

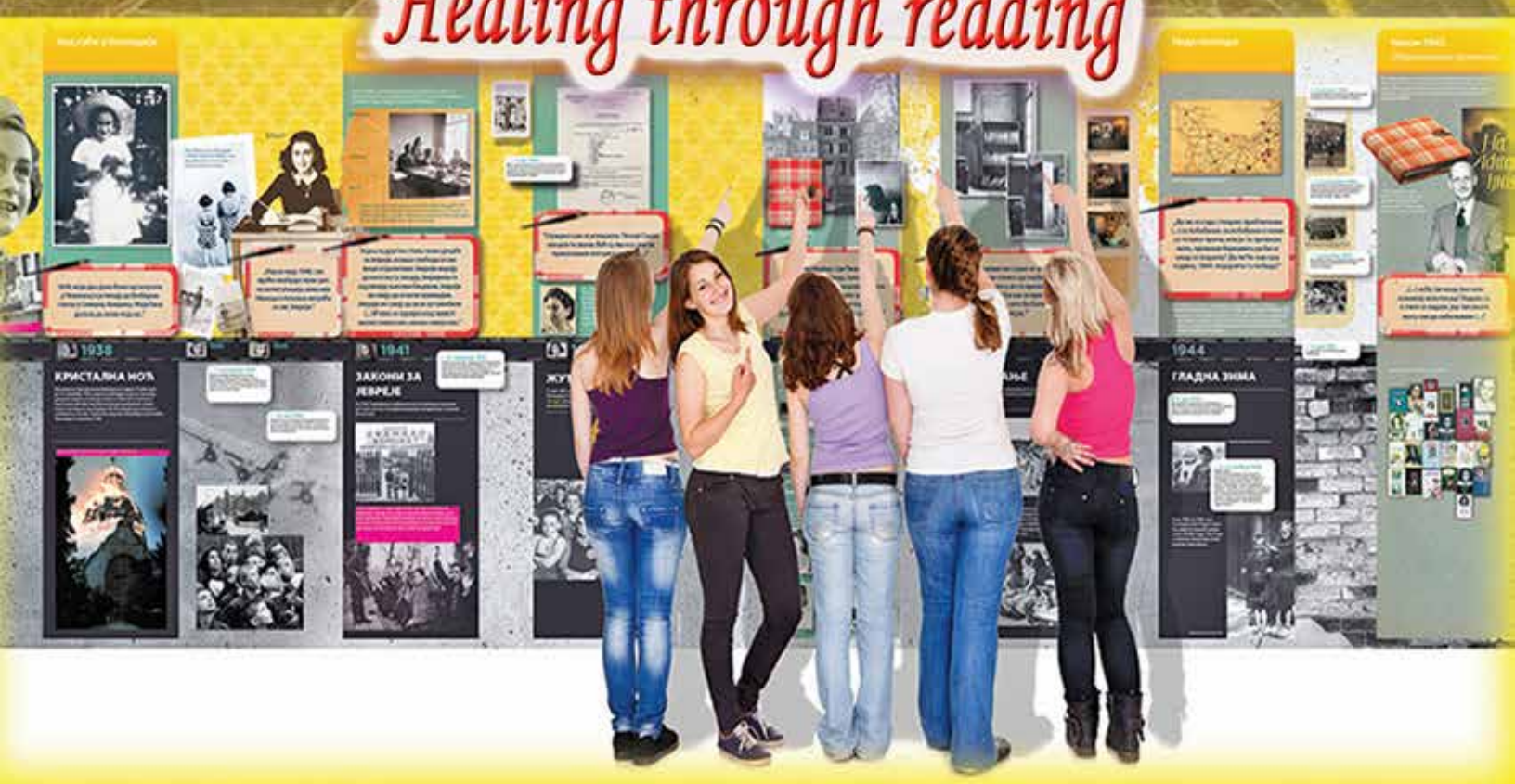
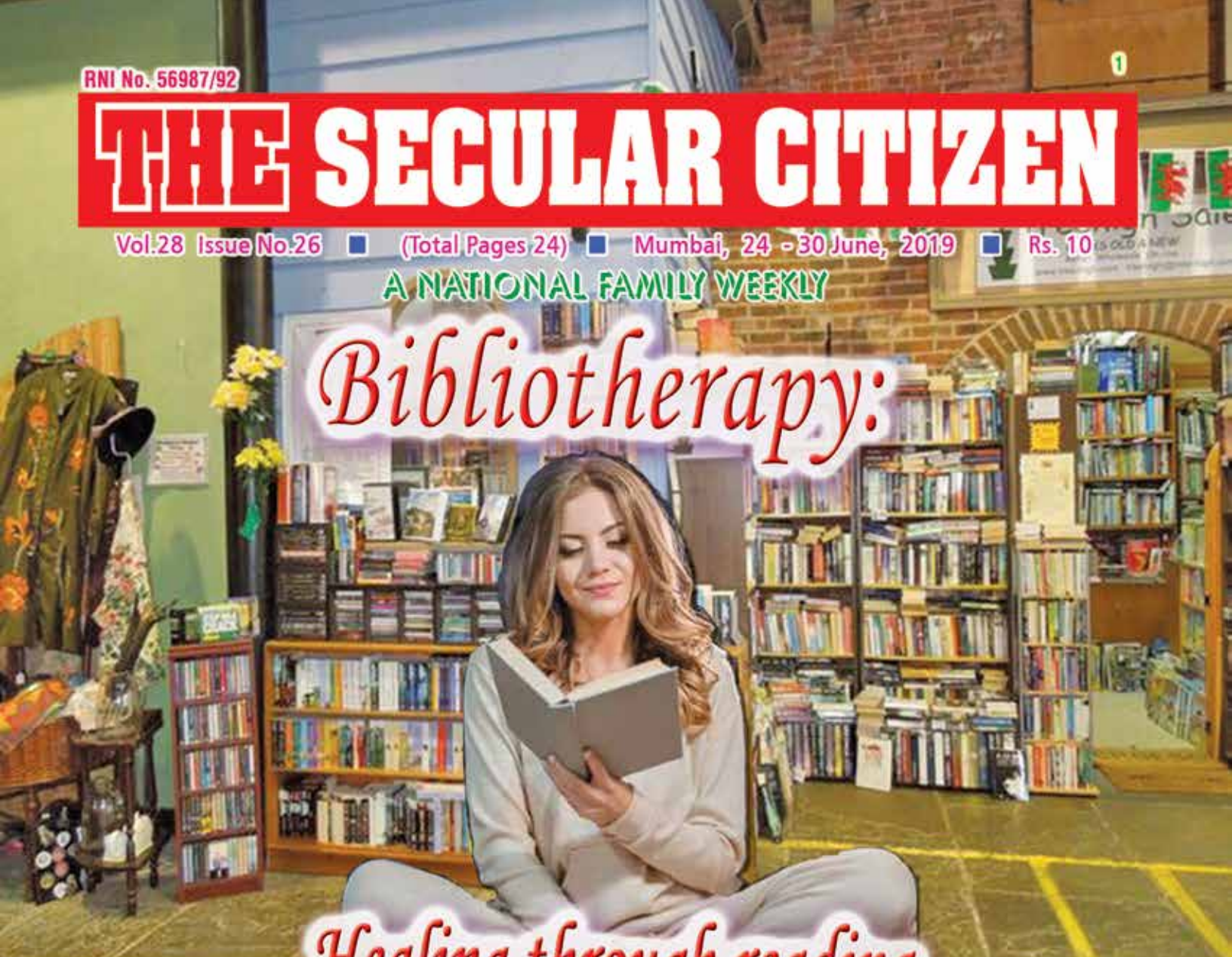
THE SECULAR CITIZEN

Vol.28 Issue No.26 ■ (Total Pages 24) ■ Mumbai, 24 -30 June, 2019 ■ Rs. 10

A NATIONAL FAMILY WEEKLY

Bibliotherapy:

Healing through reading



Holy Spirit In The New Testament

A BIBLICAL SCHOLAR Ronald Brownrigg in his book "Who's Who" defines Holy Spirit saying "The Holy Spirit is the life and activity of God at work in the world of nature and also in and through people" (p. 257). Who is Holy Spirit for us? Here let us try to understand the Holy Spirit in the New Testament. Holy Spirit is the Spirit of God. The angel Gabriel speaks about the Holy Spirit to Virgin Mary in the annunciation, "The Holy Spirit will come on you, and God's power will rest upon you". (Lk 1: 35)

Holy Spirit is the Spirit of God which descended on Jesus at his baptism in river Jordan in "like a dove" (Mt 3: 16). As Jesus came out of the water, this Spirit led Jesus to go "into the desert" (Mk 1: 12). Jesus cast out devil with the help of this same Spirit (Mt 12: 28). Luke speaks about Holy Spirit as the power of God (Lk 11: 20).

John the Baptist said that, Jesus will baptize with "power and Holy Spirit" (Mt 3: 11). Jesus giving an idea of the Holy Spirit different from God the Father and the Son, gives his disciples the commandment: "Baptize ... in the name of the Father, the Son and the Holy Spirit" (Mt 28: 19). Jesuit biblical scholar John L McKenzie says, "In whole New Testament this list of the three names gives personal identity of the Holy Spirit" (Dictionary of the Bible, p.842).

In the Old Testament the Spirit is not a person; the Spirit does not have individuality. McKenzie says that both in the Gospel according to Mathew and the Gospel according to Mark "The Spirit is generally the Old Testament Spirit applied to the person and the mission of Jesus" (p.843). Both in the Gospel of Mathew and of Mark the reference to the Spirit is rare. In the Gospel according to Luke the reference to the Spirit before the coming of the Holy Spirit applies to Jesus. "The Spirit of Lord is upon me. He has anointed

me" (Lk 4: 18).

We get clear instruction on the Holy Spirit in the Gospel according to St John. During the Last Supper Jesus spoke to his disciples about sending an Advocate, the Holy Spirit which will always remain with the disciples (see Jn 14: 15-17).

Jesus says, "I have told you all this while I am



still with you. From now on the Advocate, the Holy Spirit whom the Father will send in my name, will teach you all things and remind you of all that I have told you" (Jn 14: 25-26).

As John tells us, on the Resurrection Sunday Jesus appeared to the disciples behind closed doors. "He breathed on them and said to them: 'Receive the Holy Spirit'" (J20; 22). Ronald Brownrigg says that according to Evangelist John the Spirit-filled life begins not on the fest of the first coming down of the Holy Spirit but on the day of the Resurrection" (Who's Who the New Testament, p.25).

Luke has told us in the Acts of the Apostles, the Apostles and other disciples had gathered together in one place and they received the Holy Spirit. "When the day of the Pentecost came, all the believers were gathered together in one place. Suddenly there was a noise from the sky which sounded like a strong wind blowing, and it filled the whole house where they were sitting. Then they saw what looked like tongues of fire which spread out and touched each person there. They were all filled with the Holy Spirit and began to talk in other languages, as the Spirit enabled them to speak" (Acts 2: 1-4).

We see the influence or the pres-

ence of the Holy Spirit in all through the Acts of the Apostles. So in a way, we can say that the Acts of the Apostles is uniquely inspired by the Holy Spirit. We may even call it the Acts of the Holy Spirit.

We see in the Acts of the Apostles and in his letters, St Paul's life and mission is very much influenced and led by the

Holy Spirit. About Paul's call to mission Luke writes in the Acts, "While they were serving the Lord and fasting, the Holy Spirit said to them, 'Set apart for me Barnabas and Saul (Paul), to do the work to which I have called them'" (Acts 13: 2).

Paul refers to the Holy Spirit often in his letters. He reminds the Christians more than once that the Holy Spirit dwells in each one. Paul says in his letter to the Corinthians, "Don't you know that your body is the temple of the Holy Spirit, who lives in you and who was given to you by God?" (1 Cor 6: 19).

In the whole world especially in the lives of the Apostles and disciples transforming changes take place under the influence of the Holy Spirit. They are able to speak about Jesus and his message boldly without any fear. With the coming of the Holy Spirit, with transforming changes in the lives of the Apostles and disciples the New Way is born. Christianity was known at its birth as the New Way. The Spirit which was active in Jesus now become active in the Way, that is, in the lives of the followers of Jesus (see Acts 2: 1-6).

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The Transformation of Indian Catholicism

By Don Aguiar

New urban networks have gained a certain strength and offer a significant but discreet contribution to the church

The rapid transformation of Indian Catholicism and its adaptation to the new urban environment has been brought about by a wide range of participants and not just by the clergy.

If one explores the motivations, organization and influences of one specific type of promotion of Indian Catholicism: the entrepreneurial lay Catholics who have migrated from the rural countryside to the constantly growing Indian cities one would notice that what some of them have built goes beyond traditional parish life and remains largely unknown to the broader audience interested in the church in India.

While these religious organizations do share similarities with some Protestant communities and other Christian sects, they also have specific features and dynamics. These migrant Catholics and their networks have decisively caused the church to adjust itself to new social conditions.

When migrants moved to larger cities, they soon experienced that the local Catholic Church was usually different from their own rural experience and so the reality of urban Catholicism was always a surprising challenge for migrating Catholics. Local customs, dialects, rituals and power balance were often different.

Depending on each urban context, newcomers have to find their own way to maintain a Catholic identity and to redefine their personal relationship to their religious heritage.

Networks of workers who are Catholic have gradually taken shape in large cities: their actual organizations and the motivations of their lay leaders. Migrant leaders gained a reputation for piety and for efficiency, and for being able to effectively integrate Catholic practices within modern urban life. In addition to redefining their relationship to space, migrant Catholics have also revised

(Contd.. on p. 4)

their own temporal framework.

These new urban Catholic networks have gained a certain strength and constitute a significant but discreet contribution to the church and regularly benefit from their sacraments.

Still, the socio-cultural gap, the distance of travel and the demanding work hours of the migrants have brought them to again generate their own network.

Their main strength lies in the mutual support they find among migrant Catholics in transmitting the Catholic heritage to the next generation.

Yet, the fact that these networks grow along ethnic, regional and corporatist lines limits their ability to attract non-Christians. Most of the time, their new converts are people who have married a migrant Catholic.

Nonetheless, migrant Catholics and their networking skills are making an important contribution by enacting effective solidarities between poorer and richer Catholics, between more successful patrons and young inexperienced migrants, and between urban Catholics and rural communities.

Their Catholic faith becomes an important source of trust and support outside of their own family. In fact, the socio-economic transformations that migrant Catholics have been through equip them with skills and resources that allow them to stand as active leaders of the church in 21st-century India.

While migrant Catholics enable new types of pastoral ministry and contribute substantial funding, they also challenge the effective leadership and responsibilities of the Catholic clergy.

In many ways, priests are implicitly limited to the dispensing of the sacraments and have to constantly negotiate their pastoral function.

Nonetheless, the creative, flexible and Tran's regional networks that migrant Catholics produce offer a precious complement to traditional parishes and dioceses of the church in India.

And that's how it has worked from the times of Jesus – perhaps even before him.

The philosopher David Hume had to say this “on the easiness with which the many are governed by the few” Why is this given that “force is always on the side of the governed”? He says, “The governors have nothing to support them(selves) but option.” Further and this is important he explains that “this maxim extends to the most despotic and most arbitrary group leader or of people governing the ministry/church as well as to the free and most popular.

So people in totalitarian systems know very well whose boots they're under. Force is the determining factor and everyone knows that.

In so-called advanced, educated, democratic and liberal societies or communities, option – not force – is the soft but perhaps more effective jackboot under which the migrant or the community neck is ground into the dust by the hierarchy.

Public consent is elicited – “manufactured” as some intellectuals have put it – with option. And there's a cadre of intellectuals whose job is to play the mandarins. That is to provide intellectual cover for the fakery that must pass off as received wisdom: in spiritual guidance, in economic inequalities, in social policies, in you name it, they are brilliantly worded but ultimately specious opinions about the inequities of the status quo are reasonable. Red herrings are produced, etc., to carry all this out.

And it is not some grand conspiracy in which some few are actually sitting down somewhere and plotting and planning against the people/community at large. No.

Power systems have always been structured this way and are actually quite rigid, even though, because they enthusiastically foster great freedom, latitude and debate within the established parameters and frameworks of permissible discourse, this is hard to discern.

For example, there will be copious amounts of literature in the media regarding how the pastor or priest gets the migrant non-Christian converted. However if you try finding any article, etc. arguing against it on moral grounds or on the grounds that a people have the sole right of deciding the type of church they want to be in, there will be dearth of views.

Why? Because any intellectual who dares to do so and expose, he will be shunned by the establishment. He will be treated as a pariah by his own colleagues. He will cease to be a panellist in forums and on TV. He will, in short, be excommunicated for speaking truth to power and will be seen as a fringe lunatic. The same power that shores up the church, the government and the private and the corporate sectors also shore up “mutatis mutandis”, for all exposed actions and on and on.

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Bring marks of all boards on par

Not unexpectedly, the SSC results have witnessed a dip in pass percentage and number of high scorers. This will adversely impact SSC board students vis-a-vis non-state board students, for getting admission to good colleges.

This year the SSC board did away with internal marks in some subjects and also changed the paper pattern to discourage rote learning. On the other hand, other boards introduced student-friendly high scoring systems. Learning by rote, students from non-state boards, have secured full marks even in subjects like English Literature!

The state board's decision to discourage rote learning must be appreciated. But for the purpose of admission to Jr colleges, marks of all boards must be brought on parity by a computerised system of equivalence. If, for example, 1% of CBSE and ISCE students have secured 97% marks, then the marks of 1% of the 17 lakh SSC board students should be automatically computer-upgraded to the same level for admission to Jr college."

—Prof Robert Castellino
Orlem.

' Appoint fewer deputy chief ministers '

With reference to Melville X D'Souza's letter titled : How many deputy chief ministers ? in The Secular Citizen dated 17 - 23 , June ,2019 only one deputy chief minister must be permitted and when the newly elected house meets for the first time all the members of the house cutting across political barriers must elect

the leader and deputy leader of the four year house which has been from five years to four years for two four year terms and before being elected the leader both the leader and deputy leader of the house must undergo a mandatory psychiatric test .

The same suggestions must be implemented for the prime minister and deputy prime minister of an elected house .

In any elected house a mentor minister post must be created to provide advice for the leader and deputy leader of the house .

Sports ministers must be members of the ruling party's cabinet in any elected house .

The performance of all ministers in the central and state governments must be ensured by carrying out surprise checks to see how they are functioning and any inefficient , communal and corrupt ministers must be sacked on the spot and a right to recall law must be enacted immediately to recall inefficient ,communal and corrupt politicians.

The secular , progressive and liberal opposition cutting across political barriers must merge into a single political party both at the centre and at the state level and form a shadow cabinet which can provide new , interesting and creative ideas through brainstorming and thus provide a viable alternative to the ruling political party .

Thus political parties must strengthen democracy and appoint fewer deputy chief ministers thus helping to endear themselves closer to the people since politicians are the servants of the people and not masters of the people in a democracy.

—Peter Castellino.

Save Water

Water is a precious gift to mankind

given to us from the Almighty above. Here are some tips to save water on a daily basis. Use just one bucket of water while taking a bath. Avoid an overhead shower or a hand shower facility. Turn off the tap while brushing your teeth or while washing your clothes and utensils. Wash your car or two-wheeler with a single bucket of water; do not use a hose. Water your plants with a mug. At restaurants, ask for only half a glass of water instead of asking for a full glass and then not drinking it. Have laundry days twice or thrice a week. This will save you a lot of water. Water is precious. It is more precious than silver and gold. So start saving it today.

—Jubel D'Cruz, Mumbai.

Orlem parishioners encouraged to give feedback

Orlem parish is ringing in the changes. The newly-appointed parish-priest Fr Michael Pinto has placed a 'Suggestion Box' in the church compound. As principal, he has already installed a suggestion box in the parish school which has evoked a huge response and unanimous approval of all parents.

Fr Pinto has exhorted the parishioners to make liberal use of the church facility for suggestions and giving ideas for the betterment of the parish.

Personally, I believe that in addition to suggestions, commendations too are important. Parishioners may commend the clergy for their helpful nature, spiritual guidance, inspiring homilies, new initiatives, pastoral care etc. This will be a source of encouragement for the clergy. The laity too may be commended for good work they may be doing in various associations. Some criticism must be expected such as long homilies, little transparency etc , but it should be without malice and for the overall betterment of the parish. Constructive criticism must be accepted gracefully.

—Prof Robert Castellino
Orlem.

Vulgarity At Its Ministerial Worst!

The newest news item doing the rounds of both the national press and the international press concerns the deplorable assertions being made by a newly appointed federal minister to the effect that religious conversion is actually some sort of an exchange of sex for favours given or received.

Vulgar Accusations, a Ministerial Privilege?

Minister of State for Animal Husbandry, Pratap Chandra Sarangi, is said to have made the following comment in an interview with an English news portal *ThePrint* on 3 June 2019: "Suppose somebody helped a girl in a medical or engineering college and wanted to enjoy the girl physically. That would be treated as a crime, an inhuman act... Similarly, if somebody wants to convert or exploit someone's belief by giving some service or money, then that should also be treated as a crime—a crime against nature, against humanity." Well said Mister First-time MP-cum-Mantriji! On the face of it, yes, such a 'favour' does seem a crime, an inhuman act deserving of equally inhuman punishment so to say. **Is that all, Sarangi, or is there more to it than meets the eye?**



by Ladislaus L D'Souza

As a matter of fact, Sarangi's comments need to be looked at from a wider perspective. Could it be a case of personal rejection of a personal offer or demand of sex in exchange for whatever benefit either given or obtained—a case of sour grapes, perhaps? **How else does one explain the language used to speak about the issue – "to enjoy the girl physically"?** Is the female anatomy some sort of a delicacy to be relished?

Misuse of Ministerial Power

All said and done, only the mind of a pervert or that of a person born of a pervert relationship can ever think up something as sinister as this. Indeed, wouldn't the use of such language alone be sufficient ground for prosecution? Yuck! Just how low can anyone, particularly someone in a national ministerial position, stoop really?! But then again, how can one overlook the fact that Sarangi is also said to be linked with other sinister things—the live burning of the Staines to be precise at the time when he headed the Bajrang Dal (a hard-line Hindu group) in Odisha, for example? So one needn't be surprised! Nor should one expect better.

All said and done, how can any NGO worth its salt, in this age and time when even nuns are coming out into the open with bizarre revelations of life behind the veil and caricatures of supposedly rogue bishops being protested against officially by the Church, afford to remain silent, allowing grotesque vulgarity at the ministerial level to go unchecked?

Conversion Hogwash

Frankly, if one may ask, **why is India, given the volume of the conversion allegations, still largely Hindu, with**

Muslims coming in a close second in number and the country's census still counting Christians as barely 2% of the total population, considering particularly that a powerful Christian country from another part of the globe ruled India for some two centuries no less? This is the chief argument the country's Catholics in particular and Christians in general ought to ask both themselves and those so freely levelling false allegations concerning conversions.

Action, the need of the hour

If truth be told, mere utterances like "We totally disagree with whatever the minister has said because it is vulgar and untrue," and "Christians are not involved in any kind of religious conversion and have always respected other faiths and beliefs. We have no differences" will not wash anymore with those seriously desirous of the prevalence of truth. **We, the 'people of the Way' as the Book of Acts refers to the early believers, need to make it a battle cry, demanding of the government/s and the courts of law, on the one hand, accountability in terms of the propagation of the conversion lie and, on the other, instant cessation of all hostilities against the Christian community as a whole.**

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The New 'Emergency'!



BY FR. CEDRIC PRAKASH SJ

The country will never forget that infamous night of 25/26 June 1975, when the then Prime Minister Indira Gandhi had a state of emergency declared all over the country. During that dark chapter of the country's history which lasted for a twenty-one-month period till 21 March 1977, civil liberties were suspended, freedom of speech and expression was totally muzzled, political opponents of the Government and those who protested the emergency were imprisoned and human rights violations by those in power were the order of the day! The most obvious response for the people of India was to say "never again!" and to ensure that those dark days would never visit the country again!

Sadly, that is not the case today! Forty-plus years later we live in a new 'emergency' in India! In a brilliant and hard-hitting expose 'Democracy can die in daylight too' (The Hindu, 13 June 2019) on the role of the media in the recently concluded general elections, Krishna Prasad a former Editor-in-Chief, Outlook, and former member of the Press Council of India writes, "When the media's darkest days — the censorship under Indira Gandhi's 21 months of Emergency — are invoked, L.K. Advani's quote that the press crawled when asked to bend is airily recalled. But at least the media of the time was adhering to a formal order which had a start date and an end date. In the 21st century, it didn't take a presidential order for the 'feral beasts' to suspend their instincts, to look the other way, to stoke majoritarian fires, to fearlessly question not the ruling party but the Opposition, and usher in Modi 2.0". The hard fact is that freedom of speech and expression is throttled as never before. One only has to switch on some of the so-called 'mainstream' channels or glance at the headlines of some dailies, to realise how biased they are and how afraid they are to focus on

news which are truthful and objective.

Prasad blatantly states how media has abdicated their core responsibilities, "notwithstanding Mr. Modi's advertised disdain for journalists, making the media forget their core tasks — to witness, to verify, to investigate, and to make sense, in the words of the British media scholar George Brock — was always a vital weapon in the manufacture of consent for the 'Gujarat Model'. Despite early failures as Chief Minister, Mr. Modi deftly achieved this goal. Established media houses were tamed by patronising their competitors. Some pesky editors were reined in or eased out by intimidating owners. Advertisements were turned off and on to let the bottom line send signals to managers". So today if some media personnel have the audacity to witness, to verify, to investigate, and to make sense — the writing on the wall is clear! The Securities and Exchange Board of India (SEBI) has recently (15 June) barred NDTV Ltd.'s three key promoters -Prannoy Roy, Radhika Roy and their holding firm-from the capital market for two years! No guessing why!

On 8 June, Prashant Kanojia, a freelance journalist, was arrested by Uttar Pradesh police in Delhi for a tweet that had "objectionable comments" on Yogi Adityanath, the Chief Minister of Uttar Pradesh. Kanojia, was picked up from his home in Delhi after a complaint by a police officer in Lucknow, alleging he tried to "malign" Adityanath's. Kanojia's wife Jagisha Arora challenged his arrest in a petition to the Supreme Court. Ordering his immediate release on bail the Supreme court bench said that it disapproves the deprivation of right to liberty by the state "A citizen's right to liberty is sacrosanct and non-negotiable. It is a fundamental right granted under the Constitution and can't be infringed upon by the state" Whilst the prompt intervention and decision by the Supreme

Court needs to be applauded, there has been a wave of protests on social media on the way freedom of speech and expression are being throttled in the country. 'The Editors Guild of India' condemned the arrest of Kanojia and the editor and head of a NOIDA-based television channel, Nation Live, Ishita Singh and Anuj Shukla, saying, "The police action is high-handed, arbitrary and amounts to an authoritarian misuse of laws. The Guild sees it as an effort to **intimidate the press, and stifle freedom of expression.... a brazen misuse of law....**" On 11 June, a journalist, who was covering a train derailment, in western Uttar Pradesh's Shamli was beaten up on camera by a group of GRP personnel. The group was seen repeatedly slapping and thrashing the journalist while he tries to reason with them (the video has gone viral). According to ANI, the journalist associated with a news channel, said, "They were in plain clothes. One hit my camera and it fell down. When I picked it up, they hit and abused me. I was locked up, stripped and they urinated in my mouth."

On 12 June, an eight-member team

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WHETHER THE INDIAN NATIONAL CONGRESS CAN RESURRECT FROM THE TROUNCING THAT IT HAS RECEIVED AT THE HANDS OF BJP FOR THE SECOND TIME?

by Eric D'Sa

A few days after the results of the 2019 elections were announced, Rahul Gandhi at CWC meeting of INC announced, that he has decided to step down as the President of Indian National Congress and no one else from the Nehru - Gandhi family would fill the post. Former US president Harry S. Truman kept a sign saying "the buck stops here" on his desk in the Oval Office. This phrase implies that, in an ultimate sense, the individual designated as leader is answerable, especially for failure. Let's hope Rahul Gandhi does not change his mind and works to select a new face with requisite qualities to take over from him. On the long run the people will appreciate his decision.

However, another influential school of thought posits that "leadership is as much an institutional, as it is an individual trait" and that "leadership could be thought of as a team sport (or, at least, as 'doubles')". Think of the famous duos of the business world, Berkshire Hathaway's Warren Buffett and Charlie Munger, and Microsoft's Bill Gates and Steve Ballmer. In India, one can cite the examples of V. Kurien and Kishore Jhala of the Gujarat Cooperative Milk Marketing Federation (Amul), or the founding team of Infosys.

In the field of politics, the success of the Congress in the freedom struggle came from the moral authority and mass appeal of Mahatma Gandhi, the charisma of Jawaharlal Nehru, and the organizational strength of Vallabhbhai Patel. In our own time, the best example of shared leadership is that of the Bharatiya Janata Party, where the extraordinary magnetism of Narendra Modi and the equally extraordinary organizational skills of Amit Shah have created an almost unbeatable electoral juggernaut.

Despite a plethora of examples, people tend to ignore the phenomenon of co-leaders because of the differentiated roles assigned to leaders—CEO, president, COO and the like, and the differing levels of visibility of members of the leadership team. But shared leadership is imperative when the challenges an organization faces are so complex that they require a set of skills too broad to be possessed by any one individual. Running a large political party in diverse country like India is not very easy.

YOU THE CITIZENS DECIDE:

Critics of the BJP have made much of the fact that it is a two-man army. They fail to realize that the real problem is that the Congress is a one-man show. While leadership is at least a game of doubles, if not a team sport, the Congress decided to put up one man against the Modi-Shah duo. This is an important reason for its humiliation.

The pitfalls of the organizational structure of the Congress can be well illustrated by its inability to effectively stitch up alliances. Rahul Gandhi may have sought to compensate for his outsized role in the organizational structure by "giving away" control to a motley group of local leaders without much thought. But, given that these leaders did not have clearly defined roles, they ended up competing with each other. The Delhi disaster is a prime example, but the drift in a state like Maharashtra is also an instance of this phenomenon. Further, a leader without a clearly defined second rung, tends to become a bottleneck in the process of decision making. His lieutenants complain about lack of access, while the real problem is the top leader's lack of bandwidth.

Even today, Congress is the second largest vote catcher in India. Installing a working president in place of Rahul Gandhi while he concentrates on being the leader of the opposition in the newly constituted Parliament is imperative. The Congress lead by a new President should aim to create a new CWC with young fresh leaders. The President should divide responsibilities for political strategy, organizational development, and crafting and communicating the message of the Congress to members of CWC. The head of political strategy should be responsible for managing power centres, creating alliances and ensuring good governance in Congress-ruled states. The head of organizational development should be answerable for increasing membership, building capabilities and promoting a culture of performance. But, perhaps, the most important is the role of the head of communications.

At this stage, the Congress needs to create a counter-narrative to the "toxic nationalism" and "Hindutva" of the BJP. The way to do this is to dive deep into the founding principles of our republic as embodied in the Constitution, and resuscitate the core principles that are at variance with the stated positions of the BJP and—more importantly—the ground-level politics as practised by the party. Such principles exist, and that the violation of these compromises the foundational ethos of our nation. The Congress must also go beyond the freedom struggle to repossess the narrative of India's economic liberalization. After initiating research programmes on these issues through the many organizations it controls, it must spread the message to every nook and corner through study groups of the kind used by cadre-based parties especially BJP.

Of course, there are as many examples

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(Contd.. from p. 8)

of the failure of shared leadership as there are examples of success. The new Congress President must aim to select people who are not afraid to speak their mind at the meetings. Since the work ahead will be long and laborious, he must favour youth over old age. The present juncture provides a golden opportunity to blast away the old dead-wood that is crippling the party.

The good news is that a pool of young leaders does exist within the Congress to assist the new President. The real problem in the operationalization of the proposed strategy is that the present organizational structure may be exactly the way the first family of the Congress wanted it. Indeed, the Gandhis have a long history of throttling dissent and promoting courtiers. Hopefully, this defeat will alert them to the reality that power that's hoarded tends to vanish altogether. It is time that they find the young dynamic new face to take over the charge as the President and revive INC. This they owe to the nation. You the Citizens who are keen on the revival of INC will have to press for such a change.

Girl : It is very tough to have love affair with a person who works in bank.

Man: Why?

Girl : I sent him love letter, he returned it with remarks - 'signature different'".

(Contd.. from p. 7)

of the Pune police raided the Ranchi residence of Jesuit Father Stan Swamy. It was the second such raid on the 83-year-old's house since August 2018. Fr. Swamy, a great upholder of the rights of Adivasis, is an 'accused' in the Bhima Koregaon/Elgaar Parishad case in which police have so far booked 23 people, including prominent rights activists and intellectuals. The 'Jharkhand Janadhikar Mahasabha' condemned the raids on Stan Swamy and arrests of other human rights activists saying, *"the central government and media houses close to the BJP claim that the human rights activists were part of a Maoist conspiracy related to the Bhima-Koregaon incident. This concocted story seems to be part of a larger propaganda, based on terms like "urban Naxals", aimed at stifling any criticism of the government. The raids and arrests are part of the government's growing attempts to stifle dissent and intimidate those who are fighting for justice. Jharkhand Janadhikar Mahasabha demands an immediate end to the raids, dropping of all false charges against human rights activists across the country and release of those who are arrested. These harassments are politically motivated and wholly unjustified"*.

The throttling of 'freedom of speech

and expression' has been happening with frightening regularity in India-particularly in the last five years! Media personnel, academics, intellectuals and others who stand up for justice, transparency and truth and have had the courage to voice these non-negotiables, have had to pay a heavy price; they have been hounded and harassed, arrested and tortured and some even killed! A few months ago, when 'Reporters Without Borders' released its annual global press freedom index, India was ranked a measly 140 out of 180 countries. A pathetic performance from the world's largest democracy!

The grip that throttles the essence of Indian democracy, must be released. Bertolt Brecht, the German poet and fierce critic of the Nazi regime, provides a cue

*In the dark times
Will there also be singing?
Yes, there will also be singing
About the dark times.*

It is time now for those who cherish the freedom of speech and expression, to wake from their slumber and their inability or fear to act! But do we have the courage to halt the new 'emergency' being foisted on the nation?

**(Fr. Cedric Prakash SJ is a human rights/peace activist and writer.*

Contact: cedricprakash@gmail.com)

Pope Francis: World Needs an Ecological Conversion!

Pope Francis on 08 June 2019, spoke on the topic, Laudato Si (Peace be to You); his 2015 environmental encyclical on the "care of our common home"! - To the annual gathering of the International Conference of the Centesimus Annus Pro Pontifice Foundation gathered in Rome.

"Building up a person-centered integral ecology, is both a call and a task! It is a call to rediscover our identity as sons and daughters of Our Heavenly Father, Who has created us in His divine image! And has commissioned us to be stewards of His cre-

ation" (Genesis 1:27).

"Thus, He has recreated us through the saving Death and Resurrection of Jesus Christ; and sanctified us through the varieties of gifts, services and activities of the Holy Spirit, Who animates all." (1 Corinthians 12:4-6).

"In this light our call of solidarity as brothers and sisters to a shared responsibility for our common home becomes increasingly urgent! The task is to change models of global development to those that promote economic, environmental and social sustainability within a more humane economy!"

"There are some signs of growth in

these areas – the adoption of many nations of the Sustainable Development Goals of the United Nations; a growing investment in renewable sources of energy; new methods of energy efficiency; and a greater sensitivity especially among young people towards ecological concerns."

"God does not abandon us. He does not leave us alone; for He has united Himself to our Earth. His love constantly impels us to find new ways forward-Laudato Si!"

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

THE CONGRESS IS DEAD ... LONG LIVE THE ...



by chhotebhai *

The British monarchy is probably still the most popular in the world, besides being the oldest extant one. It dates back to William the Conqueror in 1066. In modern times it may also be popular because of its attractive princesses; from the blonde leggy Diana, to the petite brunette Kate and the burnished bronze Megan. I am not thinking of the princesses but of another British monarchical tradition. When a monarch dies the official announcer cries out "The king is dead. Long live the king".

There is no gap in the monarchy. It never dies, but continues in perpetuity. It is for this reason that I was not on the same page as Yogendra Yadav when he angrily burst out "The Congress should die". This anguish was after the Lok Sabha results. In the midst of heated TV political debates Yadav is usually unflappable; so this cry must have come from his heart.

It reminded me of a similar statement made decades ago. Mahatma Gandhi had famously said that after attaining Independence the Congress party, that fought for it, should have been disbanded. As a committed Gandhian I hear this statement bandied about every now and then. Here again I am not on the same page as Gandhiji. Why? Because he had not proposed a viable alternative.

It was easy for Gandhi then, and Yadav now, to write the obituary of the Congress party. But how does that solve the political predicament that we find ourselves in? Does a functioning democracy like India not require an Opposition party? If not the Congress, then who? Is this not a case of over-reaction and throwing the baby out with the bath water?

Before pressing the panic button one needs to do an objective analysis. As a patriot (not an ultra-nationalist) I believe that a functioning parliamentary

democracy is the best thing for this country. For that to be so one requires both a strong Govt and an effective Opposition, else we will be heading for a dictatorship. Does the Congress fit the bill? We could begin with the latest data available.

In the recent meeting of the Congress Parliamentary Party Sonia Gandhi thanked the 123 million people that voted for the Congress. That is a vast sea of humanity, much larger than the population of several countries put together, be they democracies or monarchies. Such a living organism cannot be deemed dead and done!

Let us delve a little deeper. In this election 67.11% of the electorate voted; of them 37.4% for the BJP. In absolute terms this means that just 25% of the electorate, or 1 in 4 persons, actually voted for the BJP. This then is not a Tsunami, as some political romantics would have us believe. Even the "dead" Congress got 19.5% of the votes cast.

The problem, if we choose to so define it, is with our democratic system that is a first past the post one; where the winner takes all. There is no proportionate representation. The table below on vote share and seats won in 2019 would aptly illustrate the point.

STATE	PARTY BJP		CONGRESS	
	SEATS WON	VOTE %	SEATS WON	VOTE %
All India	303	37.4	52	19.5
M.P.	28	58	1	35
Gujarat	26	62	0	32
Rajasthan	25	59	0	34
Assam	9	37	3	35
Punjab	2	10	8	40
Karnataka	25	51	1	32
Chhatisgarh	9	51	2	41

The figures for Assam are particularly telling, where the difference in percentage votes is just 2; but the winnings were three times more. In

Meghalaya the Congress got 48% of the vote, yet got just one of the two seats up for grabs. In Gujarat and Rajasthan the Congress drew a blank despite garnering every third vote. That being so, can we label the Congress as dead or dying? Let us take another analogy from sports. An athlete may lose a race by a fraction of a second, or a cricket team by one run. Do we start writing their epitaph, or rather what went wrong and needs improvement?

I am not a Congressman and know nothing of its organisational dynamics. In a TV interview during the election campaign Rahul Gandhi had actually admitted that the Congress' weakness was that it is disorganized. Out of concern for my country, not the Congress per se, I would very humbly like to make some suggestions for the party's serious consideration.

Firstly, I appreciate and endorse Rahul's decision to resign from the Presidency of the party. It would be a kind of moral victory, and his public image would improve. Those who say that the Gandhi family is the glue that keeps the party together are doing it a great disservice. Their "strength"

becomes their very weakness. There are many splinter groups in the Opposition that broke ranks with the Congress precisely because it was unable to allow non-Gandhi leadership to flourish. Prominent among them would be Sharad

Pawar, Mamata Banerjee, Jagan Mohan Reddy and Conrad Sangma.

The Congress should elect a new

(Contd.. on p. 16)

Patriotism being Gloved

The whole episode surrounding Mahendra Singh Dhoni, on the issue of donning Indian Army's insignia on his wicket-keeping gloves, is unfortunate. Dhoni is a veteran in his own right and as one of the most senior players on the international cricketing scene; ought to have known the rules governing the tournament better than anybody else. The rules of the ICC [incidentally headed by an Indian Shashank Manohar with another Indian - Manu Sahwaney as CEO], are framed obviously by the Council and all the members are required to abide by them. The rules, on the subject of donning anything on the person, cricketing gear etc, are in existence for a long time and have been by and large adhered to by all the members. Cricketers who have infringed in the past have had to face the consequences.

Only if there is any discrimination that you can protest and protest you must. But so long as the same yardstick is being used across the board, every ICC member [that includes the cricketers] is supposed to adhere to it. If they find the rule too punitive, they can always take up the matter at the appropriate forum for review. But you cannot show defiance on the field and feign ignorance of the rules.

Cricket being a religion in this country, millions of fans naturally supported the Indian wicket-keeper while a number of them went to the extent of asking the BCCI to use its muscle [money] power to browbeat the ICC to allow the Indian wicket-keeper to continue with the insignia. What is more surprising is the Indian government too supported the keeper. That is politics. But the retired army men too backed Dhoni which is not acceptable. The Armed Forces are a disciplined lot who follow all the rules to the tee even without uniform. It amounts to supporting indiscipline even assuming that the ICC rule is harsh. The right stand would have been to say Dhoni ought to have sought permission to do that.

Ultimately, the ICC stood its ground and the Indian keeper was forced to fall in line. If the Indian keeper decided to don the gloves with the Army insignia, did he do so without the express consent and knowledge of the Indian team management? If he did so, on his own accord, is it not against the player's code of conduct on the tour.

IEWS on NEWS

If on the other hand, the management gave the go-ahead, did the BCCI concur with their decision? Unfortunately, the Indian Cricket Board, with its money power, feels it can get away with murder. The Indian public has not forgotten the aborted proposal to treat India, England and Australia as superior members while other cricketing nations would automatically be second class members. Ironically, it was Shashank Manohar, as ICC chief, put his foot down and shelved the proposal.

Cricketers from each participating country have gone for the World Cup tournament to win the coveted trophy for their country. That should have been their central focus and that includes Indian cricketers. The Pulwama attack and the Balakot response by Indian forces occurred sometime in February 2019 – over three months back. Every Indian is proud about the decisive Indian retaliatory strike and people did celebrate the event in a variety of ways in appreciation of the efforts of the armed forces. Nobody really had any objection to such celebrations within the country. Patriotism should have stopped there. You don't have to show the world that we are patriots – they hardly bother. You cannot wear it on your sleeves [gloves in this case]. Real patriots need no international certification. I hope I am not branded as an anti-national and forced to go to Pakistan.

OIC attitude towards India

The OIC [Organization of Islamic Conference] is a collective voice of the Muslim world to safeguard and protect the interests of the Muslims. In its Golden Jubilee year [it was established in 1969] with headquarters in Jeddah, India was invited at the Plenary Session by the host country – UAE. This was despite strong protestations from Pakistan which ultimately absented itself when the Indian Foreign Minister Sushma Swaraj rose to speak. Saudi Arabia and UAE stood firm and did not relent.

Pakistan managed to get the resolution passed criticizing India for its role in J & K in committing barbarities since 2016 and also endorsed the call for Plebiscite in Kashmir. Pakistan has been re-



by Marshall Sequeira

ligiously doing this year after year. The final Abu Dhabi Declaration however did not find any mention of the Kashmir issue or India for that matter. The credit for this must go to the Princes of Saudi Arabia and UAE – both friends of India. Had it not been for their firm stand on the issue, once again the Kashmir issue would have figured prominently in the Final Declaration much to the embarrassment of India.

What is perplexing is that with India being the second largest Muslim population [176 m in 2010 – roughly 11% of 1.6 billion] does not find a place in OIC. It shows that the primary intent is not to protect the interest of Muslims of the world. It has been dominated by radical countries inimical to India. By 2050 the Muslim population in India is likely to touch 311 m and top the list [total 2.76 billion] followed by Pakistan with 276m. One wonders if by then India would find a place in the OIC. Even other countries with howsoever small Muslim population must be admitted so as to make the forum more inclusive.

Rejecting the resolutions and reiterating that J&K is an integral part of India, is not enough. Indian diplomacy must address this issue and see why barring Saudi and UAE no other country really stood up for India. The new government must reach out to each and every member of the IOC so that this isolation of the country with second largest Muslim population ends. It is not enough to befriend the Super Powers. It is equally important to have smaller countries as friends. Their voices may not matter but their votes count in world forums. They should be convinced through verifiable means that there is no discrimination of Muslims in India. The onus is on the Indian government. The Indian Muslim Organizations must, in turn, raise their voices and insist on India being admitted as a member so that the interests of Indian Muslims are protected. Their silence sends a wrong message to the OIC.

Bibliotherapy: Healing through reading

"The more that you read, the more things you will know. The more that you learn, the more places you'll go.

-Dr. Seuss (Author)

BIBLIOTHERAPY USES LITERATURE, in any form that can help us find our way through psychological, emotional and social problems. The term bibliotherapy can be traced back to the early Greek words for book, 'biblion' and for healing 'therapia.' There can be no doubt that we have always turned to words to help us with the healing process. Bibliotherapy is really an art, the art of using literature and words to help us find our way in a confusing world. If you are reading this and wondering, why at all in our high-speed-connection world, you must bother to read when you can get it all electronically? We make the case for not closing the book!

Bibliotherapy is widely used by social workers and other therapists and increasingly is studied for its ability to relieve distress associated with numerous illnesses and behaviours. Studies have demonstrated its effectiveness, for instance, in helping individuals with depression, anxiety, stress, low self-esteem, eating disorders, addiction, somatic symptom disorder and illness anxiety disorder.

If it sounds unfamiliar, consider that many of us have engaged in a type of bibliotherapy for most of our lives while reading books, by empathising or identifying with characters or gaining factual information about our problem or when we've written to express ourselves, by composing letters, journal entries or stories. Reading for pleasure, with no motive to heal, can be deeply therapeutic for many. At some level, social workers are employing bibliotherapy any time they simply though strategically recommend a label it with client. Whether they call it bibliotherapy or label it with a number of terms for similar, if not identical, practices such as

poetry therapy, journal therapy or writing therapy - the common denominator of each being the expressive use of words therapists can also combine this approach with other therapeutic methods such as cognitive behavior therapy to help almost any client.

And if you're one of countless people who don't make a habit of reading regularly, you might be missing out. Reading has a significant number of benefits and here're the many benefits of reading to get you to start reading.

Mental stimulation :

Studies have shown that staying mentally stimulated can slow the progress of (or possibly even prevent) Alzheimer's and Dementia, since keeping your brain active and engaged prevents it from losing power. Just like any other muscle in the body, the brain requires exercise to keep it strong and healthy. Doing puzzles and playing games such as chess have also been found to be helpful with cognitive stimulation.

Stress reduction :

No matter how much stress you have at work, in your personal relationships or countless other issues faced in daily life, it all just slips away when you lose yourself in a great story. A well-written novel can transport you to other realms, while an engaging article will distract you and keep you in the present moment, letting tensions drain away and allowing you to relax.

The knowledge quotient :

Everything you read fills your head with new bits of information and you never know when it might come in handy. The more knowledge you have the better equipped you are to tackle any challenge you'll ever face. Additionally, here's a bit of food for thought: should you ever you might lose everything else - your job, your possessions, your money, even your health - knowledge can never be taken from you.

Memory improvement :

When you read a book, you have to remember an assortment of character, their backgrounds, ambitions, history and nuances, as well as the various arcs and sub-plots that weave their way through every story. That's a fair bit to remember but brains are marvellous things and can remember these things with relative ease. Amazingly enough, every new memory you create forges new synapses (brain pathways) and strengthens existing ones, which assists in short-term memory recall as well as stabilising moods.

Tranquility :

In addition to the relaxation that accompanies reading a good book, it's possible that the subject you read about can bring about immense inner peace and tranquility. Reading spiritual texts can lower blood pressure and bring about an immense sense of calm, while reading self-help books has been shown to help people suffering from certain mood disorders and mild mental illnesses.

Stronger analytical thinking :

Have you ever read an amazing mystery novel and solved the mystery yourself before finishing the book? If so, you were able to put critical and analytical thinking to work by taking note of all the details provided and sorting them out to determine "whodunnit". That same ability to analyse details also comes in handy when it comes to critiquing the plot; determining whether it was a well-written piece, if the characters were properly developed, if the storyline ran smoothly and so on. Should you ever have an opportunity to discuss the book with others, you'll be able to state your opinions clearly, as you've taken the time to really consider all the aspects involved.

- Bibliotherapy has wide application

(Contd.. on p. 13)

Reading to Wellness

Although stemming from ancient cultures, one of the first times it was applied to medical care in the UK was after World War I to help treat the emotional trauma suffered by returning soldiers, when engagement and occupation with books in psychiatric institutions was seen to be beneficial for the patients' general sense of wellbeing. More recently it has been recommended by the National Institute for Health and Clinical Excellence (NICE) UK as a useful start in treating mild and moderate depression, anxiety and panic and some other mental health problems. In Ireland GPs suggest specific titles through the Power of Words scheme and on the other side of the world, Central West Libraries in New South Wales has developed a Books on Prescription scheme.

Different forms of bibliotherapy exist. Some is very much within the self-help genre, whereas other therapists 'prescribe' personal reading lists based on the type of literature a person favours, whereas others still offer guided group reading sessions, known as creative bibliotherapy. This is what Sharon Dunscombe, who runs Tales for Tea offers, via the practice of sharing great works of literature by reading them aloud, together. She describes this as a 'deeply personal and social experience' where the text and pleasure of reading is enough in itself, but can be enhanced

by the experience of engaging with it in a group. Sharon believes that 'It is my duty as a bibliotherapist to make connections; personal connections between the content of the books and the people I read to, thus promoting a therapeutic response.'

It was after running reading groups in a junior school whilst studying for her Level 3 NVQ that Sharon came to bibliotherapy. She discovered that the children responded very well to the stories being read to them by unconsciously relating their lives to the works she was reading. She describes herself as 'a complete bibliophile and [I] have eaten books and words like bowls of warm nourishment from a very early age!' Reading is not just something that children benefit from, and groups are starting up all over the country for people from all walks of life.

Rachel, author of *Black Rainbow*, a writer and bibliotherapist, who, amongst other workshops, works with prisoners at Wormwood Scrubs, knows first hand the value of using poetry and prose as an aid to psychological healing and wellbeing. When faced with depression, suicidal thoughts and hospitalisation,

Experiments by Professor Philip Davis from the School of English at the University of Liverpool suggests that complex prose and poetry increases electrical activity in the brain. Rachel believes that 'We can draw a relationship between reading poems and increased focus plus the ability to engage in something outside of oneself, thereby separating oneself from the 'ego': an important component of mental health. ' Reading is a personal endeavour using internal processes but featuring external voices, and therefore useful in focusing the reader on examining their 'self' and coming to terms



with their emotions and challenging accepted but unhelpful thoughts, via prompts from others in a safe and contained environment.

Samuel Crothers, the man who coined the term

bibliotherapy described its stages as Identification, Catharsis and Insight. Essentially, the reader identifies with some aspect of the story, finds release in sharing with the character's feelings, and gains insight into how to apply that to dealing with their own emotions.

There can be no doubt that literature transforms us and the process of reading is a very healing process, but the way in which it does so can vary significantly. Words can help people realise emotions, and the result can be that emotions deep inside are then able to be expressed and shared. Books can help to provide different perspectives and the suggestion of an alternative course of action. They may be inspiring, through the story or character. For some it is the actual doing, the practice of devoting half an hour a day to a regular activity, which can help provide a sense of solidity for some people, as a safe place unchanging and apart from difficulties faced in the world and a place of escapism. Others may simply respond to the rhythm of the words and the flow of sentences, finding themselves absorbed and in an almost meditative state.

The exact benefits may not be rigidly defined, and we may never be able to conduct laboratory experiments or collect reams of data to prove the case for bibliotherapy being of medical assistance, but it certainly is another tool in the world and an asset to support mental health. As Rachel writes in *Black Rainbow*—'Words were what I knew, what I had always relied on.'

(Contd.. from p. 12)

for social workers, health care professionals and educators.

- Since reading and storyline are universal, these activities can be used across the developmental spectrum.
- As an expressive therapy that's both flexible and adaptable, it can be incorporated in work with clients of all ages.
- Bibliotherapy isn't only useful for patients with diagnosable illnesses. It can be helpful at a simpler level as well, improving clients' ability to cope with daily experiences.



The Last Supper Prayer Of Jesus

In early January, 2012, Pope Benedict XVI spoke on the “Last Supper prayer” which Jesus had instituted. The Pope, during his general audience in the Paul VI Hall faced the presence of over 4,000 Catholics. The theme of Benedict’s catechesis was the Last Supper.

The Pontiff began by explaining the human emotional circumstances surrounding the Last Supper when Christ Jesus bid goodbye to his companions as he will soon meet death.



BY MELVYN BROWN

The Pope said: “By participating in the Eucharist we have an extraordinary experience of the prayer which Jesus made, and continues to make for us all, that the evil encounter in our lives may not triumph and that the transforming power of Christ’s death and resurrection may act within each of us ...”

Prayers can take various forms. The prophets bore witness to the coming Messiah, providing unique ways to plant seeds of hope and comfort in prayer. The Psalms are prayers. It was considered the prayer book of ancient Israel. To this day the psalms form the basis of Christian liturgical prayer. The Book of Proverbs sparks a vivid and precise connection to a way of prayer. The visible humanity of Christ’s prayer in the Eucharist bears a channel through which God comes directly to us.

What is constant in prayer is the essential utility it serves with hope, comfort and spiritual strength for humanity. The patterns in prayer are not always clear or defined. Prayer is a link to God in whom mankind finds solace. Basically, prayer is a conversation with God, or a link for intercession through his Mother or the saints.

The Eucharist is in itself a divine prayer of Jesus and His Church. It is a celebration something like the Jewish “berakha”, the great prayer of thanksgiving and blessing which, in “the tradition of Israel” is used only for important ceremonies. It is said that prayer of thanks goes up to God and comes back as a blessing.

The Last Supper was Christ’s farewell to his apostles as it was the imminence of his inevitable death. It was also the time of the coming Passover, the commemoration of Israel’s freedom from the chains of Egypt. The Supper with his disciples was special; He gave himself for the sins of humanity – it was a truly new event to celebrate the Passover in anticipation of His suffering and Resurrection.

The words used in the celebration of the Eucharist form a prayer. The thanksgiving of the ‘berakha’, in this event becomes a blessing and transforms the “bread and wine into the Body and Blood of Christ”.

The Holy Father said: “He offered in

advance the life that would shortly be taken from Him, thus transforming His violent death into a free act of the giving of self, for others and to others. The violence He suffered became an active, free and redemptive sacrifice.”

At the Last Supper, Christ prayed for his followers who would suffer for His name’s sake. In His prayer, He encouraged them in their weakness, also in understanding the way God had to pass through the Paschal mystery of death in the final offering of bread and wine...

The Eucharist prayer responds to the wish of Christ to do this in remembrance of Him in the words of transubstantiation of the bread and wine into His Body and Blood.

The prayer of Jesus in the Last Supper preserves the spirit of the Eucharist as food for His followers, strength for the weak, lonely and disoriented.

Pope Benedict XVI went on to say: “The Lord has instituted a narrative of love with us. The counterforce against evil consists in our entering into this love. He who trusts himself to the love of God is redeemed”.

In contemplating Jesus’ words and gestures that night of the Last Supper we can discover His closeness to the Father, the Sacrament of love. Our involvement in His divine love is to follow the prayers in the celebration of the Eucharist, in remembrance of Jesus’ suffering for the expiation of our sins.

THE SECULAR CITIZEN

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A High profile businessman started a 'Zoo'. He fixed Rs 50 as entry fee nobody turned up, then he reduced it to Rs 25 even then nobody turned up, then he made it Rs 20 no use, later Rs. 15 Rs 10 no use. He decided to make it 'Entry free' the next minute the zoo was over crowded with lots of people. He closed the gates and displayed house full board and let the tiger roam free inside the zoo, the crowd started rushing towards the gates and were shocked to see at the exit fees of Rs 300 plus GST.

This zoo's name is 'JIO'

Husband : Where are you?

Wife : I'm in between the verandah and kitchen, by the side of the door in the hall.

Husband : Are you nuts? Can't you say that you are at home?

Wife : You are the one who is calling on the landline and asking. 'Where are you?'

Husband and wife both went for an interview in the evening.

Wife : How was your interview today?

Husband : I have been rejected.

Wife :Why?

Husband : Because the first button for my shirt was open.

Wife : Strange! I have been selected for the same reason.



The medical condition

The man told his doctor that he wasn't able to do all the things around the house that he used to do. When the examination was complete, he said: "Now, Doc, I can take it. Tell me in plain English what is wrong with me." "Well, in plain English," the doctor replied, "You're just lazy." "Okay," said the man. Now give me the medical term so I can tell my wife."

The hearing aid

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100 percent. The elderly gentleman went back in a month to the doctor and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again." The gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to their conversations. I've changed my will three times!"

For voting your age should be 18 but for marriage you must be 21, why?

Wise man replies, : Because government knows that taking care of the wife is bigger task than taking care of nation."

How to wash chicken with vinegar?

Many cooks clean off chickens with water and vinegar to remove dirt, germs and other debris. Washing the chicken removes some of the germs. White distilled vinegar kills bacteria. While it's not necessary to wash the chicken, it's a common practice and here's how it should be done:

- Fill a bowl half way with warm water. Pour two cups of white distilled vinegar into the bowl.
- Put on the rubber gloves. The gloves protect your hands from bacteria on the chicken. The germs can get underneath fingernails and in small cuts if your hands aren't covered.
- Dunk the chicken into the water and vinegar. Rub it over water for 10 minutes.
- Place the chicken inside of a pan to cook. Dump out the water and vinegar into a sink. Wash the bowl with hot soapy water.

Lady to advocate : I want to marry my ex husband again!

Advocate : Why, last month you got the divorce.

Lady : After divorce, he is very happy and I can not tolerate this at all

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(Contd.. from p. 10)

President, and fast. I am being audacious enough to propose the name of Pranab Mukherji. It would be a game changer. My second choice would be Abhishek Manu Singhvi whose midnight knocks at the doors of the Election Commission ensured Ahmed Patel's victory in the Gujarat Rajya Sabha elections, and the formation of the Congress-JDS Govt in Karnataka. Since he is a Rajya Sabha M.P. from Bengal he would also be acceptable to Mamata, a potential future ally. My third choice, if all else fails, would be Sonia Gandhi, as a mother figure. Rahul himself has vastly improved his oratorical skills, and could be the party leader in the Lok Sabha.

I would also propose a presidium or co-ordination committee, never mind the nomenclature. These persons should be made in charge of various regions. My nominees are:

1. North (J&K, Punjab, Haryana, Delhi, HP) – Manish Tewari M.P. from Ludhiana.
2. North Central (U.P., Uttarakhand) – Sriprakash Jaiswal, former Union Minister, from Kanpur. He was the only candidate from U.P. to actually increase his vote share by 61,000 votes, despite which he lost.
3. Central (Rajasthan, M.P. Chhatisgarh) – Jyotiraditya Scindia
4. West (Gujarat, Maharashtra, Goa) – Ahmed Patel
5. East (Bihar, Jharkhand, Bengal, Orissa) - ?
6. North East (Seven Sisters) – Vincent Pala M.P. re-elected from Shillong
7. South Central (Karnataka, Andhra, Telengana) – Siddharamaiah, former Chief Minister of Karnataka
8. South (Kerala, Tamilnadu) – Oomen Chandy, former Chief Minister of Kerala

So much for the top. But look at the rival BJP. Its power duo of Modi Shah has risen from the bottom to the top. The Congress seriously needs to adopt the bottom to top model. It recently won the Assembly elections in Rajasthan, MP and Chhatisgarh. Earlier it did form its Govts in Karnataka

and Punjab, and gave the BJP a run for its money in its Gujarat backyard. So it does need to focus on State level leadership, and allow it to flourish.

Another step down the ladder that has been conveniently given the go-by in the national media – the urban local body elections in Karnataka. Thanks to the media blackout many may not even be aware of these elections held on 29th May, just 6 days after the Lok Sabha elections were declared. Normal human psychology is that everybody loves a winner, nobody worships the setting sun, and rats desert a sinking ship. Yet in Karnataka the Congress, even though it fought independently of its partner, the JDS, actually won 509 Of 1221 wards (42%). The JDS won another 174 (14%) and the neo victorious BJP won just 366 wards (30%).

Is there not a clear message in this? The Congress purging must no doubt begin at the top, but the party building must start from the bottom; the grassroots work, be it at the village or ward level.

It is often said today that the medium is the message. But the Congress seems woefully inadequate in both the mainstream and social media. It must pull up its socks. It earlier published three newspapers founded by Jawaharlal Nehru – National Herald (English), Navjivan (Hindi) and Qami Awaaz (Urdu). What happened to them?

The party also needs to strengthen its frontal organisations like the Indian National Trade Union Congress and the National Students Union of India. Even a small thing like party workers displaying the party flag on their vehicles needs to be addressed.

Finally, why not invite the NCP to amalgamate with the Congress, which would give the latter the much needed LOP status? Similarly it should reach out to groups led by Mamata, Jagan Mohan, Conrad Sangma and Ajit Jogi, all of whom have their roots in the Congress.

The party has its work cut out and several imaginative initiatives to pursue. Where there is a will there is a way. Else the Gandhis will have to collectively write their Will for a dying entity.

** The writer is a patriot (not an ultra traditionalist) and has no party affiliation.*

THANKSGIVING

*Thanks to
Holy Trinity, Holy Family,
All Saints, All Angels & Archangel
for the favours granted*

— Wilfred Martis

THANKSGIVING

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

PRAYER TO THE HOLY SPIRIT

"Holy Spirit, though who makes me see everything and shows me the way to reach the ideal. You who gives me the divine gift to forgive and forget the wrong that is done to me and are in all instances in my life with me. I, in this short dialogue want to thank you and confirm from you once more that never want to be separated from you, no matter how great the material desire may be. I want to be with you and my loved ones in your perpetual glory. Amen"

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

—Wilfred Martis

Inspiration!

Boost and radiate your confidence everyday

"Noble and great Courageous and determined. Faithful and fearless. That is who you are and who you have always been. And understanding it can change your life, because this knowledge carries a confidence that cannot be duplicated any other way."
—Sheri L Dew (Author)

SELF-CONFIDENCE IS not a static quality; rather, it's a mind-set. It's a mind-set. It must be practised and mastered just like any other skill. Once you master it, you will be changed for the better. No one is born with innate self-confidence, it's something we have to learn to nurture and grow. So keep on reading if you want to know what you can do to boost your self-esteem in order to find many ways to radiates killer confidence

When an attractive person walks by, heads turn. And that attraction doesn't just have to be because they have a beautiful face. Confident people are just as irresistible as beautiful people. When you stand tall, walk with a sense of purpose, look polished and smile, people want to make eye contact with you. The outward reflection of your confidence and self-esteem makes you appealing. Here are some key techniques for improving your confidence

Respect all :

One of the best ways to radiate confident is to treat all those around you with the almost respect. The kindness that you show to others will reflect back on you in the warmth and respect that you receive in return. This atmosphere of positivity will do wonders for boosting your confidence and making your personality really attractive to all those around you.

Take action :

There's much more to being confident than just how you look or dress up yourself. You must act the part as

well. Walk up to a stranger at a networking event or accept a project you'd normally reject. Practice being self-confident and soon it will become second nature. Once you put more energy into your positive traits, your confidence will start to shine through.

Avoid negative talk :

If you can, try to avoid engaging in too many extended periods of small talk and negative talks. It's no fun for either person involved in the conversation and most of the time ends up being an awkward mess. Getting straight to the point in a matter of fact but friendly way certainly radiates an air of confidence both in yourself and in the person you are talking with. Not having so skate around a subject before you bring it up is a good show of character.

Don't try too hard :

Natural, easy confidence is all about not having to try too hard. If you find yourself really pushing your personality on a person, it will come across as aggressive and needy rather than confident. A truly confident person should be comfortable in his own skin and not have to impose themselves too severely on a group to be recognised and respected.

Focus on others too :

A classic trait of somebody who possesses an irresistible confidence is their authentic interest in others over themselves. You should spend less time concerned with what others think about you and more time engaging and conversing in a meaningful way with people. Ask open-ended questions to get discussions flowing and your peers will really enjoy the fact that you are interested in what they have to say.

Be presentable :

Though it is a highly superficial component, there really is something to confidence being discovered through dressing the part. If you feel good about yourself from an aesthetic fashion point of view, then this self-confidence will spread to your whole personality and will definitely be noticed by those around you. Be and will definitely be noticed by those around you. Be classy, be elegant, wear casual with an ease. Note this: Wear your clothes, don't let them wear you.

Be willing to help :

A person with irresistible confidence will always be willing to help out a friend or colleague when they are in need of an extra hand. This may not necessarily mean always being the first to get involved but more cementing the message that you are always willing to do what you can.

Smile :

Sometimes the easiest solutions are the ones that get overlooked! It cannot be underestimated just how much difference having a smile on your face can make, both to you and to the people with whom you are interacting. The more you smile, them more people will smile back and an air of confidence can be built from this.

LEARN TO BE CONFIDENT

- Stay away from negativity and bring on the positivity.
- Change your body language and image.
- Empower yourself with knowledge.
- Know your principles and live them.
- Accept compliments and compliment yourself.
- Exercise daily. When your body feels good, you will feel good too and feel strong enough to take up the world.
- Believe in yourself. Have faith in your abilities. Without a humble but reasonable confidence in your own powers you cannot be successful or happy.
- When you have confidence, you can have a lot of fun. And when you fun, you can do amazing things. Thus, always be confident on your battle.
- If you have no confidence in self, you are twice defeated in the race of life. If you loose confidence, you lose the battle.

Best time to eat these foods

YOUR DAILY ROUTINE includes lots of eating activity. But what you eat, should be eaten at proper time. To ensure that you make the most of their goodness eat them at an appropriate time. This guide will help you out to find the best time for eating foods

When to eat different foods and why does this matter? Eating certain foods at appropriate times throughout the day helps you get the maximum health benefits from your diet. This is necessary for optimal body performance, brain activity and a balanced mood which will help you be more productive at work and in social situations. Here is a list of the best times to eat different foods according to modern research. This will help you get the maximum health benefits from your diet.



Curd :

Eating curd during the daytime can soothe your digestive system and strengthens your gut. Also, it helps keep one alert

and perky and beat the after-



noon blues. The worst time to eat curd is dinner time. If you are prone to cold and cough, avoid it during dinner time as it might lead to mucus formation.

Apples :

The best time to eat apples is in the morning as its pectin helps the intestines and bowel movement. Moreover, it also eliminates carcinogens and prevents constipation. The worst time to eat apple is dinner time. Due to pectin, it is hard to digest apples during the nighttime.

Also, they increase stomach acid and this can lead to discomfort.

Potatoes :

The best time to eat potatoes is the morning. Potato starch lowers your blood cholesterol level. Potatoes are also rich in minerals which your body needs. Worst time to eat it is for lunch and dinner time. Potatoes are 2-3 times higher in calories than other vegetables. So don't eat too many potatoes

for dinner.

Tomatoes :

Morning time is best time to eat tomatoes. Organic acids found in tomatoes facilitate digestive processes and regulate the functions of the stomach and pancreas. Dinner time is not the best time for it. A large amount of oxalic acid has a negative effect on water-salt metabolism. So eating tomatoes for dinner can cause swelling.

Fatty fish :

Fatty fish, such as salmon, tuna, trout and mackerel, are incredibly healthy. The combination of mega-3 fatty acids and vitamins D in fatty fish have the potential to enhance sleep quality, as both have been shown to increase the production of serotonin, a sleep-promoting brain chemical. Therefore it is a great option to eat it for dinner

RICE :



Eating rice at night can lead to weight gain as they are high in carbohydrates. According to studies, there is a right time for every food and the wrong time for some of them. To ensure that you make the most of their goodness eat them at an optimum time.

Royal Christian Family MATRIMONIALS - @GROOMS

7010. BAHRAIN : Mangalorean Roman Catholic Divorcee (with in three months of marriage), (Born in June 1985), Ht. 5' 11", Wt. 76 kgs, Wheatish Complexion, Edn. HSC Diploma in food & beverage, working in 4 Star Hotel Bahrain. Contact Mob: 8806129309

7008. USA : Separated Roman Catholic, (Born in October 1983), Ht. 5' 7", Wt. 62 kgs, Wheatish Complexion, Edn. MD, MS, working as a Senior Engineer. Contact email : jesusmary58@yahoo.com

7007. MUMBAI : Goan Roman Catholic Bachelor, (Born in September 1977), Ht. 5' 8", Wt. 72 kgs, Fair Complexion, Edn. B.Com., MBA in Aviation. Contact email : gerald-white@hotmail.com

7005. DUBAI : Goan Roman Catholic Bachelor, (Born in May 1986), Ht. 5' 6", Wt. 50 kgs, Fair Complexion, Edn. BMS /CFA, working as a Head Treasury in Dubai. Contact email : matri3119@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

6997. MUMBAI : Roman Catholic Bachelor, (Born in October 1991), Ht. 5' 11", Wt. 80 kgs, Fair Complexion, Edn. CA, M.Com., B.Com., working as Associate Vice President in Bank. Contact email : wrferns21@gmail.com

6996. MUMBAI : Tamilian Roman Catholic Bachelor, (Born in Sep-

tember 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

6968. DUBAI : Mangalorean Roman Catholic Bachelor, (Born in March 1991), Ht. 5' 11", Wt. 70 kgs, Wheatish Complexion, Edn. Graduate in Commerce. Working in Dubai since 2014 in Indian Consalate Office. Designation Senior Customer Executive. Contact Email : shalenedsouza4@gmail.com

6966. MUMBAI : Goan Roman Catholic Bachelor, (Born in September 1965), Ht. 5' 5", Wt. 45 kgs, Wheatish Complexion, Edn. SSC., working as a Field Executive. Contact email : sameer_bhagwatt777@rediffmail.com

6965. MANGALORE : Mangalorean Roman Catholic Bachelor, 36 years, Ht. 5' 1", Wt. 63 kgs, Wheatish Complexion, Edn. SSLC., having Agriculture. Contact : 9964885911

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

6963. MUMBAI : Goan Roman Catholic Bachelor, (Born in July 1981), Ht. 5' 2", Wt. 62 kgs, Wheatish Complexion, Edn. MBA, Well settled. Contact email : freshflwr@gmail.com

6960. MUMBAI : Mangalorean Roman Catholic Divorcee, (Born in February 1985), Ht. 5' 10", Wt. 77 kgs, Wheatish Complexion, Edn. B.Sc., Nautical working as an officer in Merchant Navy. Contact email : godfreyvaz@gmail.com

6956. DUBAI : Mangalorean Roman Catholic bachelor, (Born in October 1984), Ht. 5' 7", Wt. 63 kgs, Tan Complexion, Edn. SSLC - ITI Diesel, working in Medical Department. Contact email : godwinclear@gmail.com Watsapp No. 00918296851139

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

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

6904. MUMBAI : Converted Roman Catholic issueless Divorcee, (Born in April 1971), Ht. 5' 8", Wt. 76 kgs, Wheatish Complexion, Edn. B.Sc., MBA, working as a Territory Manager. Contact email : sudeeptalukdar2003@gmail.com

6899. MUMBAI : Roman Catholic Bachelor, (Born in June 1968), Ht. 5' 7", Wt. 77 kgs, Wheatish Complexion, Edn. Diploma, Mechanical Engineering Graduation, MBA, working as an Engineer. Contact email : teresa.mimr@gmail.com

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

7034. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1988), Ht. 5' 11", Wt. 80 kgs, Fair Complexion, Edn. M.C.A., Software Engineer, working as an Asst. Manager IT Company, Contact email : vivian1548@gmail.com

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7025. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in May 1992), Ht. 5' 8", Wt. 56 kgs, Fair Complexion, Edn. B.E. (IT), working as a Software Developer. Contact email : kevin92ster@gmail.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

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

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

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

6862. MUMBAI : Goan Roman Catholic Bachelor, (Born in February 1983), Ht. 5' 11", Wt. 72 kgs, Fair Complexion, Edn. B.Com., well settled working in Mumbai. Contact email : keith_peter1983@yahoo.co.in

6856. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in September 1973), Ht. 5' 7", Wt. 67 kgs, Fair Complexion, Edn. MBA, working as a HR. Contact email : clifforddsilva@yahoo.co.in

6854. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in October 1985), Ht. 5' 6", Wt. 78 kgs, Tan Complexion, Edn. F.Y. B.Com., working as a Sales Executive. Contact email : rquadres85@yahoo.co.in

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Email : royalchristianfamily@gmail.com

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

joslyn.gomes@gmail.com

6847. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in April 1973), Ht. 5' 10", Wt. 75 kgs, Tan Complexion, Edn. SSC, Having own business. Contact Mob: 9833176215

6846. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in July 1985), Ht. 5' 5", Wt. 70 kgs, Fair Complexion, Edn.B.Com., working as a Office Administrator. Contact email : kevinbr85@gmail.com

6845. MUMBAI : Goan Roman Catholic Bachelor, (Born in November 1982), Ht. 5' 7", Wt. 67 kgs, Fair Complexion, Edn. B.Sc., working as a Internet Manager. Contact email : dsilvaahimsa@gmail.com

6817. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in January 1989), Ht. 5' 10", Wt. 75 kgs, Tan Complexion, Edn. B.Sc., B.I.S., working as a Sr. Software Engineer. Contact email :

fernandesmelwyn08@gmail.com

6815 MANGALORE : Mangalorean RC Bachelor, (Born in January 1971), Ht. 5' 7", Wheatish Complexion, Edn. PUC Diploma in Civil Engg., having own business, Contact email :

wilmamenz@hotmail.com

6813 USA : Mangalorean Protestant Divorcee, (Born in March 1951), Ht. 5' 10", Wt. Medium, Fair Complexion, Edn. MBBS., MD., Doctor by profession. Contact email : fh2@mail.com

6805 ABUDHABI : Mangalorean Roman Catholic Bachelor, (Born in February 1984), Ht. 5' 7", Wt. 80 kgs, Wheatish Complexion, Edn. 12th std., + correspond B.Com., studied in

Mumbai, working in Bank as Recovery Officer. Contact email :

pawan.sana@gmail.com

5996. MUMBAI : RC Bachelor (Born in November 1974) / 5'8", B.E., working in Senior position reputed IT firm.

Seeks alliance from R.C. spinster educated good family background Pl. reply with photograph and details to keithcardozo@hotmail.com OR **9820338755**

6198. MUMBAI : Mangalorean Roman Catholic (Born in October 1969), Ht. 5' 10", Edn. B.Com., good personality, hailing from God fearing, cultured family, issueless, divorcee by mutual consent, working for Cruise Liner in U.S.A., as Security Supervisor, well settled in Mumbai, Contact email : dsouzamalcolmneil@gmail.com. Phone/SMS 09480157258.

6424. MUMBAI : East Indian Roman Catholic Bachelor, (Born in October 1991), Ht. 5' 11", Wt. 65 kgs, Fair Complexion, Edn. B.Com., well employed, working as Sr. Customer Care Executive. Contact email : gerardd754@gmail.com, Mob:9594766322 / 9930620943

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

6228. MUMBAI : Mangalorean RC Bachelor (Born in December 1972). Ht. 5' 8", Wt. 65 kgs., Wheatish Complexion, Edn. S.S.C. A/C Tech. Course, working as a A/C. Technician in Voltas. Contact email :

lawrencedias321@gmail.com / Mob: 8291056939

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6837. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in April 1992), Ht. 5' 2", Wt. 85 kgs, Fair Complexion, Edn. MBA, Profession : Baker. Contact email : ludvinalobo@yahoo.com

6033 ABU-DHABI : Goan Roman Catholic Spinster, (Born in May 1979), Ht. 5' 2", Wt. 58 kgs, Wheatish Complexion, Edn. M.A. Eng., Literature, working as a Copy Editor. **Contact email :**

barretto.lorraine@gmail.com OR 9730454857

6819. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in February 1989), Ht. 5' 5", Wt. 70 kgs, Wheatish Complexion, Edn. Undergraduate, working as a dispatch Manager. Contact email : sylvia.godinho8@rediffmail.com

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

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

6482. K.S.A. : Roman Catholic Spinster, (Born in July 1983), Ht. 160 cms, Wt. Normal, Wheatish Complexion, Edn. B.Sc. in Chem/ PGDMLT, Pathology Lab Technician (Instructor) in **KSA** since 10 years, well settled, seeks a suitable match. Contact email : mathew_680@yahoo.com

6185 MUMBAI : Goan (Bardez) Roman Catholic Spinster, (Born in January 1982) Ht. 5' 4", Fair Complexion., Edn. B.A., Dip. in Financial Management, Banking Exams, Working as Senior Manager for a reputed Private Sector Bank Seeks educated

and well settled Roman Catholic Goan (Bardez) Bachelor between 36-40 years. Ht. 5' 7" and above. Contact email : andy.franky@hotmail.com

6497. POONA : Tamilian RC Spinster, (Born in January 1982), Ht. 5' 2", Wt. 58 kgs, Wheatish Complexion, Edn. M.Com., working as a Sr. Manager. Contact email : harryanthony.7@gmail.com

6337. M.P. : Protestant Christian Divorcee, (Born in July 1980), Ht. 5' 3", Wt. 52 kgs, Wheatish Complexion, Edn. B.E. (Computer Science), MBA (HR), working as a Senior Manager , MNC Mumbai. Seeks a match residing in Mumbai, having a decent qualification and well settled. Contact email : estherjoseph@rediffmail.com

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

6642 MUMBAI : Mangalorean Roman Catholic Divorcee, (Born in September 1979), Ht. 5' 3", Wt. 60 kgs, Wheatish Complexion, Edn. B.Com., working as a Customer Service, Seeks a suitable match. Contact email : rowmonteiro@yahoo.com OR 9820792115

6665 MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1986), Ht. 4' 9", Wheatish Complexion, Edn. 12th (HSC), Hair Dresser by profession. Seeks Mangalorean / Goan / East Indian Bacheor. Contact email: alcheckmate@gmail.com OR 9867292764

6532 BANGALORE : Mangalorean

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

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

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

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

7059. SATARA : Tamilian Roman Catholic Spinster, (Born in July 1983), Ht. 5' 2", Wt. 55 kgs, Wheatish Complexion, Edn. MA, B.Ed., (English), Teacher in Convent School. Contact email : veronicadavidvd12@gmail.com

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7062. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in January 1992), Ht. 5' 3", Wt. 65 kgs, Wheatish Complexion, Edn. MBA in Finance, working as an Accounting and settlement. Contact email : glenna.dsilva@gmail.com

7048. MUMBAI : East Indian + Goan Roman Catholic Spinster, (Born in April 1989), Ht. 5' 2", Wt. 52 kgs, Wheatish Complexion, Edn. Masters in Social Work, working for Foreign NGO as a Programmer Manager. Contact email : saviomay89@gmail.com

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

6988. MUMBAI : Goan Roman Catholic Spinster, (Born in September 1992), Ht. 5', Wt. 55 kgs, Wheatish Complexion, Edn. B.Com., Dip. in Finance, working, Contact email : pbttaca@gmail.com

6967. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in June 1991), Ht. 5' 2", Wt. 57 kgs, Wheatish Complexion, Edn. MBA (Finance), working as an Asst. Manager. Contact email : rcmbai91@gmail.com

6961. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in March 1988), Ht. 5' 4", Wt. 60 kgs, Wheatish Complexion, Edn. MBA., Working as a Deputy Manager in Franch Bank. Contact email : preethi.dsouza@ymail.com

6957. ABU DHABI : Mangalorean Roman Catholic Spinster, (Born in September 1986), Ht. 5' 3", Wt. 60 kgs, Fair Complexion, Edn. M.Sc. / BFI, working as a H.R. Executive. Contact email : fidora86@hotmail.com OR +91 702 006 2880

6953. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in December 1992), Ht. 5' 5", Wt. 55 kgs, Wheatish Complexion, Edn. Bachelor in Vet Science, Doctor by profession.

Contact email :

andrea-lobo786@gmail.com

6942. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1987), Ht. 5' 4", Wheatish Complexion, Edn. M. Com., working as a Sr. Associate in Foreign Bank. Contact email : olgapin123@gmail.com

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

6878. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1986), Ht. 5' 3", Wt. 75 kgs, Wheatish Complexion, Edn. Edn. B.A., PGDID, Service. Contact email : terrenceeq123@gmail.com

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

6873. MUMBAI : Affluent family R.C. Mangalorean Spinster, (Born in August 1980), Ht. 5' 3", very beautiful and pretty. B.A., E.A. (Secretarial Course), worked for foreign MNC's, currently managing Father's Business. Contact email : lvbsh16@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

6870. MUMBAI : Goan Roman Catholic Spinster, (Born in July 1974), Ht. 5' 2", Wt. 65 kgs, Wheatish Complexion, Edn. B.Ed., Self employed. Contact email : caand.reb@gmail.com

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

weddingvow85@gmail.com

6861. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in December 1991), Ht. 5' 6", Wt. 80 kgs, Wheatish Complexion, Edn. B.Com., PG Banking & Finance, working as a Clerk in Bank. Contact email : michaelfernandes59@gmail.com

6860. MUMBAI : Goan Roman Catholic Spinster, (Born in October 1991), Ht. 5' 4", Wt. 55 kgs, Wheatish Complexion, Edn. B.M.M. (Mass Media), working for IT in MNC. Contact email : lgp1891@gmail.com

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

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

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

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Fort, Mumbai - 400 001.**

Set smart career goals ahead

IT'S IMPORTANT THAT your goals motivate you when you set them. For it, you need to ensure that your goals are important to you, and that there is benefit in achieving



Success requires proper planning, hard work and time management. Without these traits, you may lack focus and direction. And once you lose focus, it would be difficult for you to get back in the right direction and hence achieve the set goals. You can't overlook the importance of goal setting as it's important for laying a solid foundation of your career path. So, be careful and follow these tips while setting goals for success at work.

Ask yourself why it's important for you? :

If you want to set a goal that can keep you motivated all along your professional life, ask yourself why it's valuable and important to you; and write down the answer on a paper. It would help you to not only convince others but also to gain the lost confidence in your abilities.

Be specific while setting your goal :

You must be clear about your goal, and the objectives which you need to set for success. Always keep it in your mind

that your goals need to show you the right way to success. If it doesn't, then you should rethink on your goals. So, be specific and precise while defining your objectives.



Goals should be measurable :

First decide the amount of work to be done and then set the deadline to complete them. Suppose, you want to reduce expenses as your goal but don't know how you can measure your success. In this case, the best way to measure success and judge performance is quantifying the reduced expense, reduction rate and the taken time. Without it, you can't figure out what more steps you require to achieve success.

Set attainable and achievable goals :

Don't be unrealistic and irrational while deciding your future goals. But, ensure that the goals you set for yourself is achievable and realistic. Never set unrealistic and unachievable goals for yourself because it could demoralise you when you fail to achieve them.

Set time bound and relevant goals :

There should also be a deadline for the goals to achieve. If there not deadline, you may fail to know when you can celebrate your success. Moreover, the deadline for achieving a goal increases a sense of urgency, and take to the success that much quicker. So, set a deadline for yourself to achieve your goals while deciding your goals.

HAVE AN ACTION-PLAN

Most of the professionals forget to prepare an action-plan while setting goals. They get so focused on the outcome, instead of focusing on the strategies and plans to achieve their goals. Due to which they ultimately fail to achieve their goals. To ensure your success, you must be ready to face and overcome challenges and problems while taking right step. For which you need to prepare an action plan and stick to it.

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