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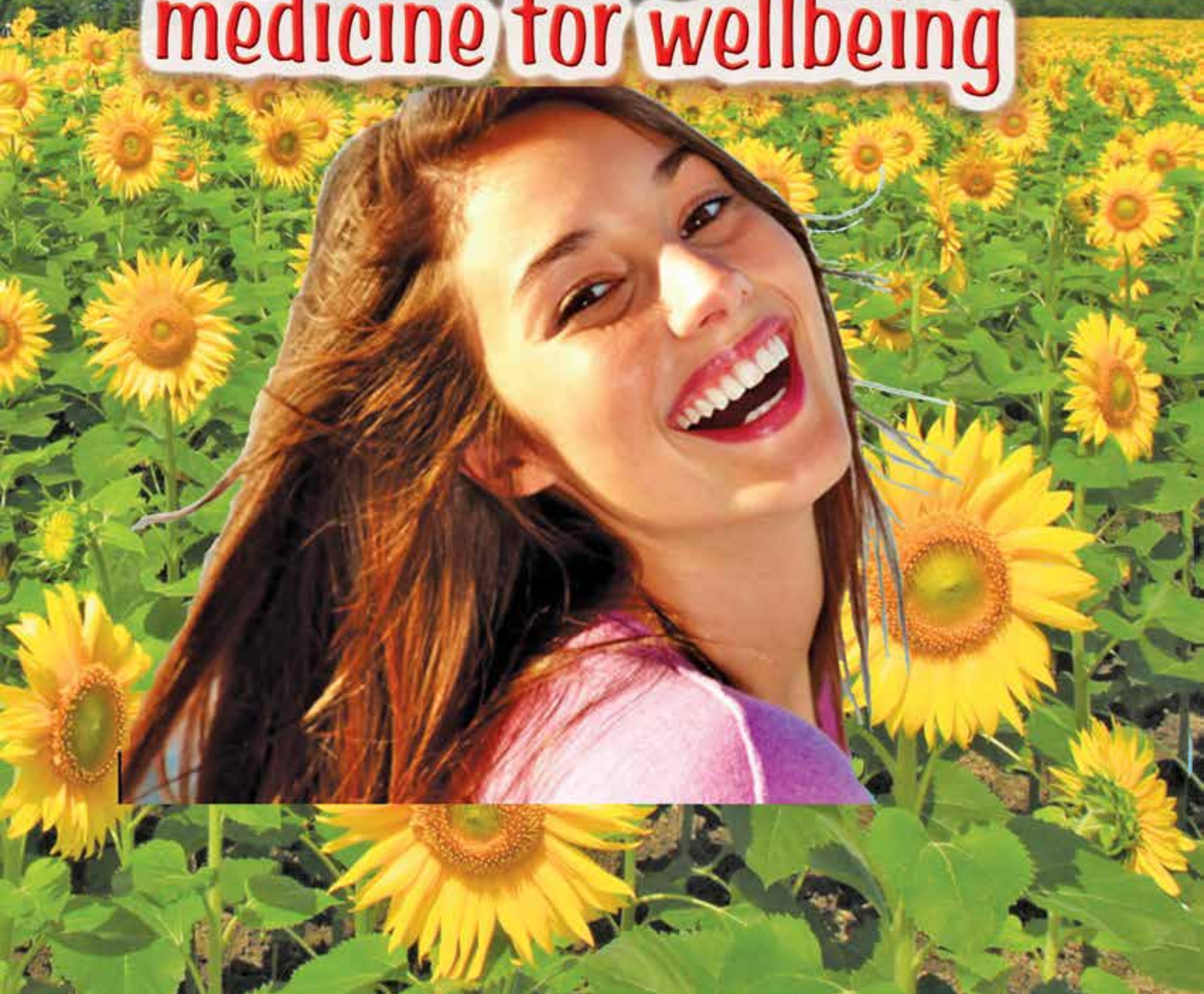
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THE SECULAR CITIZEN

Vol.28 Issue No.27 ■ (Total Pages 24) ■ Mumbai, 1 - 7 July, 2019 ■ Rs. 10

A NATIONAL FAMILY WEEKLY

Smiling is the best
medicine for wellbeing



Our Mother Of Perpetual Succour

The crowds that trudge every road that leads to the Church of Saint Michael the Archangel in Mahim West every Wednesday need to be seen to be believed! All the more so during the annual Feast Novena commencing on 18 June, the lengthening queue for the veneration of the original picture of Our Mother of Perpetual Succour (OMPS) ever since it was brought by the then Vicar, Father Edward Placidus Fernandes on 8 September 1948 telling its own story. The eloquent preaching of his successor, Monsignor George Fernandes (1950-1961) drew Marian devotees cutting across creeds and nationalities by the droves that have stayed on to turn Saint Michael's into the amazing mini-pilgrim site that it has now become known worldwide!

Historicity of the Icon & the Title

The icon, whose replica graces the precincts of practically every Catholic church and home in India, originated in the Keras Kardiotissas Monastery in Crete, Greece. Known in Eastern Orthodox tradition as the "Virgin Theotokos of the Passion" due to the instruments of the Passion of Jesus Christ represented on the image, the icon was stolen by a Roman Merchant, from whose family's possession it was transferred on 27 March 1499 to the Church of Saint Mathew the Apostle which was situated exactly between the Basilicas of Saint Mary Major and Saint John Lateran at the express wish of Our Lady herself [who called herself 'Holy Mary of Perpetual Help' in a vision to the merchant's daughter]. In 1798, French

Revolutionary War troops established the short-lived Roman Republic, imprisoning Pope Pius VI and destroying several churches including Saint Mathew's. The icon however was rescued in the nick of time by the Augustinian friars and first placed in the nearby Church of Saint Eusebius and later in the Church of Santa Maria in Posterula.

The icon is now permanently housed in the Church of Saint Alphonsus de Liguori, the Founder of the Redemptorist Congregation of priests and brothers, the religious order entrusted by Pope Pius IX with its custody and the injunction, "Make her known throughout the world!" The church itself was built by the Redemptorists on the spot where Saint Mathew's once stood. Said to have been painted about the year 1455 or even earlier, the icon was cleaned and restored in 1866, then again in 1940, and then yet again in 1990. Reverence for the icon spreading worldwide from here, on 12 May 1867, the Vatican ordered the crowning of the icon. On 23 June the same year, two golden,



by Ladislaus L D'Souza

jewel-encrusted crowns were solemnly blessed and placed on the brow of the Virgin and of the Infant, and the icon bestowed with its present title, *Mater de Perpetuo Succursu* (Mother of Perpetual Succour). Her feast under this title is celebrated universally on 27 June. Under the Pontificate of Pius XII, she came to be designated as the National Patroness of the Republic of Haiti and Almoradi, Spain, a similar image in Jaworzno, Poland being granted a Canonical Coronation by Pope Saint John Paul II on 16 June 1999.

Interestingly, one of the first copies of the icon made was given by the Redemptorist Superior General to Pope Pius IX on 21 April 1866.

Symbolism of the Icon

Those accustomed to Western art may not always easily appreciate the beauty of an icon without understanding more about this form of art itself. In Western art, there is little difference in the styles used in sacred art and secular art, differing only in subject. Icons, however, are not meant to be realistic in terms of

physical representation, but rather to portray eternal truths in a way that instantly transports the viewer to a spiritual plane. Perhaps the simplest way to describe an icon is as theology in line and colour. The images are rendered in an extremely stylized, non-naturalistic way, the folds of garments appearing as simple geometric forms, while faces and bodies portray a divine transformation. Thus, to an Eastern rite Catholic, once an icon is blessed, it isn't simply an artistic representation but is considered a window to Heaven, a point of contact, "so that in praying before it, one is in the spiritual presence of the person represented. Reverently kissing the icon, one kisses the personage; bowing before it, one bows before the personage" (Robert Lane, "Russia and the Icon," *The Reign of Mary* #117, p 5).

Significantly, the artist involved fortifies himself spiritually by prayer, confession, Holy Communion and, sometimes, fasting. He prays even while painting, for he sees himself as an instrument of the Holy Spirit, the principal artist, who will use the icon as an instrument to channel graces to those who reverence it and pray before it – which explains why, in most cases, the artist does not even sign his work with his name.

Description

The original OMPS wooden icon, admeasuring approximately 17"x21", is done on hard nut wood, the following details depicted on a gold leaf background, 'gold' itself representing God's Kingdom:

- The Blessed Virgin Mary, wearing a dark red tunic, representing Jesus' Passion, with a blue mantle tinged with green, representing her perpetual virginity, a cloaked veil implying her pure modesty.
- The radiance of Heaven denoted by the gold shines through the clothing of Mother and Child, illuminating not merely the picture but also those who behold it, speaking as it does of God's light and grace strengthening and consoling us as we journey through life to our heavenly goal.

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Subscriptions Rate:

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The “Massive Mandate” of 2019 - What will the Future Say?

By Don Aguiar

This is the elephant in the room, is it not? Was this “massive mandate” of the Lok Sabha elections 2019, the result of a free and fair election? Should we continue to discuss this outcome – the scale of the BJP victory, the numbers of seats, and the margins by which seats were won – through political analysis alone?

Rather, has not political analysis of the election become inevitably deeply influenced by these margins and these numbers of seats, by the scale of the sweep? In other words, the analysis is of necessity post facto, assuming that these seats have actually been won fairly, and therefore represent the views of the electorate.

The day before results were announced, BJP told opposition parties to “accept defeat with grace”, after exit polls predicted a BJP sweep. Exit poll predictions were treated as the results themselves. Did the BJP leadership know something we don't?

After Phase 6 of the elections, Amit Shah declared that after traveling across the country and gauging the mood, he was confident the party would cross the 300 mark. And so it did, by 3 seats. One did wonder at this mood that he gauged so accurately, given empty seats at rallies for Adityanath, Modi, and Shah in Gujarat, UP, Bihar, Chandigarh, Karimnagar, Gauwahati, I list only a few.

Not to mention what preceded these elections – massive farmers' agitations across the country, militant university campuses, and country-wide demonstrations against lynch culture...

But Amit Shah knew almost to the number the seats his party would get. Even the RSS, with its massive ground-level networks, had no idea of what was to come, as was evident from Ram Madhav's statement as late as May 7, saying the BJP will need allies to form government. (Or this could be characteristic Sanghi doublespeak, who knows.)

What purpose do exit polls serve? One, if they predict the right (not necessarily

(Contd.. on p. 4)

correct) outcome, then the Sensex is happy and makes money, satta bazars make money.

Two, how was it that despite such major errors and shoddy methodology, exit polls were largely correct in predicting the sweep? Where and how did they get the information they put out, and most importantly – was the intention of the exit polls to make the results seem credible?

The very fact that the Opposition had to unite all over the country in different kinds of alliances if they were to defeat the BJP tells us that there are significant long term shifts in India that we need to recognize, not the least of which is the power of Hindutva that the RSS has been working on steadily for a hundred years, and the discourse of macho nationalism (dushman ke ghar ghus ke vaar) after the Pulwama attack and the Balakot air strikes.

Especially as after the exit polls there was complete silence on the indubitable failures of the Modi regime – the all-time low on employment front; destruction of the informal sector after demonetization; state owned banks drowning in bad debts to crony capitalists; agrarian distress, targeted attacks on Dalits, Adivasis, Christians and Muslims by Hindutva-based gangs, the overall climate of fear and uncertainty. None of these were invoked even to express surprise at the results, which were suddenly presented as inevitable. “Consolidation of Hindus” and “popularity of Modi” became the go-to answers for the conundrum of the scale of the sweep. In fact, the sweep is not even seen any longer as a conundrum requiring an explanation. But if religious community identity and caste identity are primary explanations for the BJP’s victory, then since these identities are not going to change, and Modi presumably has a long life ahead of him, election results are fixed for the foreseeable future.

As for non-Hindus, the percentage of Muslims voting for BJP remained the same at 8 percent in 2014 and 2019, Christians voting for the BJP went up from 7 to 11 percent, and among

Sikhs, declined from 16 to 11 percent. The distinctly lower percentage of non-Hindus voting for BJP is not surprising given its anti-minority stance, but evidently, other factors than Hindutva come into play locally, or else these figures cannot be explained.

So while we need to understand the role of Hindutva in the rise of support for BJP, treating it as the final definitive answer is effectively a closure of our minds to the ways in which the BJP as opposed to the RSS, has to function as a political party seeking votes.

We cannot continue to discuss the elections as if all parties are functioning in more or less an equal manner with regard to resources – especially with regard to the use of official machinery. The situation has dramatically transformed in the last 5 years in particular. India is no longer the democracy, however flawed, that it has been till 2014. Let us recognize the disproportionate muscle power the BJP wields during elections in terms of funds, its control over the media and through the subversion of all constitutionally mandated institutions that it has achieved.

Let me reiterate. India is not the democracy, however flawed, that it was up to 2014. There have been deep tectonic shifts in the functioning of the state. Has the functioning of a robust democracy protected by its institutions and a Constitution, for over 70 years, weakened our capacity to fully assimilate the extent to which all these have been subverted in so short a time?

For instance many well-intentioned people with no love lost for the BJP, still defend EVMs with all their hearts – their belief in technology as neutral, their belief in statements and claims made by the ECI, their resistance to a “conspiracy theory of history”.

True, all of history cannot be explained by conspiracies. But this does not mean there are no conspiracies in history!

There has been rigging and booth capturing before. But make no mistake, this is of a different order altogether.

As alert citizens we need to take stock seriously now. We need to remember that the first and last time the election of a Prime Minister of India was set aside (by a High Court Chief Justice) in 1975, was for misuse of government machinery for election campaigning; for violation of the Model Code of Conduct, in short. How laughable those grounds seem now.

Now, in 2019, when an IAS officer on poll duty in Odisha checked the Prime Minister’s helicopter, he was suspended and a large black box that was whisked out of a helicopter in which the Prime Minister arrived in Karnataka and put into a private car, remains unexplained. Remember also that the Prime Minister has sworn on affidavit to educational qualifications that till today remain unverified because of the resistance put up by Delhi University authorities,

During these elections of 2019, we have seen the complete collapse of the EC under pressure from the government; the strong possibility of EVM manipulation and replacement of EVMs; the consistently higher number of votes cast over number of voter turnout; mass, often selective, deletion of voter names; legal changes to permit huge amounts of unaccounted money to pour into one party’s coffers...

Immediately after the 1975 judgement by Justice Sinha (who withstood all pressure to deliver it), Indira Gandhi declared Emergency. The rest as they say, is history. Emergency was resisted across India with great courage and personal sacrifices, and India Gandhi defeated in the elections that followed.

What will the future say about this moment of the “massive mandate”?

Large numbers of active citizens are speaking up, more and more of them, thanks to social media and a few media outlets that remain independent. How should we act upon all the information that is emerging?

There is no doubt we are at a perilous watershed in the history of our democracy. I think we all know this.....



Priests should devote more time for religious matters

In very few Parishes the PP or APP take turns to visit homes after Easter for home blessing.

Many PP 's have openly said that they don't have the time. Some PP'S Charge for special masses and ask the Parishioners to call a Priest known to them

The Parish Priest involves in too many matters like school management, ETC. and he does not have time for religious work . Bishops and Priests should fully concentrate on religious matters and leave the management of material and temporal goods to be managed by the People of God (Laity)."

—F. A. Nathan.

Ecclesiastical Protocol & the PMO

It is both amazing and crass to note that the Prime Minister's Office [PMO] apparently cares a damn for Ecclesiastical Protocol, the point in question being a letter to His Eminence, Cardinal Oswald Gracias, from the PMO signed by the Prime Minister, Shri Narendra Modi (The Examiner, 15 June 2019).

The Cardinal's title is not new to Mandarin House surely, considering that it was way back in 1953 that India got its first Cardinal, with officials at all levels of government holding His Eminence, Cardinal Valerian Gracias, in high esteem. And Bombay being a microcosm of the Church in India per se, the PMO has at some point of time

or other definitely liaised/interacted with Cardinals Simon and Ivan, not to speak of Picachy, Parekattil, Padiyara, Alenchery and Cleemis. How come the PMO does not know that as per protocol, a Cardinal is addressed as "Your Eminence"? Or does it, by deliberately addressing the head of the Catholic Church in India as 'Mr', wish to send a message down the rank and file of babudom and Church officialdom that ecclesiastical positions have no place in the government's scheme of things?

What next now - 'Mr. Bishop Anil Couto'? 'Mr. Holy Father Pope Francis'?

Methinks the PMO owes the Catholic community an apology for the lapse, irrespective of whether the lapse was intentional or unintentional.

—Ladislaus Louis D'Souza,
Malad West.

Women in Parliament

There was an article in a recent issue of a popular magazine where the author a leading woman politician was happy that there was a rise in the number of women elected to Parliament even though the rise was gradual. The conclusion drawn is that this increase of women in Parliament is a good sign for democracy. But is that so?

What is it that bodes well for democracy by the number of women increasing in parliament? Is the quality of governance improving? Are the quality of parliamentary debates getting better? Is general behavior improving because of the increase in women member in parliament . Most women , unless they are inde-

pendents have to follow their parties diktats There maybe be relaxation to a small extent on not so important matters. We read of women scattered over India who are truly independent and are working for the good of women and children in their constituencies. But these are very few. Women M.P.s are vote catchers for the party with regard to women voters in some circumstances .And so their services are availed of by giving them a ticket. They (Women M.P.s) have the sensitivity to understand women's' and family problems and women voters perceiving this are more likely to vote for them.

By their presence in parliament women add color and interest to otherwise drab gatherings mostly, with a few exceptions. Some magazines and newspapers are highlighting the 'beauties' elected to Parliament

.A recent example is three women elected from Bengal. But we must remember that women are elected for their intrinsic worth as legislators and states women. Beauty is incidental. Too much should not be made of it. Women like men are elected for the contribution they can make to good governance for the nation's benefit. There are a few go-getters who are performers -those who deliver results and are put up by parties for precisely these reasons. What is important they also know how to sell the party's manifesto to the electorate. May their tribe increase.

At present there are 78 women in parliament .This among 545 members amounts to a measly 14 percent. Party-wise Trinamool has 9 women out of 22 M.P.s. 40%. In sheer numbers BJP leads with 41 women members out of 303 M.P.s , 13.5%.In the coming years may the female element in Parliament increase. After all about half our population consists of women !"

—Albert C deSouza.

Yoga --- a precious gift to mankind

Yoga , being a precious gift to

(Contd.. on p. 7)

Amazon Synod to discuss possible ordination of married men

Vatican City, Jun 17 : The working document for the special assembly of the Synod of Bishops for the Pan-Amazonian region, released on June 17, recommends study of the possibility of ordaining married men in remote areas for the priesthood.

“Stating that celibacy is a gift for the Church, we ask that, for more remote areas in the region, study of the possibility of priestly ordination of elders, preferably indigenous ... they can already have an established and stable family, in order to ensure the sacraments that they accompany and support the Christian life,” paragraph 129 of the document released June 17 states.

This opens the door for the discussion of the ordination of *virii probati* — a term referring to mature, married men — during the Special Synod of Bishops from the Pan-Amazonian region to be held at the Vatican Oct. 6-27.

Canon law for the Latin Catholic Church prohibits the ordination of married men to the priesthood, with limited exceptions regarding the ordination of formerly Anglican and Protestant ecclesial leaders who have converted to Catholicism.

The working document, which calls for “a Church with an indigenous face,” further recommends that the synod identify “an official ministry that can be conferred upon women, taking into account the central role they play in the Amazonian church.”

Monsignor Fabio Fabene, Under-Secretary for the Synod of Bishops highlighted the document’s call for new lay ministries.

“In this sense, one wonders what official ministry can be conferred to the woman,” Fabene said at a Vatican press conference June 17.

He continued, “the document does not speak of the female diaconate, since the pope has already expressed himself on the subject in the Assembly of the Superiors General, declaring that the topic

needs further study. In fact, the study commission set up in 2016 did not reach a unanimous opinion on the issue.”

The synod working document, entitled “Amazonia: New Paths for the Church and for an Integral Ecology,” is divided into three sections on the Amazonian cultures, environmental and economic problems, and pastoral approaches for the Church in the region.

Calling for “an integral ecological conversion,” the document touches on the issues of migration, deforestation, urbanization, corruption, health, education, and Indigenous Peoples in Voluntary Isolation (PIAV).

The document stresses the importance of inculturation of indigenous cultures in the Catholic faith and the liturgy in the region, starting with engagement with indigenous spiritualities.

“It is necessary to grasp what the Spirit of the Lord has taught to these peoples over the centuries: faith in God the Father-Mother Creator, the sense of communion and harmony with the earth, the sense of solidarity with one’s companions ... the living relationship with nature and ‘Mother Earth,’ the resilience of women,” paragraph 121 of the document states.

Recommending that the Church “recognize indigenous spirituality as a source of wealth for the Christian experience,” and the document calls for dialogue with “the Amazonian cosmovision” to be included in formation for religious life.

Monsignor Fabene described inculturation in the liturgy in the region as “a better integration of the symbols and celebratory styles of indigenous cultures ... taking into account music and dance, languages and native clothes.”

“Recognition and dialogue will be the best way to transform the ancient relations marked by exclusion and discrimination,” paragraph 35 states. In several places, the document refers to “the wounds caused during long periods of colonization.”

“For this Pope Francis asked ‘humbly for forgiveness, not only for the offenses of his own Church, but for crimes against indigenous peoples during the conquest of so-called America.’ In this past, the Church has sometimes been complicit in the colonization and this has stifled the prophetic voice of the Gospel,” paragraph 38 states.

The document also stresses the importance of having greater respect for the dignity and rights of indigenous populations in the area today.

“The Church cannot but worry about the integral salvation of the human person, which involves promoting the culture of indigenous peoples, talking about their vital needs, accompanying movements and joining forces to defend their rights,” paragraph 143 states.

The synod document therefore recommends that Catholics in the region, “join the basic social movements, to prophetically announce a program of agrarian justice that promotes a profound agrarian reform, supporting farming organic and agroforestry.”

Participants in the special synod of the Amazon will include residential bishops and ordinaries of the nine Pan-Amazonian ecclesial territories in Bolivia, Brazil, Ecuador, Peru, Colombia, Venezuela, French Guiana, Guyana and Suriname; the presidents of the seven bishops’ conferences of the Pan-Amazonian Region; members for the Roman Curia; the president of the Pan-Amazonian Ecclesial Network (REPAM); and the members of the pre-Synodal Council.

Upon the working document’s publication June 17, Cardinal Lorenzo Baldisseri, Secretary General of the Synod of Bishops, said:

“The image of a Church with an Amazonian face, courageous in its prophetic proclamation of the Gospel in defense of Creation and of indigenous peoples, is the horizon towards which we are walking under the guidance of Pope Francis.”

source: Catholic News Agency Matters-India

(Contd.. from p. 5)

mankind from the rishis of ancient India, should make every Indian proud, that millions across the globe, cutting across religious lines will be practising it in unison, on World Yoga Day –June 21. Although the word 'Yoga' essentially means yoking or unification with the supreme being, the type of yoga practised and marketed these days is essentially a 'secular yoga' that transcends all religions and no longer in its pristine form to make it exclusive to any religion or for that matter Hinduism, despite its Hindu roots. On the other hand, dissociating Yoga from its spiritual and meditative form will merely reduce it to a set of physical exercises, bereft of the benefits of mind-body relaxation and peace, which Yoga usually provides. While one cannot ignore the transforming power of yoga and its immense health benefits, making Yoga compulsory in the curriculum of schools today, is an infringement on the rights and personal choices of individuals in our multi-religious and multi cultural society. We need to respect the rights and wishes of every citizen of this country. Nevertheless, the holding of World Yoga Day every year is a significant step to unite the people of the world, in mind body and spirit. It is hoped that the great service Yoga is doing worldwide, will not only unite the people but also transform the world into a peace-loving people, free of hatred and violence.

—A. F. Nazareth,
Alto Porvorim.

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"Revive the Congress"

With reference to Chhotabhai's article titled : The Congress Is Dead ... in The Secular Citizen dated 24 - 30 June, 2019 the Congress a long standing political party that started as a labour association/ union before independence must be revived by regularly holding internal party elections in all its units including its youth wings and labour wings etc through out the length and breadth of the country and all non members selected to join the party and by before holding internal party elections creative brainstorming sessions must be held to let good,

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efficient and honest leaders evolve.

The plus points of the ruling party and other political must be adopted by the Congress and the minus points of the ruling party and other political parties must also be converted into plus points and adopted by the Congress.

Strong attempts must be made to create a second line leadership to prevent lack of leadership.

Strong movements on different issues must be initiated and sincere attempts must be made to solve problems faced by the people.

When selecting candidates for elections the list of candidates must be announced by different units of the party and only those candidates who have been elected by the party units can contest the elections and for only two four year posts instead of the five year post of the prime minister and deputy prime minister, chief minister and deputy chief minister only those candidates elected by all units of the party can contest the elections and be elected in an elected body by all the members of the newly elected house but prior to this they must undergo a mandatory psychiatric examination.

If a Congress man defects to another party he must resign from his seat in the elected body and recontest the elections and surprise sting operations conducted by the media can help to expose corrupt politicians who must be severely punished and expelled from the party.

Thus by taking one day at a time one can revive the Congress and provide the country with a strong, vibrant and healthy opposition party.

—Peter Castellino.

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WHETHER NARENDRA MODI REMAINED THE PREFERRED CHOICE OF THE ELECTORATE AND ACCORDING TO THEM THE ONLY POLITICIAN WHO COULD PROVIDE NATIONAL SECURITY AND DEAL WITH FARM CRISIS AND JOB INADEQUACY?

by Eric D'Sa

The results of general elections to the 17th Lok Sabha have given the incumbent Bharatiya Janata Party (BJP) another full majority after the 2014 verdict. While most people expected the BJP to come back to power, the margin of victory in many seats has surprised many. However, these elections were not only about electing a new government. The verdict of the electorate delivered on 23 May 2019 has lessons for the BJP as well as for the opposition parties.

While it is difficult to analyse the various factors that contributed to the victory of the BJP, one of the major factors will remain the personal credibility of Prime Minister Narendra Modi. The opposition certainly lacks a credible face that can take on Modi. The fact that the BJP successfully played out the narrative of national security is also beyond doubt.

However, the election results are also puzzling, given the track record of the BJP in assembly elections. After May 2014, in all the assembly elections held until May 2019, the BJP was successful in winning states ruled by opposition parties but failed to retain BJP-ruled states, except Gujarat and Goa. In both these states where it managed to re-

tain its state governments, it formed a government with a reduced majority. Clearly, at the state level, the BJP is far more successful in dislodging opposition governments than retaining power. However, in the Lok Sabha, it has not only won as an incumbent, but has also managed to increase its vote share and number of seats.

The last four years have also been difficult as far as the economy is concerned. While there may be doubts on the political outcome of demonetization and the imposition of the goods

and services tax (GST), there has been a general consensus that these had a negative impact on the economy, though for the short term. However, the most serious of the problems have been the jobs crisis and the crisis in agriculture, both of which have played out on the street in the form of massive protests. As exports have not fared well and real wages have been stagnant for years, there is also a general consensus that the economy performed much below its potential.

**YOU THE CITIZENS
DECIDE:**

Though the impact of most of these were severe in rural areas, the BJP has done extremely well in rural India, including in states such as Maharashtra, Madhya Pradesh, Uttar Pradesh, and Karnataka, where agrarian distress was at its peak. In some of these areas, the BJP did suffer losses in by-polls and assembly polls. While there is no concrete evidence of the situation hav-

ing improved dramatically, the victory of the BJP also raises important questions on the electorate's expectations from the state and central government. While the BJP may not have delivered tangible benefits on all these, the message is clear that BJP led by Modi is the preferred choice of the electorate for fulfilling these promises.

The third message is the near rout of the opposition, which did form formidable alliances in some states such as Bihar and Uttar Pradesh. In both these states, the opposition performed far below expectation, nullifying any gains from the alliance. Part of the reason appears to be the nature of alliances, which relied on bringing together caste groups. Most of these regional parties had anyway lost legitimacy, with dynasties having benefited disproportionately from the rise in power of erstwhile backward castes. However, it also appears that caste-based formations have reached a limit as far as a vision of empowerment of caste groups is concerned. While caste-based reservations continue to remain important for the political and social assertion of these castes, the young among the voters are also looking for an agenda that goes beyond reservations. It is here that the regional parties have failed to offer any credible alternative.

Fourth, the Modi government did start its tenure with an image of being pro-rich with the tag of "suit-boot ki sarkar". Its own pronouncements, particularly the Prime Minister's speech in Parliament on the Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA), justified an approach that was against doles for the poor. However, it did change course midway and has come around to being symbolized with the aspirations and needs of the country's poor. As some of these interventions, at least on cooking gas cylinders,

(Contd.. on p. 9)

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housing and electricity access, seem to have reached a large number of beneficiaries, it was bound to benefit the BJP. However, this is also a clear message that the issue of poverty and public service delivery is unlikely to fade into irrelevance from the political discourse.

Despite the negatives on the economic front, why does Modi remain the preferred choice of the electorate? The answer may not be his performance in the last five years, which has certainly not been stellar, but the fact that Modi appears to be the only politician capable of delivering on the difficult issues of the farm crisis and job inadequacy. That he is willing to think out of the box and take risks such as demonetization may sound disastrous for the economy, but they do reinforce his image as a bold leader who is capable of thinking anew. It also fits in with his image of a warrior for national security.

Voters like heroes who are capable of delivering beyond expectations and are able to think out of the box. While this may have helped him win this election, it also poses a difficult challenge for him in the next five years. The challenge for him now is to act like a hero and deliver on the economy. So how will Congress as the opposition take on Modi. Will they continue with the same old face that the electorate rejected in a big way last two times or work hard with a new fresh face that can take on Modi on economy, on farm distress, the bank NPAs, job creation etc.

Most believe Congress is in crises. It is a trite to observe that crises is an opportunity. What then should Congress do with the crises it confronts. Rahul Gandhi now has an epochal chance which he should grab with both hands. He should completely clean out the old guard and make the Congress a paragon of meritocracy and hard work by throwing it open to talent. He needs that fresh face to be a working President. Failure to do so could consign the party to oblivion.

Advice and Consent at the Confessional

Advice I got from the confessional on an early Saturday evening at the Basilica in beautiful Bandra West. Where churches and convents and schools gather together inside a geography that belongs to our Catholic community. And colorful Hill Road that leads to Mount Mary, the church, so gloriously defined as the epitome of the house of the Virgin and the presentation of her sacred presence within the cacophony of a bustling Mumbai where time waits for no man. My genuflection at the confessional that evening was to lighten myself of all the abnormal thoughts, words and deeds that filled my hard disk. In the midst of all the confessing and the admission of misdeeds and faults I felt as if I was writing a document acknowledging every offense and therefore the open admittance of having done something wrong. I was confessing before a minister of the Church, as a penitent disclosing his sinfulness in the hope of absolution now termed as the sacrament of reconciliation.

My confession that evening was the acknowledgment of sin or wrongs. It is a religious practice I follow and so do a number of faith traditions and our catholic church has given accent to this platform in the most outstanding manner. In the midst of my conversation with the priest across the wooden mesh of the confessional that separates the sinner from the minister I asked for an antidote to what I felt was necessary as I am known within my psyche to be complacent and to take it easy when the harvesting was meant to be in full regale in all my business matters and my social upbringing. Complacency is a misdemeanour, either venial or absolute mortal.

I was complacent- And no matter how much I had tried to beat the vibgyor of this stance it still helped me play truant from reality. And the 'divine' spoke to me in the soft, calm voice of a perfume salesman selling high end oudh to a fragrance aficionado mute.

The priest at the confessional spoke. As if prompted by the holy will of the Father.

'Don't ever get complacent'. When you are on the right track, you'll get run over if you just sit there. Very often we convince ourselves that we are doing okay and we tend to become complacent. We know that we are on the right track and we get lazy and let life pass us. Always keep in mind that it took a lot of effort to get on to what you eventually did and you were so happy it got done and began to show positive results. Now is not the time to stop. You need to keep going on regardless of the thoughts to feel complacent as if all is done and the machinery will run forever without the coal meant to fire the engine to traction speed. You are in the traffic of life and you must be at the wheel. In command of the steering. You need to get on to the right track as to not get lazy and let life pass by. Wake up every day and say hello to a better day than yesterday where you will be the captain of the ship, the racer in the drivers' seat and don yourself with the smile of a winner – you are on the right route – but remember – you need to keep moving forward....prod on regardless. Prod on.

Lest you be run over for lack of visibility and the zest to carry on undaunted.

—Calwyn D'Abreo

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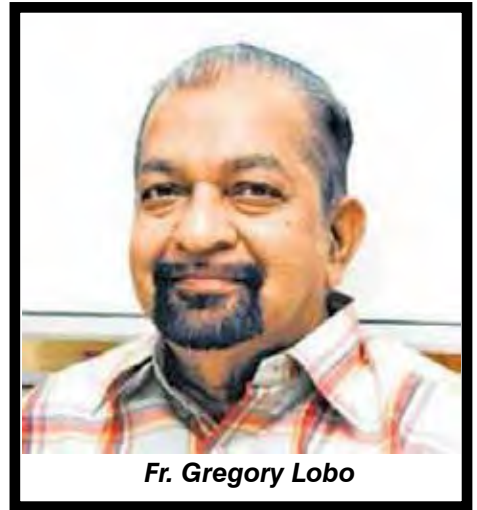
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Parishes And Institutions Bid Adieu To Their Stalwart



Fr. Gregory Lobo

When the news of Fr. Gregory Lobo's death broke out on 3rd June, many a teacher shed a tear because his firm yet reassuring presence was like mantle of protection for them. I've known Fr. Gregory for over three decades when he was Parish Priest and Principal at St. Paul's Dadar. Life is an alternation of meetings and partings. When those who have walked with us along the journey bid us good bye, it does make us sad. While death is the end of all things, it is also a merciful relief of the pain in our lives and in death, Fr. Gregory has been relieved of the physical pain that he endured with fortitude in the past few weeks. Fr. Henri Nouwen in his reflection, 'Bread for the Journey' speaks of dying well as dying for others. Here he speaks about making our lives fruitful for those we leave behind and this is exactly what Fr. Gregory did.

Bishops Elias Gonsalves, Dominic Savio and John Rodrigues together with 50 priests both Diocesan and Salesian joined Cardinal Oswald Gracias in celebrating the Eucharist on 5th June after the body was blessed by Bshp Elias at St. Teresa's Church and brought to the Chapel. At the introduction, Cardinal Oswald said that we are here to bid good bye to the mortal remains of Fr. Gregory—a priest, a friend and a guide. In his homily, the Cardinal said, "Both the readings speak about the Resurrection of Jesus. In the Gospel, Jesus says, 'I am the Resurrection and the Life.' The story of the Passion, Death and Resurrection does not end on Good Friday but it carries on till the Ascension of our Lord. The feast of the Pentecost completes the chapter of Jesus Missions on the earth and brings about reconciliation and renewal. Every death is a joy because it marks the entry of a person into heaven. When I got to know of Fr. Gregory's death, I felt bad because I knew

Obituary

him right from my seminary days. In the seminary, he was quiet, did his work and never interfered with others. Cardinal Ivan had appointed him as the Secretary of the Archdiocesan Board of Education and he continued in that post for 14 long years. He was on the SSC Board. He received the National Award. He put the schools of Bombay on the Map of the Educational field. I relied on him for his sharpness at finding solutions to the problems received. He was able to untie knots. He has helped many institutions and was a great asset to the Archdiocese. He was a priest for 54 years. I met him at every Parish that he served. He was a people's priest—someone who cared for his people. Gregory is with the Lord. His relatives have lost their loved one, the Archdiocese has lost a great priest and I've lost a good friend.

In his Eulogy, Fr. Anthony Fernandes the Parish Priest said, "God gave St. Teresa's Church, the gift of Fr. Gregory for 20 long years. He has seen the youth grow into adults. His love for the Eucharist made him celebrate it daily at 6.45 a.m. After that he sat in the Sacristy and blessed all those who came to seek his blessings. After having celebrated the Eucharist on his 80th birthday last month, he said, 'My time has come.' I am indeed indebted to Sr. Maria—the nurse who took care of Fr. Gregory for 22 long years and especially the last 25 days when he was in the ICU. She contacted all the top doctors who did their best for him. He leaves behind his beloved sister and family members. His close friends Bshp Elias Gonsalves and Fr. Rumao are here with us. The best tribute we can pay Fr. Gregory is to smile and reach out to all the people in love like the way he did."

It was nice of Fr. Anthony to give the people a chance to express what they felt, just before the Stalwart's

body could be lowered and I put my thoughts in the form of the following poem. Fr. Gregory, your near and dear ones admired you for your diligence, *Principals and Teachers admired you for your intelligence, The Education Department admired you for your prudence And for the gift of you to the Archdiocese, Cardinal Oswald thanks Divine Providence. Your skills, your smile, your humour, your wit, Your punctuality, your dedication, your knowledge, your grit, Your willingness to help and your straight forwardness too, All kinds of everything remind us of you. For 14 long years as Secretary of ABE you served, The National Award on you was conferred, An honour and privilege you rightly deserved, We rejoiced on seeing you so highly revered. Little did we dream that fateful morn, That you would breathe your last before the break of dawn, Though from our midst, you have forever gone, In our hearts, you will continue to live on.*

After a few others paid tribute, the final prayer was said. Fr. Yeshu and the body of our beloved Fr. Gregory was laid to rest while all joined in singing 'Precious Lord.'

—Ms. Dolly Afonso

Bimar[u] Bihar let kids die

Small kids are dying of the seasonal and regional disease [encephalitis] in Bihar – the land of Nitish Kumar who has been at the helm for two decades. These are ailments which possibly cannot be avoided but the party in power accepts that it is a seasonal phenomenon, then one would ask the authorities why no preventive measures were initiated. If one knows the likely causes, then why not take necessary steps to try and minimize its impact. Simultaneously, you should have got battle-ready to face the fall-out of the epidemic. Surely, there must be some vaccine to immunize the young kids so that even if they are affected, the consequences are not fatal. 145 deaths and counting! But, unfortunately they belong BPL families [77.4% and 82% labourers] and therefore expendable. The mindset may be – we have far too many of them [poor] and surely a few deaths do not matter.

It gives an impression that the State Health Ministry has failed the poor on all fronts. A couple of TV channels showed the images of the hospital inside and the surroundings. Frankly, at first I thought the whole area was one big public toilet, albeit without commodes and soil pans. Even the free toilets would be cleaner elsewhere. Here we have small kids in hundreds being made to sleep on filthy grounds, some 3 or 4 per bed with so much of muck around. Paan stained walls bear testimony to the type of hygiene in the hospital. How many hospitals has the Health Minister visited in his tenure? Did he find anything amiss? Did he take any action? The Chief Minister visits Muzaffarpur after 17 days. May be he was monitoring the death toll asking his aides “Kitne bacche gaye?” using a variant of the Sholay dialogue – “Kitne aadmi the”. Was he waiting for the toll to cross the 100 mark?

CM comes and goes where he is taken and saw a rosy picture with enough doctors, nurses, medicines in plenty, may be even bottled water for the patients and snow white bed sheets and sparkling patient uniforms. He did not sack anybody; this means he was generally satisfied but avoided the media. He should go to these hospitals in-cognito and see for himself the reality which is never seen in guided

IEWS on NEWS

tours. I think the NGOs and the media too have failed to rise to the occasion. They should be constantly monitoring the hospitals and exposing the culprits who are irresponsible knowing the government apathy towards the poor. With some 3% of the revenue expenditure on health services in Bihar, you cannot really expect anything. Similar epidemics have occurred in other States like UP a couple of years back where the Chief Minister had all his priorities wrong. He was more concerned with cows and mandirs and how to polarize the communities. There too, there was dearth of medicines and basic health facilities. There was hue and cry across the nation following hundreds of deaths of poor kids. No child from the higher strata suffers. In fact they do not suffer anywhere in the country.

It is a matter of shame that no Minister or Chief Minister ever accepts the blame and quits as a penitential step. In Bihar, seat of power is all that matters [not that it does not elsewhere] and welfare of the poor people comes last. The government has funds for opulent bungalows for the Ministers and bureaucrats but lack finances for public health care. The poor do not complain. Corruption is the way of life in the State. The Union Health Minister is parroting the same set of steps every five years. Basic health care should have been given precedence. Modiji, who is silent, Mission to the Moon can wait. First let us keep our kids healthy and alive. By the way, kudos to Kamal Nath MP CM! He got himself operated in a government hospital and chose not to ‘fly’ abroad. All Ministers, public servants and their families must be made to first go to the public hospitals which they themselves have started and claim that ‘all is well’ and so ought to have no qualms going there.

Oath-taking tamasha

As is customary, the Pro-tem Speaker commenced the oath taking exercise for the 17th Lok Sabha before a permanent Speaker is elected. This undoubtedly is a solemn occasion which has always been conducted in the past with dignity. Each Member of Parliament takes the oath in the name of God or



by Marshall Sequeira

the Constitution but of late, some of the elected representatives [MPs or MLAs] go overboard to please their political masters and try to take oath in the name of their leaders, hoping perhaps to be inducted in the cabinet. With such gimmicks the dignity and the solemnity of the occasion are compromised.

Perhaps it all started with Pragya Singh Thakur the BJP MP [still a terror accused and an admirer of Nathuram Godse] adding the name of her guru or someone which invited objections from the Opposition side which too was not called for. The Speaker decides on what is allowed. The BJP MPs decided to retaliate in a befitting manner. When Muslim MPs particularly Owaisi rose to take the oath, they brought in their usual agenda of religion and patriotism and started shouting ‘Jai Shree Ram’, ‘Bharat Mata ki Jai’, ‘Vande Mataram’. The Hyderabad MP retaliated with his own slogans including Takheer Allahu Akhbar before ending with Jai Hind. The Bengali [TMC] MP Kakoli Ghose staged a mini drama with her theatrics and ended with AAP MP with his own brand of naras. This was a big tamasha.

In upholding the dignity of the House, a temple of democracy as it is often referred to, the ruling party has a bigger responsibility. Surely, senior leaders of the BJP were present and they should have restrained their own MPs but did not. The five year term has just begun and perhaps they wanted the nation to be well informed in advance the type of atmosphere that is likely to be seen in future. This is in the background of the PM’s take on the role of the Opposition. By the way, the whole ruckus began with Praya Thakur and the nation wants to know what action the BJP has taken against her for her adulatory comments on Godse and derogatory comments on Hemant Karkare – the martyr. Decision was to be taken in ten days – now more than a month has elapsed. Is the BJP in a fix?

Smiling is the best medicine for wellbeing

A smile is a curve that can set everything straight.” This is quite rightly said because a smile often occurs as a result of positive thoughts which can sort everything in life. The best part about a smile is that it costs nothing and yet can heal thousands of wounds. So, just stretch your lip muscles a bit and read on the six reasons why you should smile more and keep the positive thoughts flowing.

For your Mental and Emotional Well-Being

When you feel low and negativity takes over you, the best remedy is to smile. This will instantly change your mood and emotional experience. Smiling can bring changes to our response to stress by slowing the heart rate and decreasing the perceived levels of stress.

To Increase your Lifespan

To add years to your life, you must smile as much as possible. Apart from following a healthy lifestyle which consists of nutritious diet, exercise regime, and ample sleep, you must also smile to live a long and healthy life.

To Bring Happiness to Someone Else

According to a study, when a person saw someone smiling, it stimulated the brain and heart more so than eating a chocolate, having sex, or receiving money. So, smile and spread the cheerfulness.

To Build Stronger Relationships

If you smile more, your relationship with your partner will stay stronger. Many studies have shown that people with large smiles have successful marriages and on the contrary people with smaller smiles tend to fail at their relationships. When you smile more

you spread more happiness in the relationship and your relationship stays emotionally stable.

To Make People have Faith in you

If you have a smiling face, you appear to be more sincere and trustworthy to others. Also, studies have shown that men find women more attractive when they smile than when they are wearing makeup.

To Bag a Job

This reason may leave you amazed but the truth remains that by merely concentrating on your appearance during an interview may not help you bag the job but, a smiling face can. So, the next time you go for an interview don't leave your smile back home.

So, be it decreasing the stress or saving your marriage from trouble, your remedy to all the problems in life is a **smile**.

Smiling not only offers a mood boost but helps our bodies release cortisol and endorphins that provide numerous health benefits, including:

- Reduced blood pressure.
- Increased endurance.
- Reduced pain.
- Reduced stress.
- Strengthened immune system.

Quick Bites

- A smile can help you get rid of negativity**
- You can increase your lifespan by smiling more**
- Your relationship can stay stronger if you smile more**
- A smiling face can make people have more faith in you**

Make a conscious effort to smile every day



Many see smiling simply as an involuntary response to things that bring you joy or laughter. While this observation is certainly true, what most people overlook is that smiling can be just as much a voluntary response as a conscious and powerful choice.

Countless scientific studies have confirmed that a genuine smile is generally considered attractive to others around us. Other studies have shed light on how the act of smiling can elevate your mood and the mood of those around you. Still, others have found a strong link between good health, longevity, and smiling. Most importantly, studies have shown that just the act of smiling (making the physical facial shapes and movements), whether the result of real joy or an act, can have both short- and long-term benefits on people's health and wellbeing.

Smiling Makes Us Attractive

There is a real physical attraction factor linked to the act of smiling.

Smiling Elevates Our Mood

Smiling can trick the body into helping you elevate your mood because the physical act of smiling actually activates neural messaging in your brain.

Smiling Lowers Your Blood Pressure

When you smile, there is a measurable reduction in your blood pressure.

Why some people are always happy?

"The most important thing is to enjoy your life - to be happy - it's all that matters.

—Audrey Hepburn, (British actress)

IT IS SAID that life is a matter of choices. Being happy is a choice. Choosing to always be happy will make you happy! Some people just seem to float through life with a persistent sense of happiness - through the toughest of times. Here are reasons why some people are always happy

With the advent of the 'busy-bee' life and the life of cut throat competitions, it is difficult to stay focused and be happy. With so many distraction that can make you unhappy, it is very difficult to be rooted. To be happy, it is very important to stay grounded and feel the contentment. There are a number of people who always remain happy and shrug of all the worries and live for the moment. These people are the ones who know the successful mantra that is 'Happiness is the right way of life'. Here are reasons why a few people are happy always

They manage their expectations :

They're not crushed when they don't get what they want - or misled into expecting to get the most out of every situation. They approach every situation practically, hoping for the best but being prepared for the worst.

They don't set unrealistic standards:

Happy people don't live their lives in a constant pursuit towards impossible visions of perfection, only to always find themselves falling short of what they want.

They don't take anything for granted:

Happiness rests with feeling fulfilled - those who fail to stop and appreciate what they have every now and again will never experience true fulfilment.

They're not materialistic :

There are arguing viewpoints on whether or not money can really buy happiness; if it can, then we know from experience that we can never be satisfied because there will always be something newer or better that we want. Who has ever and enough money?

They don't dwell :

They don't sweat the small things or waste time worrying about things that don't really matter at the end of the day. They don't let negative thoughts latch onto them and drain them or distract them. Life's too short to worry.

They're selfish :

Happy people are independent, care for themselves and understand that they must put their needs first in order to accommodate the needs of others. They indulge, aim to get what they want, extremely self-reliant.

They enjoy the little things :

They stop to smell the roses. They're accustomed to find serenity when it's available, to welcome entertainment or a stimulating discussion with a stranger when it crosses their path. They don't overlook the small things in life that can be just as important.

They can adapt :

Happy folks are not afraid of change and they work to make the most out of new circumstances, good or bad. They thrive under pressure, are not overwhelmed easily and always embrace a change of pace.

They experiment :

Happy people always try new things, experience new flavours and never shy away from the same menu.

They take their time :

They don't unnecessarily rush through life. They work on their own schedule to the extent that they can and plan through life at their own relaxing pace.

They seek to learn :

Their constant pursuit of knowledge

keeps them inspired and interested in life. They cherish information and are on a life-long quest to learn as much as they can.

They give respect to get it:

They are respectful and, in turn, are seen as respectable; the respect they exude earns them the respect they deserve.

They consider every opportunity :

They always have their eyes open for a new road, a new avenue worth exploring. They know how to recognise opportune moments and pounce on them to make the most of every situation. Success is inevitable for them.

They don't take life too seriously :

They're not ones to get offended easily over -analyse or complicate matters. They laugh at their own faults and misfortunes.

They live in the moment :

They don't live for tomorrow on dwell on what may have happened yesterday. Every day is a new opportunity, a new chapter. They live in the now and in doing so, get the most out of every moment.

They're self-aware:

Most important, happy people are wholly aware of themselves. They self-reflect and are conscious of their states of mind. If something is bothering them, they fix it.

STEPS TO BE HAPPY ALWAYS

- Decide, 'Whatever the circumstances I want to be happy and I will be happy always.'
- Smile. Always keep smile on your face. Dreams may come true someday but you have to earn it.
- Be the best friend of yours. Stand in front of mirror and say to yourself, "I am always with you."
- Always be thankful for the things you have now. Treat yourself as the luckiest person in the world.
- If you made any mistake, then accept yourself quickly.

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Prayer & Thanksgiving Prayer to the Sacred Heart



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

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

Sacred Heart of Jesus, Your kingdom come.

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

—A Devotee

Prayer to St. Expedite for solving a financial crisis



I call forth the Power and the presence of **St. Expedite** in my time of financial trouble. I offer my body, heart, mind and soul upon your altar of light. I have faith and trust and complete confidence that you will be my strength in this time of need. Quickly come to my assistance.

(State Your Petition) _____
My financial need is urgent. Be my

Light and Guide in this situation so that I may live with peace, love, prosperity and abundance and in the Praise of God.

Amen. (Promise Publication)

—Charles, Andheri



Ingredients:

1 chicken ¼ kg. tomatoes , chopped; ¼ kg. onions, ground; 20 gms. ginger-garlic, ground; 100 gms. oil; 10 gms. Kashmiri chillis, ground; 2 eggs, beaten; 120 gms. cream; 15 gms. coriander leaves, chopped; 60 gms. butter; 2 pieces cinnamon, 2 bay leaves.

Method :

Cut the chicken in large pieces. Heat the oil and add the cinnamon and bay leaves. Then add the tomatoes, ginger, garlic, onion and the coriander leaves. Keep stirring. Add the Kashmiri chillis, mix for five to ten minutes. Add the chicken pieces and cook for fifteen to twenty minutes. Mix occasionally. Add sufficient water. Cover and cook till the chicken is tender. Add a little water slowly. Add the beaten eggs briskly. Mix for five to ten minutes. Add the butter. Finally add the cream and remove from the fire. Garnish with coriander leaves.

Finger ring rules you need to know

A ring is not a simple accessory. It is a message that reveals your commitments, achievements and beliefs. Here are few rules everyone need to know about wearing rings.



Maintain proportion : If you have large hands, feel free to wear larger rings. Men with smaller hands should balance the proportion by wearing smaller rings. By the same token, if you have slim fingers - keep your rings compact. Broad band rings are preferable on men with fuller digits. There are some occasions when you are given a ring - a class ring at graduation, for instance.

Balance with jewellery : How do you wear multiple rings or balance other jewellery while wearing rings? Balance it on the other hand - don't crowd the rings together. If you are wearing a wedding band and a watch on your left hand, balance it out with a bracelet on the right wrist. Don't crowd a bunch of rings on one hand while leaving the other completely ring-free.

Consider matching metals : Most men are content to choose between silver and gold. The choice should be determined by whether your skin has a cool or warm tone. Wear silver if you have a cool tone. Your skin has a cool tone if you veins are visible. Wear gold if you have warmer colour skin, in this case, your veins wouldn't be visible.

World Peace Is The Devil's Pawn



BY MELVYN BROWN

Truly, world peace is the devil's pawn. He uses man's smallest 'comfort' with the biggest value, to batter the human psyche across all forms of templates for growth, advancement and success; wrecking the ship of humanity with peace held as hostage, the evil one's snarl and cackle can be heard across the world as he makes his evil moves.

To define a whole category of peace efforts, or a whole white-paper solution for peace, or a whole Christian community in dire threat, needs solace in God's promise for peace in the world.

"But God will give glory, honor and peace to whoever does good..." (Rom.2:10).

Pope Francis, early this month, requested all people "according to his/her own tradition" to pray for peace in the world. "To 'storm heaven', with prayers," on June 8, 2019 at 1p.m. for only one minute. This effort was made with much success.

In the Book of Leviticus, one of the five books of "the law", which is the lifeblood of the Old Covenant, speaks of Yahweh, God of the Israelites, who sternly warned: "I will give you peace in your country and you will sleep without anyone disturbing you." (26:6).

Peace is the cornerstone of moral life. Believe in God. Trust in God. Avoid sins, for injustice begets violence and there can never be peace. Disturbing events damage the essence of peace, and worse when innocent lives are taken for the cause of world domination. To preserve the ethos in our Christian and Catholic community we need to understand the 5 aids for peace in the world.

The First fruit of peace is to Forgive.

The Second commitment is to avoid

sin.

The Third jewel is to pray and meditate on God's promise.

The Fourth pillar of Christian belief is to preach the Word.

The Fifth petition is to ask God, in the name of His Son Jesus, for world peace.

A congregation coming together in their own religious tradition to pray, meditate and worship for world peace, is truly a work of humanity radiating God's love.

Pope Francis recently requested all people to unite in prayer on 8 June, 2019 at 1pm. This reminds us of what Jesus said, "Have salt in yourselves and be at peace with one another." (Mk.9:50).

Jesus Christ had given us a way for greeting, when we meet one another: "Peace be with you!" (Jn.14:27). The Jews have a single word, 'Shalom' which means Peace. In terms of a layman's expression for the Sacrament of reconciliation is, the Sacrament of Peace.

Father Bernard Haring, author, scholar and thinker had once said in a sermon, "Peace among men depends upon justice. It is an obligation for man to promote peace, and not to demonize those who feel terrorism to be the inroad to the success of their warped vision. Militants declare that death in battle is a gateway to heaven, and the reward of 'comfort women' at their command.

In the Gospel of John the word 'peace' is further spoken by Christ when he said, "My peace I give to you, not as the world gives peace do I give it to you. " One would imagine that Christ is telling us, that His peace is not of this world, but an "eternal peace" to

come after our journey on earth; so, why be troubled or afraid.

The Christian today suffers death, rape, violence and hate from the universal enemy who talks of peace and kills innocent lives.

The prophet Jeremiah had said: "They treat lightly the disaster of my people saying, 'Peace, Peace' when there is no peace. They should be ashamed of their abominable deeds. But they have no shame and don't even know how to blush. Surely they shall fall with those who will fall; when I ask them to account they will stumble – it is Yahweh who speaks."

These tumultuous times will end, take heart ! Discussions and decisions will not be possible in the future. If you have only a 'mustard seed' of faith and believe in God, the shenanigans of those who have no God to call God will stand at the Lord's fortress to beg for mercy. Only the grace and mercy of God can send peace to the world.

Ultimately, forgiveness is the spiritual love of almighty God to drown hate and violence. Peace is the hallmark of all Christians and Catholics. The evil one's game of chess will end with the same pawn he uses to crush the goodness which the Christian faith radiates.

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“Time Is Running Out”- Pope

Pope Francis on Friday 14 June 2019, addressed participants attending a summit at the Vatican entitled: “*The Vatican Dialogues: The Energy Transition and Care for our Common Home*”! The summit was organized by the Dicastery for Promoting Integral Human Development. (Summary of the Pope’s observations):

“A significant development last year was the release of the Intergovernmental Panel on Climate Change (IPCC); which warns that effects on climate change would be catastrophic, if the threshold of 1.5 degree centigrade outlined in the Paris Agreement goals is crossed. The Report warns that only one decade or so remains to achieve this confinement towards global warming!”

“We must take action to avoid perpetrating a brutal act of injustice towards the poor and future generations. It is the poor who suffer the worst impacts of the climate crisis. Courage is required to respond to the increasing desperate cries of also the earth.”

“A just transition to cleaner energy could be managed well; will generate new jobs, reduce inequality, and improve the quality of life for those most affected by climate change.”

“Transparency in reporting climate risk which is science-based is in the common interests of all ... Today a radical energy transition is needed to save our common home! The climate crisis requires our decisive action, here and now. And the Church is fully committed to playing her part!”

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

(Contd.. from p. 2)

- The halo around Mary’s head is done in a style called *Estofado*, which is an artistic effect created by making dented holes into the icon to reflect light from the gold background.
- Mary is depicted as looking towards the faithful, while pointing to her son, Jesus Christ who is frightened by the instruments of crucifixion as is depicted by the falling sandal.
- On the left is the Archangel, Saint Michael, bearing the lance and sponge of the crucifixion; on the right, the Archangel, Saint Gabriel, carrying a 3-bar cross used by Popes at the time and nails.
- The countenance of the Madonna is grave, conveying a message of hope and an assurance of help to those who in difficult circumstances will appeal to her for help, the plea in her eyes saying: do not hurt my Son more by sin and I will help you by his goodness.
- The 8-point star [Star of Redemption or regeneration] on Mary’s forehead signifies her role as Star of the Sea while the cross on the side is said to refer to the Greek monastery which produced the icon. An icon of this type is called *Hodegetria*, a term that means ‘She who shows the Way’ whereby Mary is shown as pointing to her Son, which is why she is also known as ‘Our Lady of the Way’.
- Mary’s long and slender nose, thin lips, and smoothly arched eyebrows are evidence of Greek art. The veil and the roundness of her face signify holiness. The sizes of both mother and child are shown disproportionate in size to represent Mary as larger than life and Jesus as God whose power is limitless.
- Jesus’ hands, turned palms down into his mother’s, imply his entrustment of the graces of Redemption to her. Mary’s hand in turn does not clasp those of her Son, but remains open, inviting us to put our hands in hers along with those of Jesus.
- The inscriptions, all in Greek, read: ΜΡ-ΘΥ (Μήτηρ Θεοῦ, Mother of God), ΟΑΜ (Ὁ Ἀρχάγγελος Μιχαήλ, Michael the Archangel), ΟΑΓ (Ὁ Ἀρχάγγελος Γαβριήλ, Gabriel the Archangel) and ΙC-XC (Ἰησοῦς Χριστός, Jesus Christ), respectively.

Depth of Devotion

While devotion to Mary under the OMPS

title is quite ancient, the text of the ‘Perpetual Novena’ obviously has something to do with the unfailing return of the devout, Wednesday after Wednesday, month after month, year after year, the numbers recording an increase down the centuries. According to the Late Redemptorist priest, Luis G Hechanova, “It was a stroke of pastoral genius of the Redemptorists in the United States who thought of the Perpetual Novena format and through this format devotion to OMPH spread rapidly and enduringly to many other lands!” A notable feature of the Novena is its flexibility whereby a devotee can commence the observance of the 9 Wednesdays from any week they choose.

In the Indian context, the title itself could be another possible reason for the popularity of this devotion that reverberates in the very heart and soul of every Indian who cherishes the value of a mother no end, whereby we often hear it said: “If a mother does not understand who will?” The mother-and-child motif perhaps serves as an attraction for devotees of other faiths. Surely this, along with the symbolism we see in the picture, should assure us of the loving concern and tenderness our Blessed Mother has for us, and her ardent desire to be a source of perpetual help to all who call upon her.

It wouldn’t be too far-fetched to say that the OMPS Novena provides us an access to our Saviour, the ultimate source of redeeming grace. Sister (Dr) Mudita Menona Sodder RSCJ avers: “To use computer terminology, Mary the Mother of God is the Provider i.e., the Server (even if not the only one) that links them to Christ the Redeemer and his entire network of grace.” Cardinal Oswald Gracias adds: “This is one of the greatest feasts of the Blessed Virgin, who is a Mother of mercy. We should learn to be like her and show mercy and compassion to others, especially the weak, poor and disadvantaged.”

To conclude, so apt are the words of the popular Wednesday Marian hymn:

**Mary from thy sacred image
With those eyes so sadly sweet!
Mother of Perpetual Succour
See us kneeling at thy feet!**

Inspiration!

sure when that happens is to simply take a time out. Don't judge yourself for feeling that way. Try becoming aware of the origins emotions: what

Release and let go of your emotional baggage

"Sometimes the past should be abandoned. Life is a journey and you can't carry everything with you. Only the usable baggage."

—Ha Jin (Chinese - American poet)

THE TERM 'EMOTIONAL baggage' is used to refer to the unresolved emotional pain that a few people have been carrying in their unconscious mind. These are the feelings you have about your past and the things that have happened to you, which often have a negative effect on your behaviour and attitudes. However, you must know to combat this unwanted baggage and let it go

We often refer to our thoughts as our 'masters'. What we mostly think about is what owns us-if we constantly concentrate on the negative sides of our lives, how would we be able to find the strength to become stronger versions of ourselves? If our minds are clogged by negativity, we won't be able to do any good in our life. But if we make effort to choose the positive thoughts over the negative ones, we would be a step closer to unleashing our full potential. This is only one of the reasons why letting go of our emotional baggage is worth it. Before we move on to the ideas on how to get rid of the emotional heaviness, here are some of the ways it can mess with you.

- **Over-protective** : Always bearing in mind past negative experiences, you become so protective over your emotions that you deprive yourself of sharing them with other people. This behaviour may lead to emotional 'numbness' and you forgetting when you lastly felt anything at all.
- **Projections**: When communicating, you tend to treat people badly if they remind you of a person who had hurt you in the past.

- **Indecisiveness** : Whenever you are facing a choice you have to make, it makes significant effort and time for you to decide what to choose.
- **Comparison** : You spend too much time thinking how much better your life had been before or how much worse it is than someone else's.



made you feel like that? Is it if that big of significance? How can you not let that happen again? How can you resolve the issue that has been irritating you? Ask yourself these question but don't pressure yourself with unnecessary judging the way you feel.

Don't subdue your

emotions :

Depriving yourself from letting your feelings our can only make matters worse in the long run. Don't act like you can just stop feeling anything. Let it out and let it go.

Be patient :

Don't pressure yourself. Change takes time. One of the things that matter the most is your effort. If you feel like it's too hard to be done, just keep going. Don't quit. You will see that hard work, persistence and strong will pay off. And remember that thoughts are just..... thoughts. They come and they go, don't hold on too tight to them because you'll miss the present moment.

How to get rid of the emotional baggage :

Ditching the emotional heaviness may take some of your time because it is not a one-time thing but a really long process. However, if you are persistent enough and believe in yourself, you will witness how the world around you changes slowly but surely.

Create some effective rituals :

What could really help if you are trying to let go of the emotional heaviness is writing your feelings down on a sheet of paper and burning it or just throwing it away. Another helpful ritual is a breathing exercise - breathing in only positive things and breathing out all the negative ones. You can come up with your own personal ritual. Choose whatever helps you best.

Learn the lessons : When recalling past experiences, think about what you can draw from them. There is a lesson behind almost every bad experience, you just have to look more carefully to find it and understand it. That is way using your past can improve your life.

Take some time-out : You can hardly predict when the emotional heaviness will take over your mind. But what you can do in order to decrease the pres-

STEPS TO DEAL WITH EMOTIONAL BAGGAGE

- Write an honest list of the thoughts, beliefs and behaviours that weigh you down.
- Reflect on each item and identify the source of the thought or belief.
- Find at least one positive in each hurtful situation.
- Create affirmations to foster change and counteract negative thoughts.
- Practice patience and mindfulness.

The proposal

One day a girl brings home her boyfriend and tell her father she wants to marry him. After talking to him while, he tells his daughter sge can't do it because he is her half brother.

The same problem happens again four more times!

The girl starts to get really angry.

She goes to her mom and says, "Mom what have you been doing all your life time? Dad has been going around flirting with every maiden in the town and now I can't marry any of five guys I like because they have turned out to be my half-brothers!

Her mom replies, "Don't worry darling, you can marry any one of them you want, he isn't really your dad!"

Global opinions about marriage :

By all means marry. If you get a good wife, you'll be happy. If you get a bad one, you'll become a philosopher.

-Socrates

I had some words with my wife

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and she had some paragraphs with me.

—Bill Clinton

There's a way of transferring funds that is even faster than electronic banking. It's called marriage.

—Michael Jordan

A good wife always forgives her husband when she's wrong.

—Barack Obama

And this one

Marriage is a beautiful forest where Brave Lions are killed by beautiful Deer.

—Anonymous

Secrets to be a successful beggar

Ali and Habib are beggars in London.

They beg in different areas of London.

Habib begs just as long as Ali does but only collects £2 to £3 every day.

Ali brings home a suitcase full of £10 notes, drives a Mercedes, lives in a mortgage - free house and has a lot of money to spend. Habib asks Ali, "I work just as long and hard as you do but how is it that you bring home a suitcase full of £10 notes every day?"

Ali says, 'Look at your sign, what does it say? Habib's sign

reads 'I have no work, a wife and 6 kids to support.'

Ali says No wonder you only get £2-£3

Habib says... 'So what does your sign say? Ali shows Habib his sign....

It reads, 'I only need another £10 to move back to Pakistan'.

Product positioning is so important in sales!

The future generation

A new born baby asks the nurse: Can I use your "mobile phone"?

The nurse is shocked and curiously asks to why?

Baby, very innocently says, "Actually, I want to tell God I have landed safely on Earth. Now please arrange a girlfriend for me and don't - forget to WhatsApp me on my dad or moms 'address'.

Why Donald Trump watching cricket

I don't know about cricket but still I watch cricket to see Dhoni play. Not b'coz I love his play its b'coz I want to know the reason why my country's production goes down by 5 percent when he's in batting.

Teacher : Mohammad, Amir is male or female?

Student : Female

Teacher : How?

Student : Just now commentator said beautiful delivery by Mohammad Amir.

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7024. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in April 1980), Ht. 5' 9", Wt. 65 kgs, Wheatish Complexion, Edn. SSC / Diploma in Electricals, Having own Business. Contact email : jeny22_m@yahoo.co.in

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

6982. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in September 1989), Ht. 172 cms, Wt. 68 kgs, Wheatish Complexion, Edn. C.A., working as a C.A., Contact email : jpereiranirrh@gmail.com

6888. AMRITSAR : Roman Catholic Bachelor, (Born in March 1990), Ht. 5' 10", Wt. 77 kgs, Wheatish Complexion, Edn. Hotel Management (Diploma) in Singapore, working as a Captain. Contact email : shephalivancet0@gmail.com

6981. MAMGALORE : Mangalorean Roman Catholic Bachelor, (Born in February 1992), Ht. 187 cms, Wt. 90 kgs, Wheatish Complexion, Edn. B.Sc., in nautical Science, working as a 3rd Officer in Cruise Lines. Contact email : rodriguessamuel6@gmail.com

6832. MUMBAI : Goan Roman Catholic Bachelor, (Born in August 1970), Ht. 5' 7", Wt. 59 kgs, Wheatish Complexion, Edn. B.Com., working as a Captain in Hotel. Contact email : ignatius.matel@gmail.com

6980. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in September 1987), Ht. 182 cms, Wt. 79 kgs, Wheatish Complexion, Edn. PGDBM, working as a Manager. Contact email : roystonpereira2007@gmail.com

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

6875. KUWAIT : Mangalorean Ro-

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

6979. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in March 1989), Ht. 162 cms, Wt. 74 kgs, Wheatish Complexion, Edn. B.Com., working as a Office in Bank. Contact email : luton767@gmail.com

6977. MUMBAI : Goan Roman Catholic Bachelor, (Born in April 1980), Ht. 5' 6", Wt. 65 kgs, Fair Complexion, Edn. S.Y. B.Com., working as B Bartender at princess Crews. Contact email : dlimadenzil@yahoo.com

6975. CANADA : Goan Roman Catholic Bachelor, Canada Citizen, (Born in May 1973), Ht. 5' 6", Wt. 70 kgs, Fair Complexion, Edn. C.A., Working as a C P Account. Contact Email : seqjerome@gmail.com OR Mob.: 9619819553

6973. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1989), Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn. B.Sc., Nautical Science, working as 2nd Officer in Merchant Ships. Contact email : meltondsouza@gmail.com

6803 MUMBAI : Goan Roman Catholic Bachelor, (Born in November 1980), Ht. 5' 6", Wt. 82 kgs, Wheatish Complexion Edn. B.Com., Advertising Professional. Contact email : barretto.john@gmail.com

6971. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in December 1987), Ht. 6', Wt. 81 kgs, Wheatish Complexion, Edn. B.E. Electronics, working as a Tech. Lead, in Mysore. Seeks a graduate, tall, Mangalorean girl. Contact email : dsz.roshan@gmail.com

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

6833. AUSTRALIA : Mangalorean Roman Catholic Bachelor, (Born in November 1986), Ht. 5' 7", Wt. 78 kgs, Fair, Handsome, PR Holder, Edn.

Masters by Research in Biotechnology from QUT, Australia, Currently working with reputed company in Quality Assurance dept., Seeking a qualified and God fearing Mangalorean RC girl. Contact email : lizbf2017@gmail.com

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

6585. MUMBAI : Mumbai born and broughtup Roman Catholic Bachelor, Handsome, (Born in June 1988), Ht. 5' 7", Wt. 78 kgs, Wheatish Complexion, Edn. EXTC Engineering, working as a Networking Engineer. Having own accommodation. Contact email : 18.elaine@gmail.com

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

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

6915. DUBAI : Mangalorean Roman Catholic Bachelor, (Born in January 1988), Ht. 5' 11", Wt. 80 kgs, Wheatish Complexion, Edn. B.Com., MBA, CS, working as a Accountant. Contact email : marriageproposalseeker@gmail.com

6913. MUMBAI : Goan Roman Catholic Bachelor, (Born in August 1987), Ht. 5' 9", Wt. 72 kgs, Wheatish Complexion, Edn. B.Com., working for Carnival Cruise Lines. Contact email : frankyfernandes1587@gmail.com Or Mob.: 8108968804

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7049. CANADA : Goan Roman Catholic Bachelor, (Born in June 1986), Ht. 5' 11", Wt. 85 kgs, Wheatish Complexion, Edn. BE (Computer), working in CANADA in a Non IT Field Seeks a working girl in Canada and holding a PR Visa. Contact email : anniedrz@gmail.com

6909. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in December 1988), Ht. 5' 11", Wt. 74 kgs, Wheatish Complexion, Edn. Bachelor of Engineering in Information Technology, IT Professional. Contact email : allwync88@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

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 :

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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6829. AUSTRALIA : Mangalorean Roman Catholic Divorcee, (Born in March 1978), Ht. 5' 11", Wt. 80 kgs, Wheatish Complexion, Edn. B.Com., working as a Customer Support. Contact email : arthur.fernandes@live.com

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

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

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

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

fredrick.dsouza0110@gmail.com

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

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

6838. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in October 1974), Ht. 5' 4", Wt. 55 kgs, Wheatish Complexion Edn. VII std,

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

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7065. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in December 1989), Ht. 5' 6", Wt. 69 kgs, Fair Complexion, Edn. M.Sc., & Dip. in Clinical Research, working as Business Process Lead in TCS. Contact email : mendonca_luke@yahoo.co.in

7064. MUMBAI : Goan Roman Catholic Spinster, (Born in May 1988), Ht. 5' 2", Wt. 50 kgs, Wheatish Complexion, Edn. MBA, working for Private Company as an Accounts Executive. Contact email : cecrc19@gmail.com

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

6825. MUMBAI : East Indian Roman Catholic Spinster, (Born in December 1986), Ht. 5' 5", Fair Complexion, Edn. Graduate + Masters working as a HR. Contact email : shobhna_dsa@ymail.com

6814. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in February 1992), Ht. 5' 3 1/2", Wt. 47 kgs, Fair Complexion, Edn. M.Com., NET, SET doing Phd., Lecturer by profession. Contact email : albanpereira1991@yahoo.com

6812. MUMBAI : East Indian Roman Catholic Spinster, (Born in November 1980), Ht. 5' 3", Wt. 48 kgs, Fair Complexion, Edn. M.Com., LLB., Advocate by profession. Contact email : marthajd25@gmail.com

6811. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in

October 1991), Ht. 5' 3", Wheatish Complexion, Edn. B.Com., working as a Freelance Content Creator. Contact email : dcostavalentina@gmail.com

6810. MUMBAI : Mangalorean RC Spinster, (Born in February 1990), Ht. 5' 4", Wheatish Complexion, M.P.T. (Master in Physiotherapy) working in Mumbai, planning to settle down in Canada, seeks alliance from well settled, qualified Mangalorean RC bachelor with good family background and Christian values. Contact No. 9967119891

6769. MUMBAI : East Indian Roman Catholic spinster, (Born in December 1986), Ht. 5' 1", Wt. 70 kgs, Wheatish Complexion, Edn. MBA in Finance, Deputy Manager in Bank. Contact email: dianafnnds62@gmail.com

6809. BAHRAIN : Mangalorean Roman Catholic Spinster, (Born in May 1983), Ht. 5' 8", Wt. 62 kgs, Wheatish Complexion, Edn. B.Com., Computer, working as a Customer Service in Foreign Bank. Contact email : saldanhairene@hotmail.com

6808. USA : Mangalorean Roman Catholic Spinster, (Born in August 1984), Ht. 5' 4", Fair Complexion, Edn. B.E., M.S. (USA), working as an Engineer in USA. Contact email : 1954.tulips@gmail.com

6807. U.S.A. : Mangalorean Roman Catholic Spinster, (Born in January 1988), Ht. 5' 6", Wt. 54 kgs, Wheatish Complexion, Edn. B.E. Computer Engineering, working as a Software Engineer in California. Preferred someone working in U.S.A. Contact email : celinefrancisdcunha@gmail.com

6806. MANGALORE : Mangalorean Roman Catholic Divocee, (Born in March 1984), Ht. 5' 5", Wt. 65 kgs, Fair Complexion, Edn. M.Sc. Nurse by profession. Contact email : lailasweety143@gmail.com

6804. COIMBATORE : Anglo In-

dian Roman Catholic Spinster, (Born in October 1983), Ht. 5', Wt. 68 kgs, Wheatish Complexion, Edn. B.Sc IT, MIB, MBA., working as an Export backend operations and customer support operations. Contact email : patricia_melisa@yahoo.co.in

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

6772. MUMBAI : Goan Roman Catholic spinster, (Born in August 1984), Ht. 5' 6", Wt. 59 kgs, Fair Complexion, Edn. B.Com., working as a Accountant. Contact email : josephpiadepereira@yahoo.in

6901. DUBAI : Mangalorean Roman Catholic spinster, (Born in October 1993), Ht. 5' 7", Wt. 63 kgs, Fair Complexion, Edn. B.Com + IATA, Working as a Asst. Office Administor, Contact email : rishalalbuquerque@yahoo.com

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7066. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in June 1987), Ht. 5' 4", Wt. 78 kgs, Fair Complexion, Edn. B.E., (EXTC) M.S. (International Business Management), working as a Consulting Manager. Contact email : l2018anselm@yahoo.com

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6962. LONAVLA : Mangalorean Roman Catholic Spinster, (Born in February 1990), Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. M.Com., working. Contact email : fernandesjennifer90@yahoo.com

6958. BANGALORE : Mangalorean Roman Catholic Spinster, (Born in November 1987), Ht. 5' 4", Wt. 50 kgs, Fair Complexion, Edn. B.E. (Bio-tech), working as a Business Analyst. Contact email : rodrigues.kavin@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

6955. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in November 1993), Ht. 5' 1", Wt. 53 kgs, Wheatish Complexion, Edn. BMM, working as a HR. Contact email: librettaserrao11@gmail.com

6944. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in July 1991), Ht. 5' 8", Wt. 74 kgs, Fair Complexion, Edn. M.Com., working as Accounting & Finance. Contact email : lavinadsouza16@gmail.com

6765. MUMBAI : Goan Roman Catholic spinster, (Born in March 1986), Ht. 5' 4", Wt. 42 kgs, Wheatish Complexion, Edn. C.A., working as a Chartered Accountant. Contact email : marilyn.dcosta22@gmail.com

MATRIMONIAL

6679. USA : US Based RC Spinster, 28, 5' 3", B. Tech., MBA from premier institutions, talented, caring, slim, attractive personality, senior manager in renowned MNC invites alliance from well-educated, professionally qualified, well-placed RC bachelors with good family background and strong Christian values. Kindly e-mail profile with picture to msp241289@gmail.com

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

6801. MUMBAI : East Indian Roman Catholic Spinster, (Born in July 1991), Ht. 5' 2", Wt. 48 kgs, Wheatish Complexion, Edn. M.Sc., Working. Contact email : monicathrt@gmail.com

6795. ALLAHABAD : Roman Catholic Spinster, (Born in March 1978), Ht. 5', Wt. 60 kgs, Wheatish Complexion, Edn. M.Com., Working for MNC. Contact email : sujata.josephine@gmail.com

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

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

6748. MUMBAI : Goan Roman Catholic spinster, (Born in March 1987), Ht. 5' 3", Wt. 65 kg0s, Fair Complexion, Edn. B.Sc., with Dip. in Software Testing, working as a Test Engineering Specialist at a MNC. Contact email : thomasdsouza18@gmail.com

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

6851. BAHRAIN : Mangalorean Roman Catholic Spinster, (Born in January 1989), Ht. 5' 7", Wt. 64 kgs, Fair Complexion, good looking, Edn. B.E. Masters in IT Management, working as a I.T. Service Delivery Engineer. Contact email : sjbs2k18@gmail.com

6850. MUMBAI : Goan Roman Catholic Spinster, (Born in October 1989), Ht. 5' 4", Wt. 56 kgs, Fair Complexion,

Smart looking, Edn. BBA, working as an Asst. Marketing Manager. Contact email : alisha.v.fernandes@gmail.com

6849. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in November 1990), Ht. 5', Wt. 51 kgs, Fair Complexion, good looking, Edn. MBA in Marketing, working as a Assistant Manager in Oil Company. Contact email : darlet_vaz27@yahoo.co.in

6785 MUMBAI : Alliance invited for 1985 born RC East Indian Spinster, 5' 6", B.Com., LLB., LLM., Manager in an MNC, from Mumbai, Maharashtra for suitably educated RC bachelor, 32-35 years from Mumbai/abroad preferably Engineers/Doctors/Lawyers/CA/MBA. Kindly reply with details to : faith_forever_2017@yahoo.com

6848. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1990), Ht. 5', Wt. 50 kgs, Wheatish Complexion, Edn. M. Phil, Ph. D., Child Psychology, School Counsellor. Contact email : gonsalvesprikita@gmail.com

6843. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1990), Ht. 5' 4", Wt. 59 kgs, Fair Complexion, Edn. M.Com., Accounts and Finance, working as an Operational Analyst in UK based company. Contact email : ncleret@yahoo.in OR 9969324210

6842. USA : Mangalorean Roman Catholic Spinster, (Born in October 1989), Ht. 5' 3", Wt. 57 kgs, Wheatish Complexion, Edn. M.Pharm, Masters in Pharmaceutical Sciences - USA, working as a Formulation Scientist in Laboratories in USA. Contact email : jgonsalves@wockhardt.com

7055. U.K. : Tamilian Roman Catholic Spinster, (Born in April 1988), Ht. 5' 2", Wt. 62 kgs, Wheatish Complexion, Edn. B.Sc., working as a Staff Nurse in UK. Contact email : o365acc@gmail.com

Address your replies to :

Regd. No. _____

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Power of visualising goals

DID YOU KNOW that visualising a skill or action in advance is almost as powerful as physically performing that action? Therefore, there exist the extraordinary power of dreaming success. Here's all about it

Have you ever been in a position where you want to complete a goal but, all you can bring to mind is the failed outcome, the exact opposite of what you want? This is one way of understanding, visualising failure is to destine failure. Hence, that is why all successful people believe that, seeing your future with the mind's eye is an important step in determining, how you will achieve your goals. So, if you want to have an easier time reaching your goal, start visualising it on your mind.

Know how:

Picture yourself victorious :

If you can't see it, then it's not going to happen. In order to achieve your biggest goals and dreams, you have to picture yourself victorious. You have to look beyond your current circumstances and past failures. Visualise as many

details as you can. If you make this part of your daily routine, you will be amazed at the improvement in your life and astounded when your dream is realised.

Power of a trigger card :

A vision card will make your visualisation tangible. Every day, read those index cards, close your eyes and imagine yourself accomplishing that major goal of yours. Just make sure to utilise the power of a trigger card. There is no right or wrong way to do it. Goal visualisation is important because it sets the intention for the future planning. Setting the intention leaves no room for doubt. In your mind, when you set an intention to move your arm, you don't think of whether it will happen or not; you simply move your arm!

Be within limits :

If you think something is beyond your limits, then it will be. If you are used to living on a low income, don't try to visualise earning crores, because most likely it will appear to you as beyond your limits and, you will feel too much doubt. For best results, start our visualising that

which is believable to you. Once you start seeing results, then you may find that you are able to stretch your limits even further after seeing the true power you hold in your life.

Be proactive :

A famous actor, Jim Carrey had once stated, "Visualisation works, if you work hard. You can't just visualise and then go make a sandwich". Visualisation is not magic. You still have to put in effort when trying to achieve a goal. Remember, each of us possesses a unique and creative source of infinite potential within us. Unlock yours by retraining your brain and releasing your limiting beliefs, fears and doubts that hold you back.

Visualisation can be applied to any area of your life, consider these three examples

- Boxing legend, Muhammad Ali was always stressing the importance of seeing himself victorious long before the actual fight.
- As a struggling young actor, Jim Carrey used to picture himself being the greatest actor in the world.
- Michael Jordan always took the last shot in his mind before he ever took one in real life.

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