hearing of Open Degree! Perhaps this may even give birth to a new serial 'Kabhi Graduate Kabhi Intermediate'!

—Prof Robert Castellino  
Mumbai

## A stitch in time

This is with reference to the article 'One stitch in time-----' by Sr. Tessa SSpS. ( Secular Citizen. April 1-7). The article of the drowning lizard was a classic example, and an eye -opener to one and all, on how we can help people in every day life by reaching out to them in need, and in times of distress and suffering. It is also our bounden duty to save the precious God-given lives of people by our timely action. Not long ago while commuting with my friend on a BEST bus from Bandra to Mahim, an ambulance was frantically screeching to clear the way for a patient to the nearby hospital. Presumably it was an emergency case. Then, to my great shock and disbelief, my friend started his sermonising---“Look what is happening he said , God is calling the patient to his heavenly abode and people are stopping him from going to his creator by prolonging his life on earth”. To me, It was simply shocking that a God-fearing and regular

Church –going Catholic could hold such bigoted and convoluted views. It was only later that I got to know that my friend was a regular visitor to the meetings and healing sessions of some unknown prayer group where he was indoctrinated by a few self-styled charlatans who claimed to have special powers of healing. So friends , this is a warning to be wary of such false prophets. A Happy Easter to all , and may we experience the joys of the new life given to us by the resurrected Christ.

—A. F. Nazareth,  
Alto Porvorim, Goa.

## Pope Francis kisses the feet of Sudanese leaders

Breaking with protocol, Pope Francis suddenly bent down and kissed the feet of South Sudan's previously warring leaders, who were attending a two-day spiritual retreat at the Vatican. With the help of his aides, the ageing pontiff first kissed the feet of President Salva Kiir and then the feet of his deputy, Rief Machar and another vice president in turn. He begged the leaders to maintain peace and move forward.

South Sudan gained Independence in 2011, but ever since was ravaged by political strife and successive famines. President Kiir accused his deputy Machar of planning a coup to overthrow him, which Machar denied. He fled the country and formed an opposition party. Civil war followed reducing the nation to abject poverty. A truce was brokered in 2018 between the two rivals. At the instance of the Archbishop of Canterbury they attended a spiritual retreat at the resi-

dence of the Holy Father is the Vatican.

It was during this retreat that, to the surprise of everyone, the incident took place . But with Maundy Thursday just a few days away, I believe that this was yet another one of the Holy Father's meaningful and innovative ways of commemorating the washing and kissing of feet at the Last Supper.

As a crusader for world peace, the gesture of humility and love for humanity makes the Holy Father a strong contender for the Nobel Peace Prize( to be announced at the end of the year). It will bring honour to the Prize.!

—Prof Robert Castellino  
Mumbai

## Vital need now 'Ministry for Sr. Citizens'

The Lok Sabha elections are now the focus, various promises and demands by many parties and public are voiced. Sections of senior citizens in different pockets all over the Country, have demanded that it is time for setting up an exclusive 'Ministry for Senior Citizens' at the Centre, political parties and leaders need to take heed now and consider the demand, as the voters from the aging population is large and can influence results. Karnataka alone has more than 5.1 crore voters; 5,579 are aged above 100 years. 1.47 lakh at least are between 99 and 90 years old. 32 lakh are in the 90 to 70 years age bracket - on the national level the figures are very promising and the power of the aged is strong too. All states have high numbers of elderly, who need constant attention for several tasks.

There does not exist proper Govt infrastructure to cater to and tackle the day to day and long term problems of the aged and helpless whose numbers are on the rise, they are

(Contd.. on p. 6)

# Cardinal Gracias mounts strong defense of ‘zero tolerance’ on abuse

By Inés San Martín

Rome, April 13, 2019: Cardinal Oswald Gracias, archbishop of Bombay, says Catholic parents have the right to know the Church is genuinely committed to “zero tolerance” in clerical sexual abuse.

The 73-year-old prelate is a member of Pope Francis’s council of cardinals which advises him on Vatican reform and one of four figures tapped to organize a recent summit on the fight against clerical sexual abuse.

The comment takes on special significance in the wake of the Feb. 21-24 summit, where reservations about “zero tolerance” were heard from senior churchmen from the developing world, and where the pope himself didn’t use the phrase.

Some observers detected a creeping redefinition of “zero tolerance” away from what it’s come to mean in the United States and certain other parts of the world, which is near-certain expulsion from the priesthood for abusing a minor, to permanent removal from ministry but not necessarily the priesthood.

Asked what “zero tolerance” means to him, Gracias said “it means that I will not condone any case [of abuse of a minor]. Saying sorry doesn’t make it better.”

“Zero tolerance means that I know that I cannot expose any children to the risk of a person who’s committed a crime of this nature,” he said.

Gracias also said it’s time the Catholic Church is “at the forefront” of child protection.

“I think sometimes we’re distracted defending what we’ve done, [but] we have to repair the system so that children are safe,” he told Crux Wednesday.

“Every parish, every school, every church-ran facility must be a place where parents know their children are safe,” Gracias said. “Unfortunately, in the past this wasn’t always true.”

The cardinal was an organizer of the



Cardinal Oswald Gracias

summit that brought the presidents of the world’s bishops’ conferences and other Church leaders to Rome. Although he thought the meeting “was good, the talks substantial,” Gracias said that he would have liked to see more time for bishops to interact so they could “own the issue.”

“I don’t think they felt they were part of the decisions,” he said.

That said, he did seem to think it changed some minds.

“Before the meeting, I would hear bishops in the hallways saying, ‘This is not my problem,’” he said. “By the end of it, everyone acknowledged this is ‘our problem, the Church’s problem’.”

That, in a nutshell, is what Pope Francis told journalists traveling with him in Panama in January was the scope of the meeting: That no member of the Catholic hierarchy could now say, “I didn’t know what to do.”

“Now everybody knows,” Gracias said. “The pope summoned us, everybody came, we spoke about it, so no more excuses.”

The prelate also said that even though there have been “mistakes, aberrations, we have to accept that,” he questions the fairness of judging people for what they did 20 years ago by the mentality of today.

“At that time, we didn’t understand just how big the damage was and the moral impact,” he said.

Gracias said that he now looks to the Pontifical Commission for the Protection of Minors to come up with “concrete steps” to follow the summit. The body

headed by Boston’s Cardinal Sean O’Malley was the one that proposed the idea of the February meeting, and according to the Indian prelate, they are the ones with the “competence” and knowledge to oversee the follow-up.

Aware of the urgency, Gracias is not waiting for directions to begin taking some concrete steps for his archdiocese. In the near future, he will create a center for the protection of minors with professionals of different fields available both for victims and for other bishops. This will follow a step already taken, which is mandatory safeguarding guidelines in Catholic schools.

“All the teachers had to sign and accept that this is the policy of the Church,” he said, acknowledging he wasn’t sure at the time if everyone would. But the directive he sent was clear: “You’re either in for the protection of children, or you’re out.”

On a global scale, Gracias said that he was “surprised” to find there are bishops’ conferences that still don’t have guidelines for the protection of minors, something Pope emeritus Benedict XVI asked for more than a decade ago.

“It’s not that difficult: there’s a general framework, adapt it to your country, and ensure they’re followed,” he said. In addition, every country needs experts to advise the bishops and also a system to assist the victims including counseling, medical attention and legal advice.

Gracias was in Rome to participate in meetings of the council of cardinals. He spoke to Crux in Santa Marta, the residence where Pope Francis has lived since the beginning of his pontificate.

After more than 30 trips in the past five years, Gracias said that he no longer feels like “a stranger in Rome,” and from his permanent room located one floor down from the pope, he said that Francis is a “quiet upstairs neighbor.”

Courtesy: Matters India

(Contd.. from p. 5)

sidelined and also exploited in many ways - be in their own homes, institutions and with concern to various needs. Once a Central Govt Ministry is in place, it will be a catalyst for such Ministries in States and functional departments to look into matters will materialise in districts and taluks. While almost all groups have Ministries, it is a wonder why such a Ministry does not exist and it is well past the time; considering the problems and harassment the aged face and the fact that they are not well enough to attend to their matters on hand. The marginalised are worse off in this regard. All people great or not will have to face this difficult phase of life sooner than expected.

Every senior citizen, must highlight this need now and as new Govt is being formed and insist on it. The existing low profile department is ineffective. They are now a seriously neglected lot and face many a problem in their sun set years, with unnecessary suffering and exploitation at every step of their last days; after a life of struggle and contribution to the society and country in ways beyond imagination.

—Ivan Saldanha- Shet.  
Mangaluru.

## Thanksgiving



Thanks to  
Divine Mercy  
for hearing my prayer.

—Celine Rodrigues

## Female and Male Behind the 'Black Hole' Singularity!

Imagine trying to photograph an apple on the moon with your smartphone. It seems impossible! But that's what it was like for scientists trying to capture an image of a 'black hole' – a singularity that warps space, time, gravity, matter and energy in to super-dense, extremely hot entity, from which even light cannot exit!

However, an international team of more than 200 researchers unveiled the first-ever appearance of a black hole on Wednesday 10 April 2019. This was made possible through the 'Event Horizon Telescope', an array of eight ground-based radio telescopes forged through international collaboration.

But the effort wouldn't have materialized without Ms. Katie Bouman, who developed a crucial 'algorithm' that helped devise such an imaging tech-

nique. This helped visualize a 'super-massive black hole', 6.5 billion solar masses (of our sun), and 55 million light years away in the center of the galaxy M87. Katie will start teaching as an assistant professor at the prestigious California Institute of Technology this fall.

However, the first person to predict black holes was a young Indian astronomer, Subramanyan Chandrasekhar, who way back in the 1930s, argued that a really big star might collapse indefinitely!

And Who is behind all this mystery? "Lift up your eyes on high and see: Who created these? He Who brings out their host and numbers them, calling them by name; because He is great in strength and mighty in power" (Isaiah 40:26).

—Dr. Hazel Colaso,  
Memphis, TN. USA.

## Thanksgiving



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

May the Sacred Heart of Jesus be adored, loved, glorified & praised throughout the world now and forever. Sacred Heart of Jesus, have mercy on us. Sacred Heart of Jesus, Thy kingdom come. St. Jude worker of miracles pray for us. St. Jude helper of the hopeless pray for us. Amen,

Say this prayer nine times a day for nine days. By the eighth day your prayer will be answered. It has never known to fail. Promise to publish this or distribute this as soon as your favour has been granted.

— Wilma Fernandes, Mangalore

# WHETHER THERE IS OBFUSCATION OVER BOTH THE EXISTENCE OF JOB CRISES AND THE DIAGNOSIS OF IT

by Eric D'Sa

**T**hough it is well established that India is staring at a massive jobs crisis from the statistics that have been gathered, this is not being released to the public. Every single survey points to jobs as the biggest issue concerning voters, especially the youth. Yet, the Prime Minister and the government steadfastly refuse to even acknowledge this issue, let alone address it.

India's jobs crisis is an economic issue, not a political one. India is not unique in experiencing rising joblessness and, consequently, income inequality. Many developed and developing nations are grappling with this problem, too. Such a crisis requires acknowledgement of the issue first, then a vibrant public debate on solutions to tackle the crisis, and finally, a coordinated implementation of ideas. Instead, there is much obfuscation over both the existence of a jobs crisis and the diagnosis of it in our country.

The latest in this obfuscation is the notion that India does not have a jobs crisis but a wages crisis. According to this argument, every Indian youth who wants a job can get one, but not the wages he or she wants. This is a banal argument. This is akin to arguing that every Indian who wants to buy a house can buy one, but just not at the price he and she can afford. What determines the price of a house? Apart from external factors such as taxes, the price of a house is simply determined by the demand for houses versus the supply of houses. Similarly, what determines wages for an employee is the demand for such skills versus the supply of such skills. Wages are not determined by some external factor that is removed from labour market conditions. It is entirely a function of the labour market. In economic parlance, wage, or the price of labour, is an endogenous variable and not an exogenous one.

Let us understand this through the Prime Minister's favourite example of frying pakodas, which is apparently an evidence of the plentiful jobs that we as a nation are creating. The wages for a person frying pakodas is determined by the demand for pakodas in the economy and the supply of pakoda fryers. If the wages for pakoda frying are very low, it can only mean that there are far more people willing to fry pakodas for a job than there is demand for pakodas. Hence, their wages continue to be low. In other words, the economy is not creating enough opportunities for the

**YOU THE CITIZENS  
DECIDE:**

large number of unemployed people other than to fry pakodas at minimum wages. Of course, a person frying pakodas in a five-star hotel will get paid higher than a roadside pakoda fryer, presumably because his or her skill and productivity level are different. But such jobs are few.

But for that same skill level, the wages of a person are determined largely by the demand for such skills and the supply of people with such skills. If demand is higher than supply, wages automatically rise; if not, they remain stagnant. To understand the unemployment issue as a wages problem shows ignorance of how the job market works. Even if we grant the outlandish assertion that India has a jobs bounty but wages are not rising, this points to a labour market failure. Are we then saying that workers need to get unionised more and demand higher wages since the price of labour is not commensurate? It is a facile argument.

The proponents of the argument that there is a wage crisis and not a jobs

crisis would do well to go back to economic history and study the work of Arthur Lewis, the Nobel Prize-winning economist from the West Indies. Lewis, in his seminal work in 1954, showed how in economies such as India and China, which have an "infinite supply of labour", there tends to be a two-sector economy — the capitalist sector and the subsistence sector. His summary finding was that the living standards of all citizens in such two-sector economies are determined by the wages of the people in the subsistence sector. If there is demand for labour and skills in the capitalist sector, then the endless supply of labour from the subsistence sector will transition, and wages will ultimately rise only when the demand for labour exceeds the supply of labour in the subsistence sector.

The harsh and simple reality of India's jobs situation is that we are not creating as many jobs as we need to. There can be many reasons for the lack of our ability to generate enough jobs but at the very least, we must first acknowledge this problem. Calling this a wages crisis and not a jobs crisis is neither helpful nor sensible. It is very critical that we don't bury our heads in the sand and pretend that there is no jobs crisis but only some wage crisis, induced by labour market distortions. There could well be labour market failures too, but it is not a sufficient explanation for the jobs crisis.

The proponents of the 'there is a wage crisis' argument also go on to say that the largely informal nature of India's economy leads to low productivity and hence keeps wages low. So, their solution for higher wages is to embark on a mission to explicitly formalise India's economy. Again, economic history tells us that formalisation is an outcome of economic development, not a cause. No large market economy in history has embarked on an explicit economic

(Contd.. on p. 9)

(Contd.. from p. 8)

policy for forced formalisation. The U.S. had its large share of 'petty retail traders' before World War II, which then paved the way for large-scale organised retail with advancements in transport infrastructure, technology and rising income levels. The U.S.'s economic policymakers did not wake up one morning and say, "The informal mom-and-pop retail industry is bad, so let's formalise it by 'demonetising' the entire economy."

India's economic commentary today carries a 'blind men and an elephant' risk. It has a tendency to claim absolute truth based on limited subject experience. There is no need to complicate the state of India's jobs market. The simple truth of it is that we do not produce enough jobs. We need to accept it and once we do so look at different ways by which we can mitigate the problem. We need to start by putting some money in the hands of the poorest of the poor at the bottom of the pyramid, so that the demand for food and basic goods would increase. The cash flow will grow and the economic activity will kick start.

## Thanksgiving

May the Sacred Heart of Jesus be Praised Adored, Glorified and Loved today and every-day 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

—Celine Rodrigues,

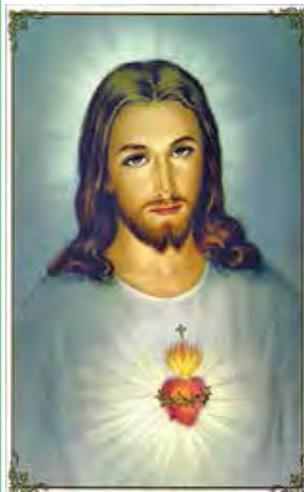
## Bible Bouquets for EASTER!

Our old history ended with the Cross; but our new history begins with the Resurrection or Easter! As St. Paul revealed: "If Christ had not been 'raised', then our proclamation has been in vain, your faith is futile, and you are still in your sins. But in fact, Christ has been 'raised' from the dead, the first fruits of those who have died" (1 Corinthians 15:14;17;20). Here are profound Scriptural verses to cherish and to treasure the greatest moment, the pinnacle of Christianity!

- E – End:** "For Christ is the 'end' of the law; so that there may be righteousness for everyone who believes" (Romans 10:4).
- A – Alive:** "Even when we were dead through our trespasses, God made us 'alive' together with Christ – by grace you have been saved and raised up with Him" (Ephesians 2:5-6).
- S – Savior:** "For we have seen and do hereby affirm, that the Father has sent His Son as the 'Savior' of the world" (1 John 4:14).
- T – Testify:** "When the Advocate comes, Whom I will send to you from the Father, the Spirit of truth, He will 'testify' on My behalf" (John 15:26).
- E – Eternal:** "And this is 'eternal' life; that they may know You, the only true God, and Jesus Christ Whom You have sent" (John 17:3).
- R – Resurrection:** I AM the 'Resurrection' and the Life! Those who believe in Me, even though they die, will live; and everyone who lives and believes in Me will never die" (John 11:25-26).

—Dr. Hazel Colaso, Memphis, TN. USA.

## 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.

— Rupert Nazreth

# Good Friday Makes Our Suffering Meaningful

**Good Friday means the memorable day of Jesus' ignominious death on the Cross. The mental agony and the bodily sufferings of Jesus are beyond our human imagination. Jesus being fully human and divine at the same time makes it difficult for us to grasp fully the mental agony and physical pain which Jesus endured. Remember that Jesus died much before the two thieves crucified together with him.**

In this context we may recall what Jesus said to his disciples, "If anyone wants to come with me, he must forget himself, carry his cross, and follow me" (Mt 16: 24).

We know that suffering and pain accompanied Jesus from his birth. Jesus' birth was not in a palace or a house, not even in an inn but in cattle shed! After his birth to save his life his parents have to flee to a foreign country Misra (present Egypt) carrying him in the dead of the night. They remained in exile till the death of King Herod who wanted to kill Jesus. In the public life of Jesus too his detractors did everything possible to persecute Jesus.

Do you know what Paul, who turned from a persecutor of Jesus' followers to an ardent disciple, says? Paul as an Apostle in the forefront of proclaiming Jesus writes to Philipians: "The attitude you should have is the one that Christ Jesus had: He always had the nature of God, but he did not think that by force he should try to become equal to God. Instead of this, of his own free will he gave up all he had, and took the nature of a servant.

He became like man and appeared in human likeness. He was humble and walked the path of obedience all the way to death – his death on the Cross" (Phil 2: 5-8).

Behind these words of Paul we can see Jesus own message to his followers. Jesus calls his disciples saying, "If anyone wants to come with me, he must forget self, carry his cross, and follow me" (Mk 8: 34).

Even when Jesus was hanging on the cross suffering great agony, taunting and sarcastic remarks against him continued! One of the thieves too who was crucified with Jesus taunted Jesus saying, "Aren't you the Messiah? Save yourself and us!"



by Fr. Varghese Paul, SJ

The other thief, however, rebuked him, saying "Don't you fear God? You received the same sentence as he did. Ours, however, is only right, because we are getting what we deserve for what we did; but he has done no wrong" (see Lk 23: 39-42).

When an innocent person is subjected to bodily suffering and mental torture for crimes which he/she did not commit, then that person's sufferings are very much more than that of a criminal, who suffers for the crime he has committed. In the case of Jesus, on the Sunday before Good Friday the people of Jerusalem welcomed Jesus in procession carrying branches of palm-trees and shouting, "Praise God! God bless him who comes in the name of the Lord! God bless the King of Israel!" (Jn 12: 13). Then, seeing the triumphant entry of Jesus the detractors of Jesus were saying, "You see, we are not succeeding at all! Look, the whole world is following him!" (Jn 12: 19).

But without being tired or defeated the detractors of Jesus continued to



accuse him committing a variety of crimes one after another! They put up false witnesses against Jesus and put up a show of dispensing justice and roused the crowds of people against Jesus! The devil never rests! So the people began to shout and demand, "Crucify him!" ... "Crucify him!" Mathew 27: 22-23).

The day before Good Friday, that is, on Thursday "Jesus left the city and went, as he usually did, to the Mount of Olives; and the disciples went with him" (Lk 22: 39). There praying on his knees the scenes of his suffering on the next day may have passed through his mind. St Luke has graphically recorded the scene saying, "Then Jesus went off from them (the disciples) about the distance of a stone's throw and knelt down and prayed. 'Father,' he said, 'If you will, take this cup of suffering away from me. Not my will, however, but your will be done.' ... In great anguish he prayed even more fervently; his sweat was like drops of blood falling to the ground" (Lk 22: 41-44).

Thus Jesus through his Passion, Death and Resurrection gives meaning and value to our sufferings. We know that suffering in itself is evil, is not good. So we do not attract or bring sufferings upon us. But when sufferings come on our way, then we can welcome it as God's will, as we will welcome happiness in our life. For, with sufferings we also get God's

(Contd.. on p. 19)

# Holy Week - Chrism Mass

Catholics are well aware of the Holy week rituals leading up to the most significant church observance of Easter - the Resurrection of Christ. One solemn ritual is not so well known as it is observed only in the leading church of the diocese. Each year, all around the world, every diocese is obliged to bless the 'Holy Oils' needed for the anointing for various purposes and distribute them to parishes and so on for the grace of the people. Usually this is to be done on the morning of Maundy Thursday of the Holy Week. It is not practical for the priests from out lying parishes to be present, hence this solemn ceremony and mass is held on a more suitable day. In Mangalore, this year for the first time it will be presided over by Bishop Rev Dr Peter Paul Saldanha, on April 11, 2019, Thursday at the main church of the diocese and seat of the Bishop, Rosario Cathedral in the evening, so too in Udupi and elsewhere. It is also a day to celebrate priesthood, renewal of the priestly ministry to the people in manner that Christ has prescribed and the Pope Francis has laid down is part of this special mass. The priests and people will return to their parish churches carrying the precious blessed holy oils for use for the coming year, till next Holy week. In Mumbai and other places too you can know and participate in this beautiful

church ritual.

The Holy Oils, Chrism : A mixture of oil of olives and balsam, exclusively blessed by a bishop, for use in the administration of sacraments and in the performance of certain church functions. Chrism (Greek word literally meaning "anointing"), "Consecrated Oil", is used in the Roman Catholic, Eastern Orthodox, Anglican, Eastern Rite Catholic. Pure or scented olive oil, although typically has been called chrism in the past, including oil used by in some forms of Baptism, Confirmation, Anointing of the Sick and foot washing and in other religious needs as decided by a concerned authority. The early councils of the Church have also references to chrism as something set apart for sacred purposes and making for the sanctification of men. The Council of Trent has defined in this connection that they who attribute a certain spiritual and salutary efficacy to holy chrism.

Catholic Perspective : Chrism is essential for the Catholic Sacrament of Confirmation, and is prominently used in the sacraments of Baptism and Holy Orders. Those to be confirmed or



*Chrysmatory for ritual oil from Germany, 1636*

chrismated, after receiving the laying on of hands, are anointed on the head by the bishop or priest. In baptism, if the person baptized is not to be immediately confirmed or chrismated, the minister anoints them with chrism. Newly ordained priests are anointed with chrism on the palms of their hands, and newly ordained bishops receive an anointing of chrism on their foreheads. It is also used in the consecration of objects such as churches and altars and holy vessels used in churches.

These holy oils are usually stored in special vessels known as chrysmaria and kept in a cabinet known as an ambry. When the oils are distributed to a priest for him to use in his ministry they are kept in a smaller vessel with three compartments, known as an "oil stock". The aim of the church is to give solace and support to those who seek for the welfare of the body and spirit. This ritual is followed in all diocese the world over. And the Catholics witnessing it are indeed privileged here.

*-Compiled : Ivan Saldanha-Shet.*

# Easter Alleluia - Celebrating Life In Jesus Christ!



**Easter celebrates** the fulfilment of God's plan of salvation that had His only-begotten Son, Jesus Christ, ensuring the return of the Father's human creation to Paradise, Good Friday clearing the path for that return. *Paradise lost* [as a result of the sin of disobedience of our First Parents, Adam and Eve] was now *Paradise regained* as a result of the Passion, Death and Resurrection of Jesus Christ, the hope of justice and peace alive anew!



by Ladislaus L  
D'Souza

## History irrepeatable?

The origins of Easter are rather obscure. Yet, if the joy of Easter is to envelop us fully, we need to understand and appreciate the significance of Easter from a historical perspective. Just as the Crucifixion and Death of Jesus isn't a figment of anybody's imagination, the Resurrection which we celebrate at Easter is something that really, concretely happened.

It is often assumed that the name *Easter* comes from a pagan figure called 'Eastre' (or Eostre) who was revered as the goddess of spring or goddess of the East (from where the sun rises) by the Saxons of Northern Europe, and honoured with a festival called Eastre during the spring equinox. Her symbol was the hare (a sym-

bol of fertility – remember the saying: 'Multiplying like rabbits?'), hence the Easter Bunny! The Lily, a flower that is in glorious bloom during the season of spring, is mentioned frequently throughout the Bible and serves as a beautiful reminder of the significance of Easter, its magnificent whiteness symbolizing as it does new birth and purity.

## Socially speaking...

The obscurity of the origins of Easter aside, the implications of its significance is what matters, the new birth it is associated with being the Resurrection of Jesus Christ, who rose to life the third day of his death and burial. Interestingly, the secular press is of-

ten awash with reports about the renovation and upkeep of Jesus' tomb! Would this have been the case if the resurrection event was historically untrue? Be that as it may, what does the Resurrection event mean to the common man, particularly in the context of India which has just had the General Elections that coincided with Holy Week? It implies hope – hope of an entry to a secure place in Heaven prepared for us by the Saviour irrespective of the outcome of the battle of the ballot; hope that keeps one from giving in to despair when faced with excruciatingly painful situations in daily life - an incurable illness, loss of employment or life partner, and the like.

## The Peace of Paradise

There's no gainsaying the fact that for peace to prevail truth and justice must be given their due. "Foolish" as we all are, we tend to miss the tree for the wood. "So slow to believe the full message of the prophets" (Lk 24:25), we tend to overlook the fact that we "enter into his glory" (Lk 24:26) not merely by suffering with him but by upholding the right to truth against all odds. Indeed, with the fostering of justice comes so to say the right to

celebrate Easter. When we remain silent in a situation that calls for exposing the wrong and speaking out in favour of the right, we forfeit the very right to the joys of Paradise. As the famed American preacher of the 19th century, William Ellery Channing says, "The fewer the voices on the side of the truth, the more distinct and strong must be your own." Thus, when we remain indifferent and silent, we empower the unjust, bolster the malicious pride and ego of those who imagine that *ache din* come with doing exactly what is the opposite of truth. In the bargain, we deprive ourselves of the joy that comes with filling the emptiness of our lives with peace springing forth from the empty tomb that yielded the Truth, the risen Jesus, the very embodiment of peace, the Lord of life eternal!

## Election Results 2019 – History repeated!

Scripture quotes Jesus as saying, "Destroy this Temple and I will raise it up again in 3 days!" (Jn 2:19) And raise it up again he did as proven through the Resurrection! Significantly, Scripture also says, "The government of the Earth is in the hand off the Lord, and over it he will raise up the right leader for the time" (Sir 10:4). The Resurrection was preceded by a period of three days of waiting. Could the time between the conclusion of polling across the country and the date of the results be a similar wait for the glory of the Lord to be revealed? Why not, methinks! We need to pray and pray fervently that the government that the Lord gives us as a result of the General Elections give flesh to the Sirachian prophecy stated above!

**Can we as a body of believers become part of such a possibility by joining our prayers to the collective prayer of the Church in India as a whole, whereby the glory of the risen Lord bathes our country anew on 23 May 2019!?**

# Easter: The Last Spiritual Homily: No Greater Love

The significance of Easter lies primarily in the mystery of God, His divinity, love, all-powerful image as Lord and Creator indwelling of the Blessed Trinity and thus pertains to the essence of the Christian faith in adoration of the Father, Son and Holy Spirit, supernaturally. Easter is the last homily which brings down the curtain with three events in the timeframe of 40 days: The Resurrection, The Transfiguration and the Ascension.

The divine confluence in the three coming together stimulates a massive boost to the faith, to the belief and trust in the religion we live by. All prophecies have been fulfilled and the Divine Covenant of the Word for salvation and redemption is a heritage for all generations to come.



BY MELVYN BROWN

In all ways, the Holy Bible assures us: the Christian conviction in faith is based on credibility and openness to the truth for all mankind to know.

The Jews are known to have opinions. Often those opinions are wrong. Those two sentences are as obvious as sunrise, but normally unspoken by opinion-mongers. In the Bible one can point to passages of relevant and absolute truth. Easter is the Light, the Manifesto for Eternal Life.

The triumph of Christ Jesus is in the ultimate miracle of the resurrection. He conquered death. The recorded fact that Christ died, was buried and rose on the third day is supreme proof of His



divinity.

Because of this amazing event the resurrection of the Messiah seals the validation of His claims to divinity. Jesus was, is and always will be the Christ triumphant.

In thwarting disbelievers and their attempts to discredit the Resurrection of Christ was a second incredible challenge for them on knowing about the Transfiguration and Ascension of Jesus. He had indeed Risen and Ascended into heaven.

The Gospel of John 20:17 gives us an account of Jesus when he stood before Mary after His Resurrection and told her: "Go to my brethren and say to them, I am ascending to my Father and your Father, to my God and your

(Contd.. on p. 16)

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# New Life at Easter!



ered with grass and rivulets of pure water irrigated the land. The green canopy offered ample food and shelter to the winged creatures, as God meant it to be. The creator planted harmony in every realm of creation that He shaped with love and care.

Oceans that divided the land roared to make their presence felt but did not cross their limits. The heavenly bodies, seasons, tides, day and night never missed a single beat that the Master had designated for them. Nature's laws were in strict adherence. And new life abounded; it multiplied and filled the earth. Mother Earth lived in the light of the Lord!

**"God looked at everything He had made and He was very pleased"**  
Genesis 1: 31

Then Man, the custodian of all that God created strayed into this happy kingdom trampling upon everything, so necessary to his own existence. His dreams of power, wealth and pleasure led to the devastation that destroyed harmony, ushered in chaos and let the seasons spin out of control. Darkness was surely enveloping mankind.

For the children of a lesser god, life is tottering on the edge of extinction, tilting the balance of happy survival for all. Death and dissonance stare us in the face. But the sane voices that are raised cautioning of the impending disaster are lost in the din created by the pursuit of progress and development.

Resurrection of the redeemer is the ray of hope for a world drowning in despair. We, the believers in this profound truth pray that good sense may prevail, bringing new life for all of creation.

**May we be blessed with harmony and peace at this festival of New Life!**

**A**t Easter we celebrate the new life given to us through the Resurrection of Jesus Christ, the Messiah! Mankind and all of God's creation that co-exists in harmony rejoice in the peace and joy the season brings. But in reality, the silence of the empty tomb is yet to convert into New Life, that makes earth and its inhabitants the children of the light!

Are we going deeper into darkness, squandering the inheritance of a beautiful home given to us, by seeking life in the glitter of this world? A glimpse of paradise that was created for us makes us acutely aware of the darkness around. Take a look at what

the Holy Scriptures tell us.

Once there was a flowing river, its blue waters lapping at the silvery sands of the shore. The palms at the water's edge curved gently over the surface of the water as though whispering sweet nothings to the little creatures that swam there. The swaying palms played sweet melody as the gentle breeze ruffled the fronds. And this was God created.



by Vera Alvares

Nearby Mother Earth rose up to meet the blue sky dotted with blobs of cotton wool, pleasing to her eye. Her gentle slopes attired in all shades of green of the mighty trees wove a magical fabric with their leaves, adorning her. The blanket of green cloaking the hill housed many a gurgling stream, rushing down the slopes to meet the mother river and eventually the sea, its resting place. And all was well with the world.

The marshland that connected the two little hamlets came alive in the dead of the night. God's little creatures seemed to praise their maker in song and dance. This piece of paradise was specifically created for them when HE asked creation to multiply and fill the earth!

The creatures that made jungles their home were the happiest of all! Peace and harmony reigned supreme and life couldn't be better, for the creator had thought of all their needs. The ground was cov-



# The Ultimate Triumph of the Cross

**What is Triumph ?** It is said that Triumph is a well-earned victory. It will make you put your fist up in the air and yell, "Hurrah! I've made it". Take a look at any game - the Football World Cup, Cricket World Cup for instance. When the team struggles and overcomes all obstacles, ultimately scores well, coming out triumphant, what do they do ? They jump in the air, embrace each other, flash a victory sign and say to themselves, we did it ! **We have won the World Cup. We are the champions !** They have triumphed over all the others. So, there they are - they have achieved a great victory ! Look at the athlete who has outrun the others to claim the Top prize. See the Triumphant look on his face ! **It's his Triumph !**

More than 2000 years ago, there was a man from Galilee, called Jesus, who was born a human being just like any of us, but without sin. He struggled through life in helping his father, Joseph, as a carpenter. They might have felt good after having completed the piece of furniture they were working on. And then comes the day, when Jesus embarks on his public ministry - preaching, teaching the people right from wrong, and curing people of their illness, even getting rid of evil spirits. **This was the beginning of Jesus' walk to Calvary, which was to ultimately end in Triumph of the Cross.** The day he incurred the wrath of the High priests he had embarked on the road to Calvary. The day he incurred the wrath of the scribes & Pharisees, he had started on the road to Calvary. The day he cured the Ten lepers, he had set on his journey to Calvary. The day He cured the man on the Sabbath day, He had em-



barked on the road to Calvary. The day He drove the hawkers & the money changers from the temple, Jesus had begun His journey on the road to Calvary. Because all the good that Jesus did, was against the beliefs of the people of His time.

**Jesus' walk through Calvary** - he struggled along the way, falling three times under the weight of the cross. And being beaten up with whips as he walked along. So, what was the outcome of his walk through Calvary ? Where did all this lead Jesus to ? Was He triumphant ? Those who led Him to the cross thought, **they** had triumphed; they had killed the man who had come to change their lives. But we know for sure, Jesus was triumphant,

wasn't He ? **The very crucifixion of Jesus was His Glory. His moment of Triumph came when he was crucified on that cross at Calvary ! What ! A death on the cross - crucified there in the midst of two robbers,**

**was that his Triumph ? Well, that certainly was ! That is the reality !**

Jesus calls us to take up our cross and follow him. Jesus said to his disciples, "Whoever wants to be my disciple must deny himself, take up his cross and follow me." Jesus knows the struggles we are going through, trying to cope with the pressures of this world - on several fronts, at the workplace, at home, family, society, etc.; it is like carrying a cross. The struggle may be hard, the cross on our shoulders may seem too heavy for us, human that we are, just like Jesus himself felt the weight of the cross as a human being. But He did that out of Love for us. **Are we asking ourselves, what are we achieving at the end of the day ? Where is all this struggle going to lead us to ? Are we going to come out triumphant through all these struggles ? When Jesus finally ended up being crucified on the cross, it seemed like the ultimate defeat of a man who came to change the world. From that cross, Jesus had triumphed over sin, He had triumphed over evil, He had triumphed over the whole world. He had achieved salvation for mankind. That was the Triumph of His cross. While Jesus hung on that cross, he said, "Forgive them Lord, for they know not what they are doing". Wasn't that the Triumph of His cross - being able to forgive those who put him through this struggle, to forgive his tormentors ? From that cross he promised salvation to the robber on His right - wasn't that the Triumph of His Cross ? His walk to Calvary led to the Resurrection - Jesus rose up from that sealed tomb. Wasn't that the Triumph of the cross ? It was indeed, the Triumph of the Cross and it will always be !**



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

## Court summons activist Dayal in defamation case



**Mumbai, April 11, 2019:** The Thane sessions court on April 8 issued a notice to human rights and political rights activist John Dayal directing him to be present in the court on April 22 for hearing in a defamation case filed by a worker of the Rashtriya Swayamsevak Sangh (RSS).

RSS worker Vivek Champanerkar had filed the plea through advocate Aditya Mishra. He alleged that Mr. Dayal — the secretary general, president and vice-president of the All India Catholic Union — said on a talk show that the RSS had killed Mahatma Gandhi.

The plea said, “On July 12, 2018, Mr. Dayal uttered unfounded, false and baseless allegations against the RSS in a debate on a TV news channel. He said, ‘The RSS spreads fear. The RSS kills remember. The RSS killed Gandhi.’ Till date there has been no judgement pronounced by any court of law or report submitted by any commission of inquiry substantiating the statements.” The joint civil judge senior division had issued a notice to the activist on March 11.

Mr. Dayal told The Hindu, “I am not going. In what capacity is an individual suing me?”

(The Hindu)  
source : Matters India

## EASTER JOY

*Jesus came to earth,  
To show us how to live,  
How to put others first,  
How to love and how to give.*

*Then He set about His work,  
That God sent Him to do;  
He took our punishment on Himself;  
He made us clean and new.*

*He could have saved Himself,  
Calling angels from above,  
But He chose to pay our price for sin;  
He paid it out of love.*

*Our Lord died on Good Friday,  
But the cross did not destroy  
His resurrection on Easter morn  
That fills our hearts with joy.*

*Now we know our earthly death,  
Like His, is just a rest.  
We'll be forever with Him  
In heaven, where life is best.*

*So we live our lives for Jesus,  
Think of Him in all we do.  
Thank you Savior; Thank you Lord.  
Help us love like you.*

—John Andres Lobo  
- Dadar

(Contd.. from p. 13)

God.”

The Gospel of Mark reveals the truth of the Ascension laconically: 16:19 “So then the Lord Jesus, after he had spoken to them, was taken up into heaven and sat down at the right hand of God.”

The Gospel of Mathew 17:1-2 informs us, “After six days Jesus took with him Peter and James and John his brother, and led them up a high mountain apart. And he was transfigured before them and his face shone like the sun, and his garments became white as light.”

The people hurried to every corner of the city and told those who would listen about the Transfiguration and the Ascension of Jesus.

The Son of man was truly “the Lord Jesus” God of all who believe in Him.

The Gospel of John 11:25 quotes the Lord, “ I am the resurrection and the life; he who believes in me, though he die, yet shall he live, and whoever lives and believes in me shall never die.

In the Acts of the Apostles 4:33, we are told, “And with great power the apostles gave their testimony to the resurrection of the lord Jesus, and great grace was upon them all.”

Jesus promises us no less when we give testimony to his Resurrection; telling all people of his divine triumph and glory.

Easter is the Homily of the Resurrection proving the divinity of God now and forever. Easter is the Last spiritual homily. St. Paul told the Hebrews in his letter, “For men enter the presence of God, not by offering ritual sacrifices, oblations, holocausts, victims for sin, but by doing His Will.” (Heb.10:8-9). The Homily for Easter will forever remain the same.

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# Inspiration!

## Choose happiness over success

*"Life is really simple but we insist on making it complicated." - Confucius*

**DALE CARNEGIE AMERICAN writer and lecturer once said: it isn't what you have or who you are or where you are or what you are doing that makes you happy or unhappy. It is what you think about. If you pay close attention to your environment, you'll notice that most people are simply seeking success and as much as they like to think of themselves as a successful person, they are not happy. Sure, there's nothing wrong with being ambitious or having the desire to achieve a certain goal. It's only a problem when we tell our mind that we won't be happy until that does happen or we achieve such goals**

**T**he meaning of life is just to be alive. It is so plain and so obvious and so simple. And yet, everybody rushes around in a great panic as if it were necessary to achieve something beyond themselves. However, we often find ourselves delaying the one single thing we want most: Happiness! Here are some reasons why life becomes more amazing when you decide to choose happiness over success:

**There will always be more to get done :**

Most people who don't know this sabotage themselves and miss out on a lot of joy and happiness during their present moments simply because they don't celebrate when they achieve little goals. We always want to move to the next thing, thinking we will be happy once we arrive there. The problem, though, is that once we hit 'there' we always want more. So it might be worthwhile

to simply celebrate every moment as it comes, even if there's more we'd like to enjoy in the future.

**Every little thing counts :**

It's not about the quantity but the quality that you bring into every moment. Sometimes we don't feel successful and this feeling makes us unhappy if we think we're not making enough progress. Perhaps it's time to evaluate those feelings by simply learning how to make every little thing count. Have fun in the present moment, take a walk in the forest, appreciate your health and appreciate every little thing you do. If you do that, it becomes easier to do big things. Because, at the end of the day, it's not success we're after, it is happiness and we can best experience that by simply choosing happiness now.

**Good mood produces good results :**

You can easily get anything done if you feel good about it. Your mood is a key thing here. Good mood produces good results. But a bad mood, if not carefully dealt with, will produce bad results. So it might be worth it to forget the assumption that we will only be happy if we have success in certain ways and start thinking about how we can easily become successful once we're happy.

Having said all of that, maintaining a sustained level of happiness takes a little effort. Trying these exercises on a regular basis is a wonderful way to build lasting happiness and joy.

- Gratitude is a wonderful practice to engage in. Try writing down three things for which you are grateful for every day. These can be simple mundane things or big things. The point is to get something down on paper, every day. Writing down statements of gratitude, even on your worst days, can help you focus on the positive aspects of your life.
- Acts of kindness are another thing you can do. Making a conscious ef-

fort to do something nice for someone for no reason at all can help you feel good. You might be shocked at how a simple act of kindness can

turn your whole day around.

- Exercise has many positive effects as well. Being physically active can help you increase your energy, boost your immune system and give you a sense of accomplishment. Exercise can also reduce insomnia, stimulate brain growth and act as an antidepressant. Try taking a walk or a bike ride the next time you feel you need a boost.
- Meditation has been linked with reduced anxiety and more positive emotions. Those who meditate on a regular basis may even permanently restructure brain to create a sustained level of happiness.
- Taking the time to engage in positive journaling is another happiness booster. Writing about the happy events in your life or writing about a good day with friends can help you get into the habit of focusing on the positive.
- Strong social connections and fostering relationships can also help you feel happier. It turns out that strong social connections are thought to be a powerful influence on our mood. Those who dedicate time to spend with family or friends tend to show the highest levels of happiness. If you can't spend time with someone highest levels of happiness. If you can't spend time with someone in person, pick up the phone or send an email. Nothing is more powerful than spending time with those you care about.

### SCIENCE-BACKED WAYS TO BECOME HAPPIER

- Express gratitude.
- Practice something challenging.
- Connect with someone.
- Stop procrastinating.
- Be intellectually curious.
- Be open to new experiences.
- Express love and affection.
- Have compassion.
- Strengthen your relationships.



**By Albert C deSouza**

*(Only the busy have time to spare)*

The subject of this article is well known in the working world where things have to be accomplished and jobs got done in the twenty four hours of each day. Everything happens in the medium of time. All mortals whether prince or pauper have the same amount of time available at their disposal. One cannot increase or buy time. Its supply is inelastic. Getting the best out of the available time depends on how well the person apportions the time for carrying out the various tasks or activities he is responsible for. The focus here is on managing time in the retirement years where I have already spent thirty years or thereabouts.

There is a general impression that once a person retires he or she has all the time in the world at their disposal. This is a misconception as most people realize when they retire. Initially it is a shock to an individual moving from a busy world to practically nothing. The colossal emptiness worries you. You settle down to either being allotted chores to do as determined by the wife or you yourself find necessary. Also gradually you will notice as years advance you take nearly double the time to meet personal needs and routine jobs. Health problems surface and maybe more time is spent at the doctor's rooms. If you still find time hanging heavily on your hands there is much to keep you occupied in the field of entertainment and the printed word. Many people have no inclination or patience to read and therefore seek out their satisfaction on the T.V. There are always programmes to suit an individual. E.g. like politics, films, general news, political debates, quizzes etc. Also the internet is there to keep in touch with old friends wherever in the world they may be. I belong to a group of students of my alma mater and there is always news about them their families and children. Also relatives make contact on E-mail.

Many people if asked to do something for a friend or the family or aged

members of their community or relatives say they have 'no time'. If they are people with normal health and who have retired can devote time to their less fortunate brethren. All that it needs is time management. Do the important tasks first without interruption or distraction. Make yourself unavailable during that time except for any emergency that arises. You are bound to find some time left over. Do not encourage 'time wasters' who are idlers and not only dissipate their own time but also the precious time of others. In any neighborhood you can recognize these people. Keep them out of your life. Get them to voluntarily offer their time to social bodies that have definite programs. That is encouraging them to be socially responsible and not engaged in idle gossip. Those who have a flair or bent for writing can do so using the 'Word' program. A good writer is welcomed by magazines. You have to know the reader's mind and write on subjects which the majority find interesting. To get ideas needs sufficient inputs of reading the right newspapers, magazines, books T.V. programmes etc. Remember when asked to do an important piece of work by your friends or neighbors saying you have 'No Time' is a lame excuse and savors of selfishness. With a little bit of disciplining you can make time for useful objectives (Your's or Society's) being achieved.

Time management for those working in the corporate world, government, security labs, workshops etc there are different rules and this is a subject by itself. Some decades ago Peter Drucker, high priest of modern management, wrote a book (one among several) The effective Executive. Get hold of it and read the chapter "Know thy time". It is on time management for the busy executive. I think it is a classic on time management.

Finally I think that as a Christian or any believer in the Almighty, some time should be set aside each day for thanking God for what He provides for you, and the rest of humanity. How much.? That depends on the individual. On how much he values God's help.

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(Contd.. from p. 10)

grace to go through it. So I was not surprised when Mother Teresa's Missionaries of Charity Sister Meena said in an interview that she sees God's grace in the gang-rape which she suffered while even the Odisha Polices were present in the crowd. Mystical saints like St Ignatius have exhorted people to welcome happiness and sufferings with equanimity.

Jesus has said, "I will be with you always, to the end of the age" (Mat 28: 20). So in our big and small sufferings we may recall that Jesus, who in spite of being innocent endured untold sufferings, is with us. Understanding our suffering Jesus tells us, all our sufferings will pass away and like him we will be victorious. These thoughts and understanding will help us to endure our suffering with patience and enjoy inner peace and happiness. Indeed Jesus' death on Good Friday gives meaning and value to our sufferings.

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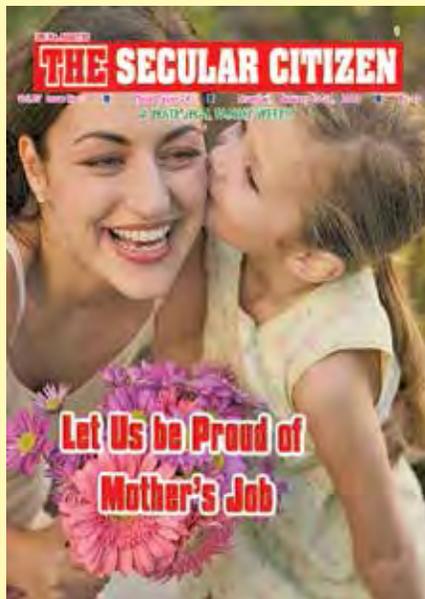
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**6986. MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in March 1990), Ht. 160 cms, Wt. 66 kgs, Wheatish Complexion, Edn. Graduate, working for MNC. Contact email :alwyn90lewis@yahoo.com

**6993. MUSCAT :** Mangalorean Roman Catholic Bachelor, (Born in May 1982), Ht. 5' 8", Fair Complexion, Edn. B.Com., Dip. in Financial Management, Working as an Accountant. Contact email : sandeepfernandes2002@hotmail.com

**7004. MUMBAI :** TAMILIAN Roman Catholic Bachelor, (Born in August 1988), Ht. 5' 7", Wt. 90 kgs, Wheatish Complexion, Edn. B.E. (Inst.) MBA, working as a Sales Engineer. Contact email : amarian1988@gmail.com OR 9967657806

**7019. MUMBAI :** TAMILIAN Roman Catholic Bachelor, (Born in June 1981), Ht. 5' 6", Wt. 60 kgs, Wheatish Complexion, Edn. B.Com., working as a Customer Services. Contact email : dasvinod1@gmail.com

**7018. MUMBAI :** Goan Roman Catholic Bachelor, (Born in October 1969), Ht. 5' 5", Wt. 80 kgs, Wheatish Complexion, Edn. SSC, Self employed. Contact Email :

fredrick.dsouza0110@gmail.com

**7017. MUMBAI :** Roman Catholic Bachelor, (Born in March 1981), Ht. 5' 8", Wt. 67 kgs, Wheatish Complexion, Edn. MBA working as a Administrator. Contact email : matheanil@gmail.com

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

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

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

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

rodrigues.gracy61@gmail.com.

**6895. HONAVAR :** Roman Catholic Bachelor, (Born in August 1981), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. 5th Std., having own property business. Contact email : rosiehorta77@gmail.com Mob: 7977361995

**6893. MANGALORE :** Mangalorean Roman Catholic Widower, (Born in January 1967), Ht. 5' 5", Wt. 70 kgs, Wheatish Complexion, Edn. Graduate, working in Automotive Sector. Contact email : dan\_3627@yahoo.ce

**6888. AMRITSAR :** Roman Catholic

Bachelor, (Born in March 1990), Ht. 5' 10", Wt. 77 kgs, Wheatish Complexion, Edn. Hotel Management (Diploma) in Singapore, working as a Captain. Contact email : shephalivancet0@gmail.com

**6872. MUMBAI :** Affluent Family Mangalorean R.C. Bachelor, (Born in September 1982), Ht. 5' 10", Wt. 86 kgs, Fair Complexion, Handsome, MBA, M.Com., B.Com., (Rank Holder) Banker by experience, (Director - Managing very profitable Business). Contact email :

rajiv\_alvares@yahoo.com

**6867. PUNE :** Goan Roman Catholic Bachelor, (Born in April 1984), Ht. 5' 4", Wt. 70 kgs, Wheatish Complexion, Edn. MBA Finance, working For Bank. Contact email :

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**6864. DUBAI :** Mangalorean Roman Catholic Divorcee, (Born in December 1963), Ht. 5' 6", Wt. 75 kgs, Wheatish Complexion, Edn. Non SSC. working as a Driver in Well known Company. Well settled. Contact 971-50-3564608

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

**6862. MUMBAI :** Goan Roman Catholic Bachelor, (Born in February 1983), Ht. 5' 11", Wt. 72 kgs, Fair Complexion, Edn. B.Com., well settled working in Mumbai. Contact email : keith\_peter1983@yahoo.co.in

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**7038. MUMBAI :** Gujarati Roman Catholic Spinster, (Born in March 1976), Ht. 5' 2", Wt. 52 kgs, Wheatish Complexion, Edn. B.A., working as a Senior Clerk. Contact email : sunitamacwan72@gmail.com

**7037. MUMBAI :** Gujarati Roman Catholic Spinster, (Born in June 1979), Ht. 5' 3", Wt. 63 kgs, Fair Complexion, Edn. T.Y.B.A., Mumbai University, working as a Frant Office. Contact email : lisamacwan3@gmail.com

**7036. USA :** Goan Roman Catholic Spinster, (Born in December 1991), Ht. 5' 3", Wt. 56 kgs, Wheatish Complexion, Edn. B.E. (E & T/C), M.S. (Tech. & Mgt.), working as a Strategic Consultant. Contact email : veronicadsouza27@gmail.com

**7035. MUMBAI :** Goan Roman Catholic Spinster, (Born in October 1988), Ht. 5' 1", Wt. 80 kgs, Wheatish Complexion, Edn. B.A., Post Graduation Diploma in Tourism, Working as a Manager. Contact email : louizad2002@yahoo.com

**6690 MUMBAI :** East Indian Roman Catholic Spinster, (Born in December 1986), Ht. 5' 2", Wt. 54 kgs, Fair Complexion, good looking, smart, intelligent, Edn. CS., LL.B., working as a Asst. Company Secretary. Seeks a suitable educated and well settled bachelor. Caste no bar. Contact email : joylinafaroz@gmail.com

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

**6665 MUMBAI :** Mangalorean

Roman Catholic Spinster, (Born in October 1986), Ht. 4' 9", Wheatish Complexion, Edn. 12th (HSC), Hair Dresser by profession. Seeks Mangalorean / Goan / East Indian Bacheor. Contact email:

alcheckmate@gmail.com OR 9867292764

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

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

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

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

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

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

Contact email : veradsouza3@yahoo.com

**6381 MUMBAI :** Goan Roman Catholic Spinster, (Born in April 1984), Ht. 5' 3", Wt. 58 kgs, Wheatish Complexion, Edn. M.Com., working as a Secretary. Contact email : soareskaren14@gmail.com

**6685 MUMBAI :** Goan Roman Catholic Spinster, (Born in December 1968), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. S.Y. B.Com., having own business on **DUBAI**. Contact email : reachbernie@yahoo.com.

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

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

**6850. MUMBAI :** Goan Roman Catholic Spinster, (Born in October 1989), Ht. 5' 4", Wt. 56 kgs, Fair Complexion, Smart looking, Edn. BBA, working as an Asst. Marketing Manager. Contact email : alisha.v.fernandes@gmail.com

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**7020. MUMBAI** : Goan Roman Catholic Spinster, (Born in September 1982), Ht. 160 cms, Wt. 65 kgs, Fair Complexion, smart and goodlooking, Edn. HSC + Secretarial Course, working as a Receptionist. Contact email : dolphinz27@gmail.com

**6969. MUMBAI** : Mangalorean Roman Catholic Spinster, (Born in September 1983), Ht. 5' 3", Wt. 54 kgs, Wheatish Complexion, Edn. M.A., Working as an Educational Consultant. Contact email : elviraaranha@rediffmail.com

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

**6935. MUMBAI** : East Indian Roman Catholic Divorcee (1st marriage annuled by the church), (Born in February 1983), Ht. 5', Wt. 61 kgs, Wheatish Complexion, Edn. M.A., working as a HR in MNC. Contact email : cocom4053@gmail.com

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

**6932. MANGALORE** : Mangalorean Roman Catholic spinster, (Born in September 1990), Ht. 5' 4", Wheatish Complexion, Edn. M.Com., working as an Asst. Manager. Contact email : francisjerome.barrocas@gmail.com

**6931. MUMBAI** : Parents of Goan R.C spinster, (Born in August 1986), Post-Grad, writer in a reputed pub-

lication, 5' 6", Fair and of medium build, seek for their only daughter a well-qualified and settled groom. The boy should be 32-35 years of age, 5' 7", or taller. Preferably of Goan origin and residing in Mumbai. Interested families / boys may please write, with a photograph, to couri60@gmail.com or call 99202 70637

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

jasmine.melonie@gmail.com

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

judith.dalgado2307@gmail.com

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

mrf.ma77@gmail.com

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

amelia\_christopher@rediffmail.com

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

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

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**6822. KUWAIT** : Mangalorean Roman Catholic Spinster, (Born in November 1982), Ht. 5' 4", Wheatish Complexion, Edn. B.Sc. Post Gradu-

ate in Mumbai University, Teacher in Kuwait. Contact email : pereiralucy2017@yahoo.com

Tel: 00965-60402765 / 9867308911

**6959. MUMBAI** : Alliance invited from well settled RC Goan bachelors upto 30 years. for RC Goan Spinster (Born in November 1990), a B.A. graduate, done IATA, presently working in **DUBAI** in a travel company as a corporate travel officer, Ht. 5' 3", (preferable working overseas) Contact email : sabjf1963@gmail.com OR Cell No.: 8828998414

**6839. MUMBAI** : Mangalorean Roman Catholic Issueless Divorcee, goodlooking, (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

**6836. CANADA** : Parents of RC 26 years spinster, (Born in July 1991), Ht. 5' 4", B.A., B.Ed., (Honours) teaching in Canada (Govt. Job) seeks alliance from well-educated Bachelor (Preferably settled in Canada) within 28 to 32 years with good values, height between 5' 5" to 6' 2". Please email to: musicfan0323@gmail.com with recent photo and phone no.

**6835. USA** : Mangalorean Roman Catholic Spinster, (Born in February 1986), Ht. 5' 3", Wt. 54 kgs, Fair Complexion, Edn. M.Phil/Ph.D., doing Doctoral Studies/Working. Contact email : sathi.monteiro@gmail.com

**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 Leader) . Contact email : alicedsouza722@gmail.com

**6760. KUWAIT** : Mangalorean Roman Catholic spinster, (Born in November 1987), Ht. 5' 4", Wt. 70 kgs, Fair Complexion, Edn. B.Com., MBA Finance, working as a Administration in IT firm. Contact email : astridmathias@gmail.com

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