

THE SECULAR CITIZEN

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A NATIONAL FAMILY WEEKLY

Simple swaps that
could change your life



Modi team faces a stiff climb

A very impressive and royal Darbar Hall swearing - in is over. The thumping victory smile and very strong support of the people of India will remain on the carefully selected team for many more days to come. The second swearing-in is going to prompt and inspire Modi men. The fun and the frolics will gradually slow down and each of the Modi men is going to face a Himalayan challenge to fulfill difficult aspirations of the millions of people of this vast sub continent.

Each new day is going to pose difficulties and challenges. The New York Times on the Modi win, writes : The world's biggest democracy has biggest challenges to face..." Do you think Modi is not aware of this? Do you think he can ignore these challenges? From a very reliable source I am told :" He is very aware and conscious...." He can be tough, demanding and exact - if he si wishes. As the Gujarat Chief Minister, he had already proved that he can deliver, he wishes.... He can and he must.

The G D P has dramatically dipped down and reached to 58 percent - the lowest in the last five years. Joblessness has frightfully increased to 6.1 percent - the highest in the last 45 years. The development of the core



Anil Fernandes
photography
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sector has reduced to 2.6 percent. All these facts are directly received form the Central Statistical office - C S O, Delhi.

The Core Sector's dismal performance is due to less production of crude oil and natural gas. The United States constant pressure against India buying Iran oil is highly frustrated and problematic. The Trump government has not been that friendly as it looks from the US President's angry frowned at India buying Russian military goods! China - India trade has crossed more than 100 crores dollars and that too is not appreciated by the U S ! Modi knows it very well. Agriculture sector is highly vulnerable. Rain scarcity, unavailability of canal water and government's purchase policy from farmers are difficult problems.



by Ignatius Dabhi
Sr. Journalist

Crime rate is rising, so says the Central Crime Report. Amit Shah had been the Home Minister earlier in Gujarat and his experience is go-



ing to help him. Sitaraman is given the finance portfolio. What does she know about the finance? How effective would she be? Let's patiently wait and watch! Arun Jateley will be missed very badly. He often defended and replied to the Opposition attack. Now?

Millions of youngsters are waiting for jobs... Any solution with Modi! Wait and Watch.

Minorities and Adivasis are their.... Attacks of these had drawn the world attention... Ram Mandir and Teen Talaak laws? Let us wait and see how Modi takes each of these odds....

We, Secular Citizens do support every positive step that sustains this motherland. Ours will be good wishes and prayers for the Modi team. "We have miles to go....

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Editor: LAWRENCE COELHO

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Help Your Child Explore Strengths and Passions

Focusing on strengths is just as important as recognizing weaknesses. Encouraging your child to explore strengths and passions (and take healthy risks) can be a real self-esteem booster. Here are some activities to try.

When your child curious and full of energy, allow your child to be athletic without the pressure of being part of a team. If your child prefers being alone, likes to learn by exploring the world and is frequently on the move, the great outdoors might be ideal.

Does your child love to sing and make music? Music uses many different parts of the brain at once to process rhythm, emotion and movement. All of the elements of music—including tempo, pitch and beat—are key pieces of learning to read, too. And there are many kinds of music to explore and attain skills.

Does your child know a lot of information and enjoy sharing it with other people? Debate might be worth a shot. It can also help your child develop clearer communication skills and ways to organize thoughts.

Some kids enjoy storytelling and love being the center of attention. Drama group can be a good outlet for creative kids. It provides a way for them to learn how plot, characters and setting work together to make a story powerful. For kids who aren't comfortable in the limelight, there are plenty of behind-the-scenes roles, like set design or costumes. All of these jobs can be a way to be part of a team.

Does your child like to draw, paint or sculpt? Art classes can be a good way to let kids explore the beauty they see in the world. Drawing and painting can also build motor skills as well as teach shapes, spatial relationships, size and other mathematical concepts.

Does your child love to move and groove? Dance gives kids a social way to learn rhythm, coordination, motor skills and following directions. Kids also

(Contd.. on p. 4)

(Contd.. from p. 3)

practice visual-spatial skills, which can be helpful when it comes to reading and math.

Does your child love animals? Horseback riding is not only fun, but it can be therapeutic. It can help kids who have a tough time keeping their emotions in check build patience and impulse control. Riding also improves muscle tone, posture, gait and coordination.

A study at the University of Illinois showed that it matters more that kids grow up in a home without conflict among their peers and siblings than that their parents are together. A study of children born into poverty reported that "children who received 'sensitive caregiving' in their first three years" of life did better in school, and then had "healthier relationships and greater academic attainment in their 30s.

Reading to young children is important, but it turns out teaching them math skills is crucial as well.

Instead of doing what every other family is doing, take the time to get to know and understand your child's interests. Observe your child at play, ask open-ended questions and listen when your child shares her dreams.

We live in a competitive world and kids experience a significant amount of pressure to perform. When they fall short, they feel deflated. We all fail at times, that's part of life. If we want to raise "can-do" kids who can work

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through failure and come out stronger for it, it is wise to nurture optimism. Optimistic kids are more willing to take healthy risks, better problem-solvers and experience positive relationships.

It's important to step back from our own needs and let kids be kids. The rock collection will probably come and go and in a few years your child might be really passionate about the violin. We can't predict where our kids will end up and pushing them toward a certain passion won't guarantee happiness or success, but we can support them in the present tense and allow them the freedom to pave their own road to happiness.

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Change in the "Our Father"

Pope Francis on 06 June 2019, has approved a minor change to the wording in the Lord's Prayer or the "Our Father"!

Instead of saying, "Lead us not into temptation", Catholics may now recite, "Do not abandon us to temptation"! The Lord's Prayer comes from the Gospel, in which Jesus taught his disciples this particular request (Matthew 6:13). Here is Pope Francis' rejoinder:

"It is not a good translation, because it speaks of a God Who induces temptation. In fact, I am the one who falls. It is not God pushing me into temptation, to then see how I have fallen. A father doesn't do that; rather, a father helps you to get up immediately. It is Satan who leads us into temptation. That's his department."

Pope Francis also reportedly accepted a slight alteration in the "Gloria": "From the tribute, "Peace on earth to people of good will", towards: "Peace on earth to people loved by the Lord" (Luke 2:14).

These changes were agreed on 22 May 2019, during the General Assembly of the Episcopal Conference of Italy. They will be incorporated in the coming months. Surely they do demonstrate God's intimate love and mercy!

And let me also include the Scriptural basis: "No one when tempted should say, 'I am being tempted by God'; for God tempts no one. But rather, one is tempted by one's own desire, being lured and enticed by it. Then, when that desire has been conceived, it gives birth to sin, and sin when it is fully grown, gives birth to death" (James 1:13-15).

**—Dr. Trevor Colaso,
Memphis, TN. USA.**



How many deputy chief ministers ?

Appointing deputy chief ministers seems to have become a fashion, should we say? Several states currently have atleast one deputy chief minister, with I think, Uttar Pradesh & Goa having two deputy chief ministers. But the chief minister of Telangana, Y. S. Jaganmohan Reddy takes the cake - he has appointed as many as Five deputy chief ministers. Isn't this stretching it a bit too far?

What is the importance of a deputy chief minister? According to constitutional experts, the position of deputy chief minister or deputy prime minister, is not technically a constitutional office. What is the role of a deputy chief minister in any case ? He may not even be given important portfolios such as Home. As such, he is like any other cabinet minister. Then why create such posts? The only reason it seems, is to satisfy the egos of the various allies of the ruling party.

With the appointment of Five deputy chief ministers in Telangana, will this now set the trend for competition in other states ?

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

"Clean Chits & Dirty Socks"

This refers to "Clean Chits & Durty Socks" by Chhotabhai in The Secular Citizen of 27th May, 2019.

The press has always played noble roll in thinking process of the Indian Citizen. The honest journalist is

not known by his occupation or profession but his mission of enlightening public at large with the facts. The object being let the people think and decide. Mr. Chhotabhai's few recent articles regarding the nun rape case and conduct of BP Franco are stand to these reasons. Plato had said "I can't teach you anything but to think." The recent article of Mr. Chhotabhai title as clean and the dirty socks is in that directions. What is wrong or injustice has to be termed as such irrespective of the personality involved. In my view Mr. Chhotabhai is acting as a crusader against injustice in the Church, because injustice any where is injustice everywhere.

—**A. J. Almeida**

Yoga Day

The practice of yoga is something that has the power to heal your entire body. It is the best medicine that any doctor can ever give you and that for any kind of disease that you are suffering from. Yoga day is celebrated every year on June 21, which came into being in the year 2015 with the genuine effort made by Shri Narendra Modi, the Prime Minister of India.

To promote this important day and to help people know the significance of this day, every school and college organizes for essay-writing competitions on Yoga Day. Students prepare for the best essay on their part and it also help in a way to spread awareness about the significance of including yoga in your everyday life. Yoga is more than just burning your calories and toning your muscles. It is a mind-body workout where you have strengthening and stretching poses along with deep breathing techniques to relax your mind and body. There are more than a hundred different forms of yoga. Some are fast paced

and intense. Others are gentle and relaxing. Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. The word 'yoga' literally means 'union'. Through yoga you can explore profoundly the very mechanics of life."

—**Jubel D'Cruz, Mumbai.**

Pope Francis on Church's Tradition and Pope Benedict!

On Sunday 02 June 2019, Pope Francis told journalists aboard the Papal plane returning to Rome from Romania (Some excerpts):

"The 'tradition of the Church' is not a funerary urn holding the ashes of the past, nor it is a fundamentalist nostalgia of a golden age; but rather, tradition is a guarantee of the future. Tradition is not a museum piece, but rather the roots that guarantee that the tree will grow, flourish and bear fruit! It gives sap drawn from the earth, in order to blossom, and seeds that will be roots for others."

"I apply these reflections to emeritus Pope Benedict. Every time I visit him, I feel it. I take his hand in mine. He speaks little and a bit slowly, but with the same depth! He has great lucidity, and whenever I hear him speak, I become strong. I feel the sap of the roots nourish me. It helps me move forward!"

"Yes, this tradition of the Church is always in motion! In the early Church the disciples of Jesus had to let go off their cherished Jewish traditions they grew up with. This detachment from past traditions is a model for today's Christians. Those first Christians did not abandon things that didn't count. Rather they adopted what was at stake – their new religious identity!"

"True faith purified from traditions which are more of an obstacle than a help, must be let go off. To follow the Lord requires walking quickly; and you need to lighten yourself even if it costs!"

—**Dr. Hazel Colaso**

Cardinal Alencherry cleared by bishops of land scam

Bhopal: India's Cardinal George Alencherry, who faces multiple probes for allegedly selling off land and incurring a loss of about US\$10 million, has been cleared by his fellow bishops even though the Vatican has yet to rule on the findings of its administrator.

But the move has angered other figures within the Eastern-rite Syro-Malabar Church who have accused the bishops of attempting to influence civil and Vatican investigations.

The Kerala Catholic Bishops' Council (KCBC), which met on June 4-5 at its headquarters in Kochi, found no merit in the allegations against the cardinal. The KCBC issued a circular on June 6 to inform Catholics about its decision.

Archbishop Soosa Pakiam, president of the KCBC, said in the circular that "our discussions have proved that the kind of corruption alleged in the land deal did not seem to have occurred."

It further makes it clear that "fissures within the church have led to controversies and given rise to apprehensions among the faithful."

"Measures have been taken to address the apprehensions and allegations pertaining to the land deals involving the Ernakulam-Angamaly Archdiocese within the church itself," it noted.

The circular, which was due to be read out in churches on June 9, had to be put on hold following opposition from within the church leadership and from the public.

"There is no change in the circular — it still stands even though it will not be read out in churches," said Father Varghese Vallikkatt, deputy secretary-general of the KCBC.

"Our stand is not to create any problem for anyone. We want to settle all issues amicably and grow as one



church.

"We know there is no truth in the allegations against the cardinal. It might be possible there were some procedural errors but it was not a case of a big scam. Nobody has taken money from the church and we want to clear confusion among believers."

Father Vallikkatt said the KCBC had not constituted any committee to probe the allegations before exonerating Cardinal Alencherry.

"We held several rounds of discussions individually and in groups with all concerned parties and found that there is no merit in the allegations," he said.

First information reports

Archdiocesan public relations officer Father Paul Karedan said in an official statement that the circular was "inappropriate and unfortunate."

"The controversy about the land deal was mentioned at the KCBC meeting, but there was no discussion. The circular, issued with an instruction that it should be read at churches, went against the decision at the meeting," he said.

Riju Kanookaran of the Archdiocese Movement for Transparency said it was "incorrect and illegal" for the KCBC to issue such a circular.

"Civil authorities are probing multiple cases against the cardinal and first information reports are registered against him in two cases," he told ucanews.com.

"Canonically, the issue is with the Vatican and there is no role for the KCBC to issue a circular exonerating the cardinal."

On April 5, Bishop Jacob Manathodath, who was appointed as apostolic administrator of the archdiocese this year, submitted to Rome his inquiry report on the controversial land sale, but the Vatican has yet to reveal its findings.

Kanookaran accused the KCBC of attempting to influence the civil and Vatican investigations.

Father Vallikkatt, however, denied the allegation, saying it had not opposed any probe. The KCBC, he added, "instead reaffirmed its position that a probe should be conducted into the allegations."

In November 2017, a group of priests accused Cardinal Alencherry and two priests of selling off land and incurring a loss of about US\$10 million for the archdiocese.

The Vatican last June removed the cardinal from administrative positions in the archdiocese, but he continues to be the major archbishop and heads its synod, based at the Church's headquarters in Ernakulam.

In February, a priest who is a junior official of the synod filed a criminal complaint accusing Bishop Manathodath and senior priest Father Paul Thelakat of forging documents to defame the cardinal.

The complaint said Father Thelakat forged documents showing that the cardinal had transferred money from his private bank accounts to some corporate accounts. The bishop was accused of presenting the documents to the synod with the intention of tarnishing the cardinal.

Source: UCAN

Indian cardinal 'nothing to hide' after sex abuse cover-up claim

Bhopal: India's Archdiocese of Bombay has denied reports of a police case against Cardinal Oswald Gracias and two other bishops for their alleged failure to initiate action against a priest accused of child abuse.

"We have not come across any official record of a first information report (FIR) against Cardinal Gracias and his auxiliaries Bishop Dominic Savio and Bishop John Rodrigues," said archdiocesan spokesman Father Nigel Barrett.

Media reports, however, said Mumbai police have lodged an FIR against Cardinal Gracias, who is also archbishop of Bombay Archdiocese in the western state of Maharashtra, and the two bishops for allegedly not acting against a priest accused of child molestation despite complaints from the child's father.

The Mumbai Mirror reported on June 4 that the police action followed a direction from a special Protection of Children from Sexual Offences (POSCO) court in May for police to investigate the allegations against the cardinal and his deputies.

The report also said that the child's parents had tried to establish contact with Bishop Savio and Bishop Rodrigues.

"Neither the parents nor anybody else met the auxiliary bishops to discuss the abuse issue," said Father Barrett.

The diocese said the parents called on Cardinal Gracias on Nov. 30, 2015.

"The cardinal held a discussion for over an hour with the minor's parents

and assured them of all his support. The cardinal also consoled them," Father Barrett told ucanews.com.

"They lodged a complaint against the accused priest a couple of hours after meeting the cardinal and therefore it is wrong to accuse the cardinal of any kind of deliberate attempt to hush up



the matter."

Archdiocesan Father Lawrence Johnson, 55, was arrested on Dec. 2, 2015, and charged with having engaged in "sexual activities against the order of nature" with a boy aged 13. Police also charged him with violating several sections of the POCSO Act.

The priest remains in custody while the cases against him are heard.

Police say that after prayers on Nov. 27, 2015, the priest enticed the boy into a room, then closed the door before sexually abusing him.

Medical examination of the boy four days later confirmed injuries to his private parts, court records show.

The child's father alleged that church authorities, despite having knowledge of the crime, concealed it and did not act against the accused.

A section of the POCSO Act provides for a maximum jail term of one year for any person in charge of an institution who fails to report to police an alleged sexual offense by a subordinate against a minor.

"We have never been against any kind of probe into the allegations against the cardinal and other bishops as we have nothing to hide," Father Barrett said.

"The diocese also initiated an internal probe based on the complaint from the minor's parents."

The diocesan inquiry could not be completed as the priest was arrested two days after it was initiated, he said.

"We need the presence of the accused to ascertain the facts of the allegations. Even before the probe began, the prelate had over the telephone suspended the priest from all his public faculties as the diocese was zero-tolerant to such abuse," Father Barrett said.

"We approached the police for a copy of the FIR and other details, if any, but we have not received any official documents to this effect yet."

Father Barrett said the cardinal and the two bishops have not been contacted by police.

Cardinal Gracias is a member of the Council of Cardinal Advisers to Pope Francis and president of the Catholic Bishops' Conference of India.

Source: UCAN

WHETHER THE NARRATIVE OF SUPER NATIONALISM AND TOXIC HINDUTVA WHICH MOST ELECTION PUNDITS SUGGEST ENABLED NARENDRA MODI AND AMIT SHAH DUO TO WIN 332 SEATS IN PARLIAMENT WILL OVERCOME THE SLUGGISH ECONOMY?

by Eric D'Sa

There is a popular saying in the West that eventually it will still be the economy, Stupid.

All the post-election commentary seems to suggest that Narendra Modi is some political unicorn, who defies the standard link between economic and political success. With the economy growing at a sluggish 6.6%, joblessness at an all-time high, and declining farm incomes, it was unimaginable to the economic pundits that an incumbent could maintain his popularity. Yet the Bharatiya Janata Party (BJP) and the National Democratic Alliance have not just won, but bettered their 2014 performance. Political analysts are scratching their heads and economists are nervous; with this electoral mandate Narendra Modi will not bother with economic development. It is another thing that statistics have been tweaked and people were officially provided the economic statistics a day after the election results came out.

But that would be a big mistake for three reasons:

The first, is the youth vote. Two-thirds of India is below the age of 35 and, in this election, there were 15-16 million first-time eligible voters (18-19 years of age). About 84 million young people became eligible to vote in a general election for the first time since the 2014 polls. States where the share of younger voters is greater than the national average also saw an increase in voter turnout. And, surveys seem to suggest that Modi is particularly popular among the youth.

These young voters are not yet disillusioned with politics or cynical because they have not yet experienced serious political disappointment—a privilege of the middle aged and the elderly in

India. They are entering the work force full of hope, looking for strong leadership to fulfil their aspirations. But one in five young urban men and one in four young urban women cannot find a job. With declining agricultural incomes, about 6-7 million leave the farm sector in search of employment in other areas each year. Add to this the 12-13 million young Indians joining the work force annually, and India needs to create 20 million jobs every year for the next five years. Without that, the next election will have 80-100 million young and unemployed voters, mostly disgruntled

**YOU THE CITIZENS
DECIDE:**

and angry.

This election seems to have been entirely about Modi's strong leadership, India first Nationalism and Hindutva pride. This means, economic conditions were overlooked during this election. Hence when young voters are disillusioned, they will squarely blame the Prime Minister. A 5-7 year job struggle could disenchant anyone, especially today's youth who are not patient like their grandparents' generation, which was used to low growth. The nation was growing at what was termed the Hindu rate of growth of around 4 to 5% until the combination of Narasimha Rao as PM and Manmohan Singh as FM changed it in 1991.

Second, the "liberal" wing of the punditry has all but declared the end of Indian secularism and economic reform. They are convinced that the situation is hopeless, and India is full of hateful bigots who are so uni dimensional that they don't care for their economic circumstances. But the numbers don't seem to show a country full of bigots. Of the 900 million eligible voters,

67.11% turned up to vote, the highest in recent times. Of these 600 million voters, BJP's vote share was 37.4%, or approximately 225 million voters, (this is the vote share across the country and includes constituencies the BJP chose not to contest). This is not to take away from Modi's landslide win; the electoral math of voter turnouts and vote shares always makes "majorities" seem weaker, no matter which party wins.

The point here is, the number of individuals actually voting will matter if jobs become a major issue. In a country of

1.35 billion, only 225 million voted for Modi's party, either because they were not yet eligible to vote, or apathetic, or explicitly voted for someone other than Modi. And it is unlikely that all 225 million voted for BJP's hindutva agenda. Some were impressed by Modi's leadership and oratory, while others have benefitted from the various targeted schemes on electricity, LPG, toilets, etc. In five years, if even half the youth entering the workforce (40-50 million) are disgruntled, the electoral math for the ruling party could change dramatically.

So, it would be very naïve to assume that economic circumstances do not matter to Indians. The "Hindu wave" is strictly limited to a fraction of Indians, who voted loyally for BJP despite their economic circumstances getting weaker. For all others, economic circumstances matter a lot. Today's apathetic Indians may become tomorrow's disgruntled voters. And the 375 million who didn't vote for Modi this election need a lot more persuasion through economic development and social tolerance. Even "Hindu wave" loyalists may not remain too loyal if their lot does not improve.

The third reason, unlike the first two, is a carrot and not a stick. Modi is poised

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(Contd.. from p. 8)

to make a mark in the history books and he is aware of it. But, history is not kind to leaders who bring economic doom. Seventy-five million Indians still live in extreme poverty (earning less than \$1.90 a day) and about a third of all citizens—450 million—live under the \$3.20-a-day poverty threshold used for “lower middle income” countries like India. With reforms and sustained economic growth, this group is poised to enter the middle class. But without it, they are vulnerable to economic stress that could push them back into poverty.

P.V. Narasimha Rao, hardly a beloved leader of the masses, is a hero in the history books for ushering in economic growth through the 1991 reforms, which has since lifted 170 million out of poverty. Modi has an even greater opportunity to affect the lives of hundreds of millions more; and he will be deified if he pushes Indians into prosperity. In the long run, it is always economic circumstances that determine individual and collective destiny. Our Prime Minister would do well to remember this and ignore the current commentary on his leadership being bulletproof to economics. However as You the Citizens are aware, internal social harmony and peaceful Co-existence even with your immediate neighbours, which enable you divert limited resources for the development of lower rung of the pyramid and reduce disparity of wealth is need of the hour. Modi has in 2014 promised to bring in Ache din to the masses. He has been given another five years to keep his promise.

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Hyderabad Archdiocese to host Indian Catholic Youth Conference

Secunderabad, June 7, 2019: The Indian Catholic Youth Movement [ICYM] of the National Youth Commission of the Conference of Catholic Bishops of India (CCBI) will hold a national youth conference at Secunderabad, October 13 – 17.

“Purpose is two ways—to give young people a chance to talk, share and express their thoughts and concerns and the church listens to. Secondly, it is to educate and impart knowledge to young people about faith and important matters in life, such as media, leadership, politics, history of Christian faith, vocation and many other topics in the form of workshops. It is a more dialogue-based programme. No sessions and talks,” Percival Holt, national youth president of ICYM, told Matters India, June 5.

“The importance of the conference is to dialogue and talk in a synodal way, just as Pope Francis asks of the church—‘Let us help and handle things together. Not just one way but all together,’ Holt said.

“I am the Servant of the Lord; May it be done to me according to your word” (Lk 1:38) is chosen as its theme. It invites youth to understand their call in life and re-affirm their commitment to God and His will, in response to all the concerns and matters discussed in the synod, just as the young Virgin Mary did.

“The theme this year is chosen and the programme is being planned in a way to help young people understand the post synod perspective of a joyful, youthful life and an attempt towards the implementation of the synod to grassroots youth. It will be based on the final document of the 2018 synod and Christus Vivit (Christ is alive),” said Holt.

Published on April 2, 2019, Christus Vivit is a post-synodal apostolic ex-



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Devar Yamjal Road, Medchal —500014

THEME: **“I AM THE SERVANT OF THE LORD;
MAY IT BE DONE TO ME ACCORDING TO
YOUR WORD” (LUKE 1:38)**

hortation of Pope Francis, written in response to the Fifteenth Ordinary General Assembly of the Synod of Bishops, on “Young people, faith and vocational discernment”, held from 3 to 28 October 2018. It is addressed “to young people and to the entire people of God.”

“At the end of the youth conference in Secunderabad, we will come out with a document that records the voice of youth and it will be shared with all the bishops of India. This would help them understand and use it while drawing their pastoral plan for the youth ahead,” Holt said.

More than 500 youth including invitees and guests are expected to attend this national youth event.

—Matters India

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Prop. B. D'Souza

Wording of 'Lord's Prayer' to change



The Holy Father, Pope Francis officially approved a change to the most famous prayer in Christianity, say reports.

It's the prayer Jesus taught followers to pray and one of the few things that unites 2.2 billion Christians across the globe. But the Holy See's May 22 approval adjusting The Lord's Prayer, widely known among the faithful as the "Our Father," has been years in the making, UCatholic reported.

The Catholic leader changed the phrase "lead us not into temptation" to "do not let us fall into temptation," as mentioned in the gospel of Matthew 6:13, because the original translation implies that God induces temptation. The change, officials said, is closer to the original intent of the prayer.

"I am the one who falls; it's not Him pushing me into temptation to then see how I have fallen," Francis explained to Italian broadcasters about the phrase change. "A father doesn't do that, a father helps you to get up immediately. It's Satan who leads us into temptation, that's his department."

Fox News religion correspondent, Jonathan Morris, told Martha MacCallum on "The Story" that Jesus didn't speak English so Church leaders are working on their best interpretation.

"He's saying the translation isn't good because God never makes us fall or never leads us into temptation."

He actually allows us to be tempted, but we have to make a choice," Morris said, adding that Jesus originally spoke it in Aramaic before it was translated into Greek and other languages.

On social media, the pope's change has received praise for making sense but others have called it an abomination. One user said: "this is like changing the Declaration of Independence."

Francis also approved changes to The Gloria from "Peace on earth to people of good will" to "Peace on Earth to people beloved by God."

During the General Assembly of the Episcopal Conference of Italy, President Cardinal Gualtiero Bassetti announced the approval of a third edition of the Messale Romano in May, "in the wake of the liturgical reform."

Local people in Mangalore, where the church's official language is Konkani in Kannada script, feel that the wording at present of the Lord's prayer (Our Father or Amche Bappa) already meets the changed norm, no official word is yet received from the church authorities. There may possibly be other languages, specially here in India where many languages and dialects use the prayer widely and world wide which meet the new norms.

— Adapted from Vatican reports
by Ivan Saldanha-shet.

Six Doctor Saints!

Doctors have a unique vocation to heal - a noble profession meant to preserve life instead of destroying it. Most have lived up to the Hippocratic oath: "Where the art of medicine is loved and practiced, there is also the love for humanity!"

National Doctors Day in India is celebrated on 1st July, in honor of the legendary Chief Minister of West Bengal, Dr. Bidhan Chandra Roy, who was honored with the Bharat Ratna on 04 February 1961. Here are six doctors who have led holy lives, using their God-given talents to heal mind, body and soul!

1. St. Luke the Evangelist! He wrote the Gospel and the Acts. He was a renowned Greek doctor, and has been invoked by the Catholic Church as the Patron Saint of physicians and surgeons.
- 2 & 3. STs. Cosmos and Damian: These brothers were highly skilled doctors in the 4th century, who did all they could to treat people. They were killed for their Christian faith during the Diocletian persecution.
4. St. Rene Groupil: After studying medicine in the 17th century, Groupil sailed to "New France", to help the Jesuit ministries in Quebec. He volunteered to assist them in their missionary work.
5. St. Gianna Beretta Molla: She studied medicine to eventually graduate as a renowned Pediatrician. She worked especially with the poor children, and pregnant and lactating mothers.
6. Ven. Marcello Labor: During world war 1, Labor served as a medical officer in the Italian army. Later he established a general practice in Pola, Italy, where he devoted his time to the poor.

Conclusion: Jesus revealed: "I was sick and you took care of Me" (Matthew 25:36).

—Dr. Trevor Colaso,
Memphis, TN. USA.

Modi's moment of glory

While cricket teams are competing for the oncoming World cup, Narendra Modi has won his, hands down though the third umpire's credibility was questioned. In fact he got a walk-over with disparate opposition leaders putting themselves and their parties ahead of unity. With not a single strong and decisive leader in the opposition camp to head the front to confront the BJP at the elections, the electorate had limited options. National elections, unlike the assembly elections, have international ramifications and the world watches such an exercise with a lot of interest, especially when a country like India which enjoys a prominent position in the comity of nations, is involved. A strong government at the Centre insulates the nation from being bullied. A decisive national leader commands respect from neighbours and other big powers as his voice resonates across nations big and small.

That Narendra Modi would form the next government was a foregone conclusion but the sheer size and magnitude of the victory left even BJP leaders shocked. Ram Madhav known for his political acumen had said that they would need allies to form the government. The manner in which the PM went hammer and tongs after the Gandhis and the opposition gatbandhan showed that at one point the BJP was not so sure of its victory even though they put up brave faces. Some element of perceived desperation was visible at one point. All said and done they won handsomely to begin their second innings. They have a huge task. Though quite a few of their promises remained unfulfilled or partially redeemed, the next five years will be crucial. The people have given their mandate and they expect the government to perform by concentrating on issues which affect the people – no rhetoric.

Narendra Modi has now selected his team with some help from his best-man – Amit Shah whom he has entrusted with the important Home Ministry. It is not clear whether in his appointment the PM has sent a message to the opposition as well as anti-nationals in J&K and North East. Shah has reiterated time and again that the BJP will do away with articles 370 and 35A. Now that he has been given the Ministry that will deal with it, the BJP seems to be serious about it. All political parties in the

VIEWS on NEWS

Valley have univocally denounced the move and Mehbooba had made some comments which are not in the interest of the nation. Now that she has lost the elections, it is only natural that she will go any length to incite the restive people who do not need much prodding in the prevailing charged atmosphere. The government will have to tread with extreme caution. The Uniform Civil Code is another sensitive issue which could polarize the country into two distinct groups which is undesirable. The stage is set for an economically strong and vibrant India so that the generation next is able to enjoy the fruits.

The selection of Nirmala Seetharaman as FM is a big surprise but hopes she will deliver with guidance from Arun Jaitley with whom she has good equation. Things are changing as one post on social media said "MAN will manage HOME while a WOMAN will manage FINANCE. Desh badal raha hai". Yes it is changing. But more than that, the expectations are rising. Not many surprises otherwise. The motor mouths are missing but whether it is by accident or by design, one does not know.

Now that the heat of the elections is over, the PM needs to concentrate on the economy which is sliding for quite some time now. Time for excuses is over. Time for blaming the UPA for all the ills, is also over. By the way, in the formation of his Ministry, the PM got his back on his two troublesome allies. The JD[U] and Shiv Sena extracted their pounds of flesh and got more seats while the BJP had to compromise albeit reluctantly just to keep them on board. Now Modi can afford to ignore his allies and showed it by being economical with ministerial berths to them both forcing Nitish Kumar to opt out of the government but hit back with no berth for BJP in Bihar. There is nothing more he could do. Shiv Sena at best can only sulk. Come assembly elections and it will up the ante. That is politics!

Choice before the Opposition

These elections have a very strong message for the Opposition in general and Rahul Gandhi in particular. Their dismal failure [no representation in 20



by Marshall Sequeira

States/UTs] must have hit him hard. In Western UP some 20 out of 21 candidates lost their deposits which must be a record of sorts. Three Hindi heartland States of Rajasthan, MP and Chhattisgarh have a larger lesson. Except Stalin no other leader was really willing to go with the Congress – of course, each for a different reason. If the Congress got 50 plus seats, they need to thank the DMK for giving them the foot-hold there. The only other State that backed Rahul was Kerala. Rest of the country rejected him. He is surrounded by not so capable advisors.

As a grand old party, the Congress should have taken the lead. With Akilesh and Mayawati calling the shots, it was like the tail wagging the dog. The trust deficit was too high. The approach should have been very clear. First fight the elections together [State-wise] and see which party gets the maximum seats and then decide on the Prime Ministerial candidate. They were working in reverse order and in the process, everybody lost. There are many regional leaders and they are popular in their own States. Individually they are weak but collectively, without egos, they could form a formidable alternative.

Has the Congress lost its relevance completely? Not really. It can still stage a comeback. It has support all over India but not strong enough to translate into seats. BJP with vote share of 37.4% bagged 303 seats while the Congress with 19.5% [not a bad score] could manage only 52 – disproportionately low. They should have got 150 seats. TMC with 4.1% vote share got 22 seats and YSRCP got 22 with 2.5% - again it does not add up. A fresh approach is called for in Congress circles. Forget the sycophancy. Gandhi loyalists will object. Forget them. Don't impose anyone on the cadres. Hold genuine internal elections and let a new leader emerge with a free hand. No remote control please. Gandhis should behave like one of the many and not like the God's chosen ones. Those days are over for good.

Things you should never tolerate

If someone is rude or disrespectful towards you, politely excuse yourself and walk away. It sends a clear message to the other person - that what they've said or done is unacceptable and you won't tolerate it.

HAVE YOU EVER felt like you've been settling for less - like you deserve better? Well, you don't have to settle for less than you deserve. You can determine from today to not tolerate things that bring you down or drain the life out of you. Humans tend to normalize behaviours of close intimates tucking certain responses and behaviours into folders labelled: ;Just the way he is ' to 'so typical of her.' You only live once but if you live it right, once is enough,. Stop tolerating the given critical things, starting now, to live a full, more meaningful life.

During this age of great transformation and unrest, many of us have realised we must eliminate all the negativity in our lives so that we can usher in a more positive lifestyle. Make sure you don't allow these toxic people or habits into your life so that you can continue to evolve into your best self

Allowing money to rule your life :

Many people let a piece of paper dictate their lives. While we live in a society that requires money, to extent, you should not put money at the forefront of your existence. We come into this world with nothing and we leave with nothing, so remember that next time you feel stressed about finances.

Letting people walk over you :

There is a fine line between being nice to people and becoming a doormat for them. Simply put, allowing people to control your emotions and trample all over you show that you lack respect for yourself. Speak up and tell them that the behaviour will not be tolerated anymore and they will probably respect you for standing up for yourself. If not, let them go. You deserve yo treat yourself well and you deserve others who will of the same.



Being a people pleaser :

When you seek approval from others, you diminish the power of your own opinion. No matter how many people agree or disagree with your decision, they will never be able to make the decision for you. Also, you can never make everyone happy, because everyone take different paths in their quest for happiness Give up these last ditch efforts to appease your ego and instead just focus on what makes you happy.

Negative self-talk :

Every time that little voice in your head talks to you, it can either poison or nourish your soul. It can empower you or cut you down, so pay attention to what it says. Your thoughts create your reality, as you probably already know, so make sure those thoughts align with what you want your world to look like.

Staying with unsupportive friends :

If you have a circle of friends who always bash your ideas and dreams or dismiss your latest accomplishments when you talk about them, you need some new friends.

Friends should lift you up and give you positive reinforcement, not cut you down and make you feel anything less than amazing. Don't ever hesitate to cut people out of your life for your own sake; you deserve to be surrounded by loving, positive people.

Staying in comfort zone :

Obviously, the comfort zone attracts many people, because they feel safe there. To grow, you must go beyond yourself and try new things. You can't worry your days away and expect your life to change drastically; you have to let yourself experience the world first-hand, which means leaving the comfort zone and all its normality behind.

Blindly following people's decision :

When you blindly let others dictate how

you will live your life and what path you should take, you will never reach your full potential. Take the path less travelled and leave your own imprint on the world. You were not made to fit in; you were born to stand out.

Working while you hate your job :

This cannot be stressed enough - your job takes up so much of your time; do you really want to keep doing something you hate just to pay the bills? Never settle for a job just to feel secure and have a steady pay cheque. Even if you make less money by following your passions, you can always adjust your lifestyle to accommodate your income.

Not being happy :

While happiness is subjective everyone should always live in a way that honours their souls. So many people today think they must live in turmoil because life was just set up that way but you can always change your circumstances. Never settle for a life that doesn't make you happy.

Being lazy :

Technology, online shopping, grocery stores and automation in general have made us a very lazy society. However, you still have to work for what you want in life, such as a new job, a healthier body or maintaining your own garden. Never let excuses stop you from obtaining results and following your dreams.

THE BACK - STABBERS

They're sneaky little things, always popping up in the people you least suspect. This can make them somewhat difficult to avoid. But you don't have to tolerate them; once they've been exposed, which will happen at some point, they should be phased out of your life.

NEVER PUT UP WITH THESE

- Drama
- Infidelity
- Compromised integrity
- Dishonesty
- Disrespect
- Excuses

Simple swaps that could change your life

"People have different reasons for the way they live their lives. You cannot put everyone's reasons in the same box"

-Kevin Spacey

LIFE, IN ALL its forms can sometimes leave us feeling that little bit drained. We work longer than ever and our lifestyle suffers because of what we are faced with. But, where there's a will there's way; if you have the motivation to improve your life and want to feel happier with every new day that comes calling, then follow these small changes that will benefit your overall well-being. Just one smart swap can pave the way to a healthier and happier life.

You must have heard it before but, it's worth repeating: Little changes really can add-up to major results! Completely letting go of something is one of the hardest things to do. But, simple swaps in your life can make a whole lot of difference. The decisions we make on a daily basis can effect change, good or bad. Did you know that, few simple swaps made on a daily basis can give you more energy and add years to your life? Swapping things that are causing us harm to something beneficial is better.

Swap late mornings for early mornings :

Research has long suggested we are more productive and happier in the mornings. That alone should be enough motivation to drag yourself from your comfy bed. After all, there are only so many hours in the day and to lose some for an extra hour's snooze, just isn't worth it. What's more, if your office is a 24-hour one, getting in earlier will significantly boost your social life and free-up

more time for other things as you can leave earlier.

Swap your phone for a peaceful walk :

Thanks to modern technology, we are constantly reminded of our events and messages and whatever else it is our smart phones offer. But, it can get monotonous and half the time, it pushes your neck to the ground and, away from the sights and sounds that make Earth what it is. So, leave your phone at home, look-up and walk in a quiet area for 10-15 minutes. You will feel better for it and you will find yourself thinking of things that you hadn't given a thought to earlier in the day.

Self-criticism for self adulation :

In a way, being self-critical or modest is a good trait to have, as it forces you not to rest on your laurels and to always remain humble. Then again, it doesn't hurt to offer yourself a bit of praise because if you don't you will likely never be satisfied with your achievements.

Always saying 'yes' to sometimes saying 'no' :

Saying 'yes' isn't always a good thing! Instead, it can lead to an over-packed diary where getting a moment to yourself proves, impossible. But, saying 'no' every once in a while will free-up time and make you feel like you're taking control as opposed to constantly feeling torn, to attend events out of politeness rather than any sincere want.

Fizzy drinks for water :

Fizzy drinks are a dental killer and erode our teeth like no other product. It's a common problem for many in the Western world, with a recent report predicting that 1 in 10 people worldwide will soon suffer from diabetes. Instead, stick to cool glasses of water. Not only will your teeth stay white and fresh but, you'll also pos-

sess a more radiant skin tone. But, if the report or the incentive of a nice pair of pearly whites wasn't enough of an incentive, take a look at what happens to a tooth if put in a glass of coke, overnight.

Swap looking at the past for planning ahead: No one should live in the past and, though having memories offers us reflection as well as moments of fondness, that part of your life is gone forever and only the future can be altered by our being. It's not rocket science but, if you set goals that can help you along the way and focus on the now; it's likely your past will be a place you visit less. Or, in other words, "Those who look only to the past or present are certain to miss the future."

SWAP GIVING - UP FOR GIVING IT A ANOTHER SHOT

- The older we get, the more we give up. It's just the way it is but, it's an all too familiar rut that can easily be avoided. So, instead of lamenting your failed goals, work towards an attainable milestone!
- As humans, we all need something to look forward to and, it is usually the thought of our dreams coming true that offers us excitement that gets lost in the mundane trapping of adulthood

Thanksgiving

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



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

—Gerald, Udupi

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each additional block	Rs. 400	Rs. 200
Holy Spirit Prayer	Rs. 1000	Rs. 600
Other small prayers (upto 100 words)	Rs. 1000	Rs. 600

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Prayer & Thanksgiving Prayer to the Sacred Heart



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

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

Sacred Heart of Jesus, Your kingdom come.

Sacred Heart of Jesus, I have asked you for many favours, 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.

-M. P. S., Goa

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 be answered.

—P. Rebello, Borivali

Here are 12 quotes that will change the way you attend Holy Mass:



1. The best time to ask and obtain favors from God is the time of the Elevation." -- St. John Bosco
2. When the Eucharist is being celebrated, the sanctuary is filled with countless angels who adore the divine victim immolated on the altar. -- St. John Chrysostom
3. The angels surround and help the priest when he is celebrating Mass. -- St. Augustine
4. The celebration of Holy Mass is as valuable as the death of Jesus on the cross. -- St Thomas Aquinas
5. St. Teresa was overwhelmed with God's Goodness and asked Our Lord "How can I thank you?" Our Lord replied, "ATTEND ONE MASS."
6. "My Son so loves those who assist at the Holy Sacrifice of the Mass that, if it were necessary He would die for them as many times as they've heard Masses." -- Our Lady to Blessed Alan
7. When we receive Holy Communion, we experience something extraordinary – a joy, a fragrance, a well-being that thrills the whole body and causes it to exalt -- St Jean Vianney
8. There is nothing so great as the Eucharist. If God had something more precious, He would have given it to us. -- St Jean Vianney
9. Be eager to go to Mass on weekdays also, even if it costs a sacrifice. Our Lord will reward you with His Blessings and make you succeed in your undertakings. -- Don Bosco
10. When we have been to Holy Communion, the balm of love envelops the soul as the flower envelops the bee. -- St Jean Vianney
11. It would be easier for the world to survive without the sun than to do without Holy Mass. -- St Pio of Pietrelcina
12. If we really understood the Mass, we would die of joy. -- St Jean Vianney

— Jubel D'Cruz,
Mumbai

The Mystical Dowry Of The Virgin Mary

In the spring of 2006 I was invited to the National Seminar on Christian Contributions to Bengal, to present an abstract on "Catholic Unification and Minority Preservation", at St. Xavier's College, Calcutta.

At the seminar I met a Jesuit scholar and theologian who was doing a study on the Virgin Mary, which also happened to coincide with an article I was working on Marian devotions. The priest spoke of the broadcast by Pope Pius XII at the Pontifical High Mass at Wembley, 1950.

Catholics in the city of London were celebrating the Hierarchy Centenary Congress. It was an auspicious occasion for the restoration of the Catholic Hierarchy in England and Wales.

The Jesuit gave me a copy of the Pontiff's broadcast addressed to the faithful gathered in the city of London. The ancient Hierarchy, stated the Pope "was established by St. Gregory the Great, and for almost a thousand years it was connected to the Holy See. A grand array of saints gave honor to England and a special devotion to Mary, Mother of God, arose making it a common expression to say: it was the "Dowry of Mary".

Indeed, a "mystical dowry" gifted to the land of the United Kingdom at the time.

At the Pontifical High Mass at Wembley 1950, the Holy Father spoke about the "mysterious providence of heaven that brought darkness of night on the Church of Augustine and Thomas and Edmund of Wilfrid of York and Hugh of Lincoln.

Faith and true belief would not easily perish. Men and women of amazing trust in the Lord were trained not to be afraid of the rack and the hangman's

rope. A new generation of Catholic heroes arrived: Sherwin, Campion and Southwell among many more. They died and the Faith in England lived", reported his Holiness Pope Pius XII.

The dowry of Mary was once more given for the faith in England. It took centuries later when Pope Pius IX made a decision that the Catholic Church in England should take its proper place in the Constitution of the Church in keeping with the Apostolic Letter, *Universalis Ecclesiae*.

In his broadcast the Pope mentioned that the Hierarchy of Bishops re-established in England and Wales, gave the Bishops Ordinary the power, each to rule Catholics in his own diocese.

The script of the Pope's speech mentioned that after a hundred years the Church was happy to know that Catholics pray in devotion to their sacramental Lord. The pontiff, in his broadcast, spoke of institutions, houses for religious, orphanages, hospitals and more, established in England and Wales.



BY MELVYN BROWN

Pope Pius XII :

"With gratitude We recall the many religious houses of both men and women that have been established, and all the charitable institutions, hospitals, orphanages, rescue homes which each bishop has set up in his own diocese, where loving care is lavished on the sick, the aged, the orphaned or abandoned.

The zeal of the Hierarchy and of the loyal, industrious clergy and laity has indeed crowned the fond hopes of Pius IX with the joy of fulfillment. To them We say: look to your illustrious martyrs, Blessed Richard Gwyn and Blessed David Lewis, and go forward with courage and good cheer."

The dowry of Mary never stops coming, especially, in times of our need. Mary is the Mother of God and our Mother. Turn to the Virgin Mary in all your wants, She will be there at your side. Ask your Mother in the name of Her Son Jesus, she will not refuse you, if it is for your good and betterment. Become her mystical dowry.

What is Disruptive Technology?

- * When TV came to my house, I forgot how to read books.
- * When the car came to my doorstep, I forgot how to walk.
- * When I got the mobile in my hand, I forgot how to write letters.
- * When computer came to my house, I forgot spellings
- * When the AC came to my house, I stopped going under the tree for cool breeze
- * When I stayed in the city, I forgot the smell of mud.
- * By dealing with banks and cards, I forgot the value of money.
- * With the smell of perfume, I forgot the fragrance of fresh flowers.
- * With the coming of fast food, I forgot to cook traditional cuisines.
- * Always running around, I forgot how to stop.
- * And lastly when I got WhatsApp, I forgot how to talk.

Why do Indians resist paying taxes?

Interesting thoughts on why Indian resist paying taxes, in an open letter to the Prime Minister.

Dear Modiji,

This is what we honest citizens feel about our Governments - Central and State. On behalf of professionals & businessmen, we are sending you some facts .

Please try to understand.

We are not doing Tax "Chori"... this is tax saving (a bit of evading too).

This is to ensure security of our family, kids and their future for any adversity.

1. We bought Generators/Inverter in our houses, because Govt. failed to provide constant electricity.

2. We installed submersible pumps, because Govt. failed to provide water.

3. We hired own security guards, because Govt. failed to provide security.

4. We send our kids to private schools, because Govt failed to provide good education in public schools.

5. We headed for private hospitals to avail proper care and treatment, because Govt. failed to provide good public hospitals.

6. We bought cars because Govt. failed to provide good transportation.

Finally.., what the tax payer gets in return at the retirement, when he needs most to survive ? Nothing, no social security.

But instead all his hard earned income resource is used by Government to distribute subsidies and freebies in the name of welfare schemes among masses to buy "free votes" to those who don't pay any taxes.

Above all what Govt do with our (tax) money?

Open courts-which do not give judgement.

Open police station which works for politicians only and not protect citizens.

Open hospital which do not treat us well.

Build roads wherein 40-100% of money spent goes in vain due to corruption.

Endless list....

Like western democracies, if Indian Government could provide all the above, why would anyone save taxes?

We all know that the major tax revenues collected from us are consumed by Government officials and politicians (billions of dollars are lying in foreign banks).

A manufacturer works at a margin of between 2% to 10% , whereas government needs 30% of his income to cover it's expenditure. How fair it is all?

That's the reason no one wants to pay taxes.

We save taxes for our necessities, family, for our old age, for our safety, security and this phenomenon is the sign of failure of Government in discharging its own functions fairly and efficiently. Government alone is responsible for this.

But on the other hand...

We challenge that if Govt announces that Rs.1000 crore is required for Indian Army or floods or earthquake victims !!!

The same amount will be deposited within couple of days by these "Tax Savers" only.

This is what 130 crore Indians think.

Gracefully strengthen your family bonds

Everyone is known to be busy. It's hard not to cram our schedules to the brim with our kids' activities, Volunteer projects, work, religious service and social engagements. We all know that it's easy to let our family relationships (whether with our partners or quality time with our kids) slide to last priority. Often the people that mean the most to us get taken for granted. It doesn't have to be this way. With a little reprioritising, we can improve our family relationships and connect with our families in meaningful ways.

Show your appreciation :

We all know how important it is to feel appreciated. Unfortunately, it's normal to get comfortable and take each other for granted. It's not enough to feel positively toward your family; you also need to express love and appreciation in words and actions. And if you're not feeling positively about your family, challenge yourself to find one positive action or quality (no matter how small) that you appreciate and express that. Perhaps tomorrow, you can find two things to show gratitude for.

Support each other in good times and in bad :

Make a point to show up to each other's activities. Cheer on your love ones' victories and console their losses. Being present physically and emotionally strengthens connection, trust, and intimacy.

Be a good listener :

Listening is an active, not passive, endeavor. Listening shows that you're interested in what your family member has to say and who she or he is. Active listening includes giving your undivided attention, asking questions to clarify, being sure you understand before responding, making eye contact and giving verbal and non-verbal cues that you're listening.

Inspiration!

Manage your emotions for better decisions

THINK ABOUT A time you were weighing on important decision at work or considering a big expense such as a buying a house, making a hefty financial investment or starting a new business. Such decisions are inherently complex and - no matter how much experience we have making them - working through the pros and cons of each choice can be overwhelming. Our emotional reactions to these choices may be useful in directing our attention and energy toward what we feel are the most important aspects of the decision. Yet intense emotions may lead us to make misguided decisions or outright disastrous ones

Ever look back at a terrible decision you've made and wonder. "What was I thinking?" Well, there's actually a chance you weren't thinking. Instead, you may have been acting on emotion, not logic. Emotions can cloud our judgement and influence our decisions when triggered by the situation at hand. The management of emotions is therefore completely inherent to good decision making, especially when making the most important decisions. Here are few tips to put into practice to really master your emotions thus making the best decisions possible and never regretting them:

Take a step back :

You must learn to take the time to identify and understand your emotions. Since physical reactions are emotionally related, also take the time to detect the reactions you have to some of your emotions. To be able to take the distance necessary to make decisions, it's important to refer to your prefrontal cortex. This is the area of the brain responsible for reasoning. To do so you need to put yourself in a stress-free environment for a few minutes.

Trust your gut feelings :

The best way to make a decision is to do your due diligence to understand the pros and cons of all your options, talk to someone and finally go with something similar and finally go with your gut feeling, your intuition. In an instant, your subconscious mind takes all of your knowledge and creates a feeling that will steer you in the right direction.

Discern untruths :

It is important to know whether your nervousness is the result of an untruth you've told yourself. These can corrupt the vibrations that should help you make the right decision. You have to throw out all of these untruths and come to the decision-making without any filter. Stop thinking that you're unlucky, that you're in a bad situation, that your life is a failure or that you are a victim.

Be as present as possible :

There is no point in focusing on the big events surrounding the decision you want to make. Concentrate instead on the present moment, without analysing the events. Judge based on emotions rather than the event. By being more present, you will be better able to listen to your emotions and feel them.

Make your emotions your allies :
Each of your emotions speaks to you through the physical and physiological reactions that they generate in you. Look to the weight of their impact on you as an indicator. Only by listening to them, using them, and managing them can you manage your emotions.

Be present :

Decisions do involve our feelings. What we are wanting is to have our head and our heart connected so we aren't making decisions from reacting and instead are mindful and awake. We don't want to be hooked by an imaginary dreaded future or triggered into a choice by our past. Attempting to avoid feelings when decision making isn't the issue. Being present when we make them is what counts.

Choose to let it happen :

Emotions factor into all of the decisions we make, whether we like it or not. We aren't able to make decisions without emotions. Make using emotions a conscious choice. Become aware of what emotions you wish to influence you. Don't let it just happen: Make it a choice.

OILING

Our feelings can offer relevant and important feedback about a decision but irrelevant emotions triggered by a completely unrelated event can take us off track. The next time you drink a bitter cup of coffee or have an argument with a loved one, pause to consider how your emotional reactions could linger as you enter into important tasks or weight a complex decision.

INTEGRATE EMOTIONS WITH REASON

Words like passion, commitment, engagement and trust are all emotion-charged. It's not about letting emotions come into play or keeping them at bay. It's about effectively integrating emotions and reason to help guide important decisions. It's not an either/or decision, it's an 'and' decision. It's this effective integration that leads to winning decisions. Without it, emotions could run amuck.

Difference between a blessing and last rites

A Jewish bookie was at the races playing the ponies and losing his shirt.

He noticed a Priest step out onto the track and bless the forehead of one of the horses lining up for the 4th race.

Lo and behold,
that horse - a long shot - won the race.

Next race,
as the horses lined up, the Priest stepped onto the track.

Sure enough,
he blessed one of the horses.

The bookie made a beeline for a betting window and placed a small bet on the horse.

Again,
even though it was another long shot,
the horse won the race.
He collected his winnings,
and anxiously waited to see which horse the Priest would bless next.

He bet big on it,
and it won.

As the races continued the Priest kept blessing horses,
and each one ended up winning.

The bookie was elated.

He made a quick dash to the ATM, withdrew all his savings,
and awaited for the Priest's next blessing that would tell him which horse to bet on.

True to his pattern,
the Priest stepped onto the track for the last race and blessed the forehead of an old nag that was 100/1.
This time the priest blessed the eyes,



ears, and hooves of the old nag.
The bookie knew he had a winner
and bet every cent he had on the old nag.

He watched dumbfounded as the old nag pulled up lame and couldn't even finish the race.

In a state of shock,
he went to the track area where the Priest was standing.
Confronting him,
he exclaimed,
"Father ! What happened ?
All day long you blessed horses and they all won.
Then in the last race,
the horse you blessed never even had a chance.
Now,
thanks to you I've lost all my money !"

The Priest nodded wisely and with sympathy.
"You aren't Catholic are you, my son ?"

"No, I'm Jewish."

"That's the problem," said the Priest.
"You couldn't tell the difference between a blessing and last rites."



They asked me : What is MARRIAGE?

A very smart and in depth reply : Marriage is like two wires of electricity if both wires connected correctly - there is light otherwise there is a BLAST.

Meaning Change

Biology teacher told that Cell means nerves.

Physics teacher taught : Cell means battery

History teacher instructed that cell means mobile.

Dropped out of the school thinking that all teachers don't think alike but real knowledge was given by WIFE who taught that Cell means 'Sale at Malls.'

Height of positiveness

As a man comes out from his home, a bird flies by and poops on his head. Guess how this guy reacts? "Oh, my goodness, Thank God! ELEPHANTS DON'T FLY!"

Customer : Waiter, do you serve crabs?

Waiter : Please sit down sir, we serve everyone.

I consulted my Ayurveda Physician yesterday. After knowing that I was retired, he had the following health advice for me.

-You must exercise more.

-Don't drink cold drinks or drink hard drinks or red wine.

-Drink more plain water.

-Don't drive, take public transport or walk.

-Don't eat out, eat less meat and especially eat less seafood. Keep to vegetarian diet if possible.

I nodded and asked....

May I know what is wrong with me?

He said....

"You have no salary"!

Royal Christian Family MATRIMONIALS - GROOMS

7061. MUMBAI : East Indian Roman Catholic Bachelor, (Born in July 1989), Ht. 5' 11", Wt. 90 kgs, Wheatish Complexion, Edn. 12th, working for Central Railway Mec. Ftr II, Contact email : pkevindsouza@gmail.com

6250. MUMBAI : East Indian Roman Catholic Bachelor, (Born in January 1974), Ht. 5' 8", Wt. 76 kgs, Wheatish Complexion, Edn. B.A., working as a Manager. Contact email : cardoz.clint@gmail.com OR 9833563182

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.

6434. MUMBAI : East Indian Roman Catholic Bachelor, (Born in November 1978), Ht. 5' 5", Wt. 50 kgs, Fair Complexion, Edn. M.D., MS., Doctor by profession. Contact email : rayanvincent@rediffmail.com

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

6865. MUMBAI : East Indian Roman

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

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

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

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

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.co.in

6885. USA : Mangalorean Roman Catholic Bachelor, (Born in November 1986), Ht. 5' 7", Wt. 65 kgs, Wheatish Complexion, Edn. B.E. (I.T.), working as a Software Consultant. Contact Email : jane_3105@yahoo.co.in

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

6915. DUBAI : Mangalorean Roman Catholic Bachelor, (Born in January 1988), Ht. 5' 11", Wt. 80 kgs, Wheatish

Complexion, Edn.B.Com., MBA, CS, working as a Accountant. Contact email :

marriageproposalseeker@gmail.com

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

6930. GOA : Goan Roman Catholic Bachelor, (Born in August 1979), Ht. 5' 7", Wt. 65 kgs, Wheatish Complexion, Edn. SCC and Diploma in Electrical, Electrical Contractor. Contact email : cajetan1208@gmail.com

6934. MUMBAI : East Indain Roman Catholic Bachelor, (Born in October 1987), Ht. 5' 6", Wt. 75 kgs, Fair Complexion, Edn. Graduate, Hotel Management, Contact email : nevaid2016@gmail.com

6952. MUMBAI : Goan / Tamilian Roman Catholic bachelor, (Born in June 1974), Ht. 5' 7", Wt. 60 kgs, Fair Complexion, Edn. HSC, working as a Supervisor, Only Child. Contact email : williammendes2106@hotmail.com

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

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

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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 Administor. Contact email : matheanil@gmail.com

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

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

7052. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1977), Ht. 5' 6", Wt. 72 kgs, Wheatish Complexion, Edn. B.A., Retail Management, working as a General Manager. Contact email : albert.pinto2006@gmail.com

7050. LONAVLA : Mangalorean Roman Catholic Bachelor, (Born in November 1985), Ht. 5' 9", Wt. 75 kgs, Fair Complexion, Edn. MBA., working. Contact email :

dsouza_adrian@yahoo.co.in

7049. CANADA : Goan Roman Catholic Bachelor, (Born in June 1986), Ht. 5' 11", Wt. 85 kgs, Wheatish Com-

plexion, Edn. BE (Computer), working in CANADA in a Non IT Field Seeks a working girl in Canada and holding a PR Visa. Contact email : anniedrz@gmail.com

7047. MUMBAI : Goan Roman Catholic Bachaelor, (Born in November 1982), Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., C.S. in Process, having family business. Contact email : mail.soj@gmail.com

7045. CANADA : Mangaloreen Roman Catholic Divorcee, (Born in September 1985), Ht. 5' 5", Wt. 68 kgs, WheatishComplexion, Edn.B.Sc., Hotel Management, having permanent Resident. Contact email : bmathias88@gmail.com

7041. MUMBAI : Goan Roman Catholic Bachelor, (Born in July 1985), Ht. 5' 7", Wt. 65 kgs, Wheatish Complexion, Edn. 10th Std., working as a Plant Operater. Contact email : ronnydsouza075@gmail.com

7040. MUMBAI : Goan Roman Catholic Bachelor, (Born in October 1991), Ht. 5' 5", Wt. 65 kgs, Fair Complexion, Edn. B.C.A., MBA Pursuing, working as a GIS Analyst in MNC. Contact email : ronaldpereira1210@gmail.com

7039. MUMBAI : Goan Roman Catholic Bachelor, Handicap - slight Scoliosis - taking treatment, spine slightly curved. (Born in September 1976), Ht. 5' 4", Wt. 45 kgs, Wheatish Complexion, Edn. B.A. Computer Prog. / Hair Designer, Having own business. Contact email : reginarodrigues634@gmail.com

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

6485. MUMBAI: North Indian R.C.

Bachelor, (Born in October 1974), Ht. 5' 7", Wt. 75 kgs, Wheatish Complexion, Edn. B.Com., working for an MNC in Mumbai as Back Office Executive. Contact email : awr88@rediffmail.com

5996. MUMBAI:RCBachelor (Born in November 1974) / 5'8", B.E., working in Senior position reputed IT firm. Seeks alliance from R.C. spinster educated good family background Pl. reply with photograph and details to keithcardozo@hotmail.com OR 9820338755

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

ninearies21@gmail.com

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

6991. MANGALORE : Mangalorean Roman Catholic Bachelor, (Born in July 1984), Ht. 170 cms, Wt. 65 kgs, Wheatish Complexion, Edn. Engineering, working as a Electrician Contractor. Contact email :

priya.tellis5@gmail.com

6964. DUBAI : Mangalorean Roman Catholic Bachelor, (Born in January 1987), Ht. 5' 5", Wt. 58 kgs, Fair Complexion, Edn. 2nd year PUC, working as an Export Executive. Contact email : dorathydsilva@gmail.com OR 9930785590

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Email : royalchristianfamily@gmail.com

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7003. MUMBAI : Tamilian Roman Catholic Spinster, (Born in May 1991), Ht. 5' 1", Wt.47 kgs, Fair Complexion, Edn. B.Sc., IT, working as a Software Engineer. Contact email : annette.anthony10@yahoo.in OR 9967681810

7002. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in December 1987), Ht. 5' 3", Wt.60 kgs, Wheatish Complexion, Edn. Masters in Management Studies, working as a Administration Professional. Contact email : kaazar2019@gmail.com

7001. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in August 1994), Ht. 5' 4", Wt.48 kgs, Fair Complexion, Edn. B.A., working as a **AIR HOSTESS** Lead Cabin Attendant. Contact email : stephen@thesocialstreet.asia

6999. PUNE : Goan Roman Catholic Spinster, (Born in May 1991), Ht. 5' 4", Wt.60 kgs, Very Fair Complexion, Edn. MBA Finance from Symbiosis Institute of Business working as a Senior Credit Analyst. Contact email : andreagemdsouza@yahoo.co.in

6998. CANADA : Mangalorean Roman Catholic Spinster, (Born in May 1998), Ht. 5' 3", Wt.65 kgs, Fair Complexion, Edn. MBA Marketing & Advertising Professional. Contact email : richard.dsouza17@gmail.com

7000. USA : Goan Roman Catholic Spinster, (Born in January 1993), Ht. 5' 5", Wt. 55 kgs, Fair Complexion, Edn. Masters in Information system, working as a Business Analyst. Contact email : joe_dots@hotmail.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

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

7044. DUBAI : Mangalorean Roman Catholic Spinster, (Born in February 1991), Ht. 5' 11", M.Com Finance & Accounts working in Dubai invite alliance from well settled bachelors. Kindly reply with full details and photographs to email : waltercb@hotmail.com or whatsapp on 00971506245183

7043. MUMBAI : Mangalorean based in **DUBAI** Roman Catholic Spinster, (Born in October 1988), Ht. 5' 7", Graduate in Hospitality Management from Mumbai University working in **UAE** invite alliance from well settled Bachelors. Kindly reply with full details and photographs to email : udhyavar99@hotmail.com OR Whats app 9930527227

7030. JAIPUR : Roman Catholic Spinster, (Born in November 1987), Ht. 5' 3", Wt. 85 kgs, Wheatish Complexion, Edn. M.A. in English & B.Ed., Teacher by profession. Contact email : jennifer27nov@gmail.com

6985. MUMBAI : Goan Roman Catholic Divorcee, (Born in November 1984), Ht. 157 cms, Wt.68 kgs, Fair Complexion, Edn. B.Com., working as a Customer Support. Contact email : jokina10@rediffmail.com

7022. MUMBAI : Goan Roman Catholic Spinster, (Born in January 1993), Ht. 5' 2", Wt. 50 kgs, Fair Complexion, Edn. B.Sc., IT, working as a Manager. Contact email :

\doran.costa@gmail.com

7016. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in November 1989), Ht. 5' 7", Wt. 60 kgs, Fair Complexion, Edn. B.Com., IATA, working as a Asst. Manager in Airlines. Contact email : vinita.dsouza89@gmail.com

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

6905. ABUDHABI : Mangalorean Roman Catholic spinster, (Born in July 1989), Ht. 5' 1", Wheatish Complexion, Edn. Master in Commerce (Finance), working as a Secretary cum Accountant. Contact email : stefffernandez798@gmail.com

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

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

amelia_christopher@rediffmail.com

6989. MUMBAI : Smart, good looking Spinster, (Born in February 1989), Ht. 5' 6", Wt.72 kgs, Fair Complexion, Edn. B.Com., working as a Sr. Specialist. Looking for God Fearing boy from Catholic family, Settled in Mumbai. Contact email : khanhi@willis.com

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6992. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1989), Ht. 5' 4", Wt.63 kgs, Wheatish Complexion, Edn. B.E. (Computer), MBA (Finance) working as a Officer in Bank. Contact email : thea_rocque@hotmail.com

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

6970. MUMBAI : Roman Catholic Spinster, (Born in September 1987), Ht. 5' 2", Wt. 48 kgs, Fair Complexion, Edn. CS & LLB., working as a Company Secretary. Contact email : mendonsajacinta@gmail.com

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

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

6937. POONA : Roman Catholic Spinster, (Born in July 1988), Ht. 5' 5", Wt. 58 kgs, Fair Complexion, Edn. MBA (Finance) working as a Financial Analyst. Contact email : sheron.muller@gmail.com

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

6931. MUMBAI : Parents of Goan R.C spinster, (Born in August 1986), Post-Grad, writer in a reputed publication, 5' 6", Fair and of medium build, seek for their only daughter a

well-qualified and settled groom. The boy should be 32-35 years of age, 5' 7", or toller. 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

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

6921. MUMBAI : Roman Catholic spinster, (Born in August 1991), Ht. 5' 2", Wt. 53 kgs, Wheatish Complexion, Edn. B.Ed., working. Contact email : pota150259@gmail.com

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

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

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

6780 GOA : Goan Roman Catholic Spinster, (Born in March 1987), Ht. 5' 4", Wt.50 kgs, Fair Complexion, Edn.

M.B.B.S., M.D. (Armenia), Doctor by profession. Working in DELHI.

Contact email : samantha.saldanha07@gmail.com

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

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

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

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

6651. DUBAI : Mangalorean Roman Catholic Spinster, (Born in May 1984), Ht. 5' 2", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., working as a Customer Support in DUBAI. Contact email : dsilva.seema@gmail.com

6504 KUWAIT : Mangalorean Roman Catholic Spinster (Born in June 1980), Ht. 5' 5", Wt. 58 kgs, Fair Complexion, Edn. B.Com., Computer, Finance, Banking Marketing Course & Airlines Course completed, employed as a Travel Co-ordinator in Kuwait. Contact Email : lucy777p@gmail.com Tel: 00965-60402765 / 9867308911

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The Japanese secret to a longer and happier life

In Japan, the secret to living a longer, happier and more fulfilled life can be summed up in one word: **Ikigai**.

In Japanese, iki means “to live” and gai means “reason” — in other words, your reason to live. This ideology dates to the Heian period (794 to 1185AD), but only in the past decade has it gained attention from millions of people - including researchers - from around the world.

The ikigai way of life is especially prominent Okinawa, a group of islands south of mainland Japan.

award-winning journalist Dan Buettner Buettner cites the ikigai of several Okinawans: For a 101-year-old fisherman, it was catching fish for his family three times a week; for a 102-year-old woman, it was holding her tiny great-great-granddaughter (which she said was “like leaping into heaven”); for a 102-year-old karate master, it was teaching martial arts.

Woven together, these simple life values give clues as to what constitutes the very essence of ikigai: A sense of purpose, meaning and motivation in life. The health benefits of ikigai.

For years, researchers have tried to find the reasons to a long and healthy life. While the answer is likely a mix of good genes, diet and exercise, studies have suggested that finding meaning in life is a key component.

In a study from Tohoku University, researchers analyzed data from more than 50,000 participants (ages 40 to 79) and found that those who reported having ikigai in their lives had reduced risks of cardiovascular diseases and lower mortality rates. Put another way, 95% of respondents who had ikigai were still alive seven years after the initial survey compared to the 83% who didn't.

It's impossible to tell whether ikigai guarantees longevity in life through this single study, but the findings suggest that having a sense of purpose can encourage you to build a happy and active life.

By applying these pillars to your life you can allow your inner ikigai to flourish.

Starting small: Starting small and executing every step with care is the very ethos of this pillar — and it applies to everything you do in life. Artisanal farmers, for example, devote all their time and ef-

fort into creating the best and tastiest produce. They get the soil right. They prune and water their produce with care. They sense of starting small propels them to go incredible lengths.

Releasing yourself: When you release yourself, you're able to let go of your obsessions and see things that matter to you in a more clear and positive light. Practicing self-acceptance is vital to this pillar — and yet, it's also one of the most difficult tasks we face in our lives. But if you can overcome this obstacle and be happy with who you are, it can be an incredibly rewarding experience.

The joy of small things:

Finding joy in the small things — the morning air, a cup of coffee or the ray of sunshine — should be part of what motivates you to get up each morning.

Being in the here and now

Many sumo wrestlers testify that being in the here and now is absolutely necessary in preparing for and fighting in a bout. They claim that immersing themselves in the present helps sustain their state of mind for optimum performance.

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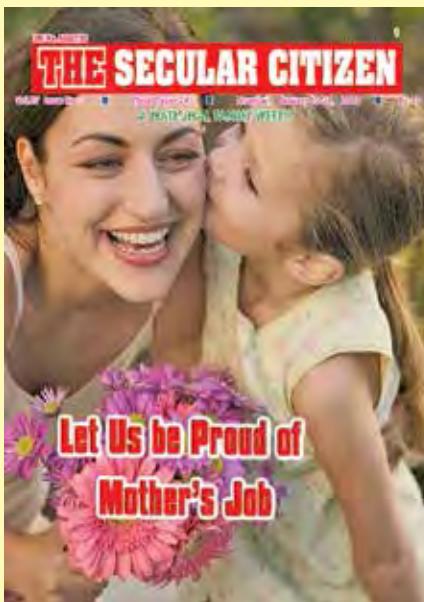
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