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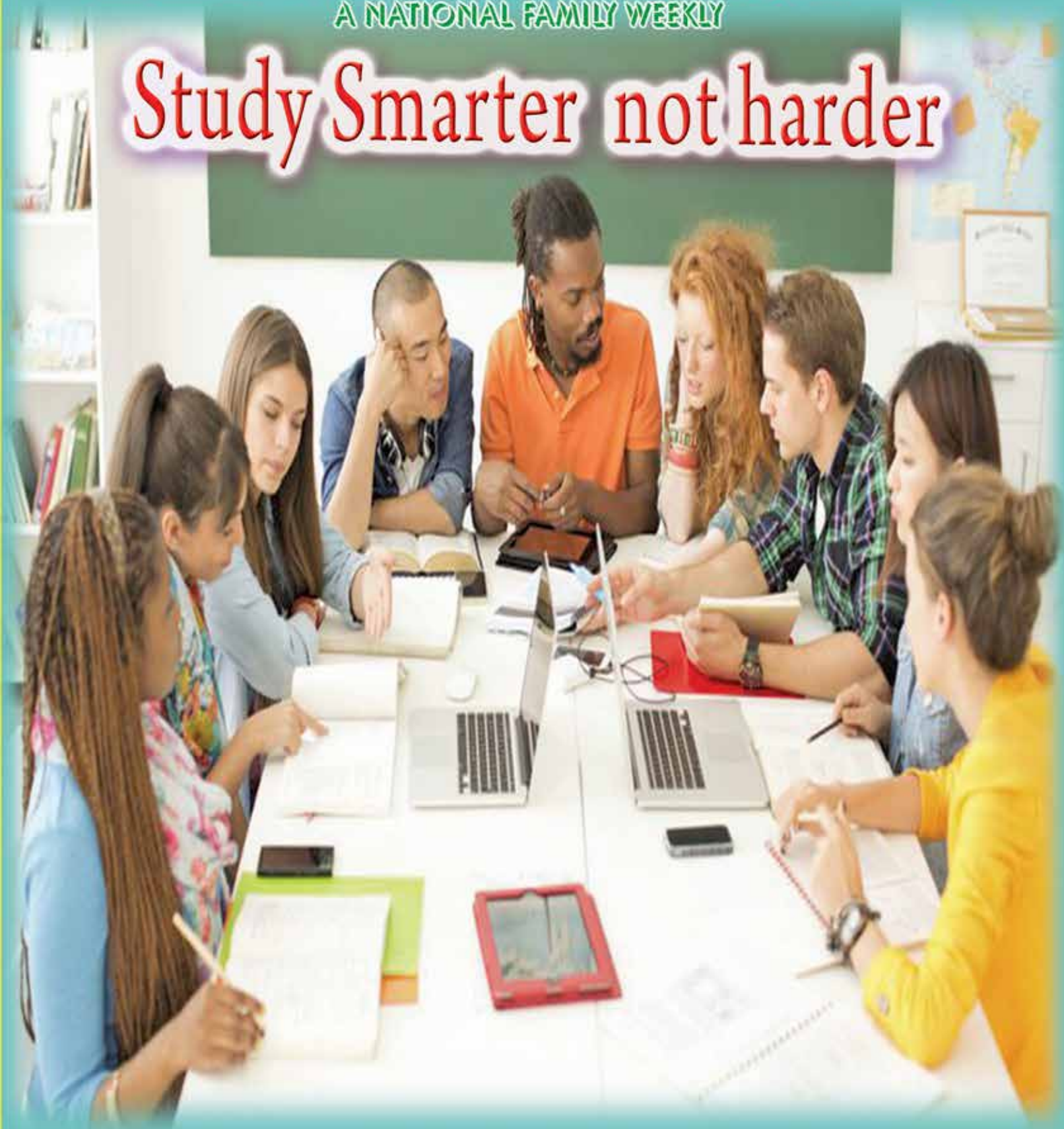
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THE SECULAR CITIZEN

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A NATIONAL FAMILY WEEKLY

Study Smarter not harder



Historic event in diocese of Mangalore

Closing of the diocesan phase of the Inquiry of the cause of Beatification of Servant of God Raymond F C Mascarenhas, was a milestone in the history of Man-

priestly vocation with great pastoral zeal, love for the Word of God and Eucharist, a new vision for the Church and the society, and his sacrificial love for the poor and the neglected par-

with different tasks presented the documents and under oath attested to their authenticity, the same were witnessed as needed and sealed in an elaborate canonical / legal system.



galore diocese in the forenoon of July 17, 2019, at St Sebastian Church, Bendur. It was presided over by Most Rev Dr Peter Paul Saldanha, the Bishop of Mangalore. The solemn ceremony signified greater hope of Mangalore in due time having their very own saint. The cause was opened June 16, 2008, eleven years ago, by the former Bishop of Mangalore, Rt Rev Dr Aloysius Paul D'Souza, who was also present.



by **Ivan Saldanha-Shet**

ticularly women. He emphasized that the Servant of God Raymond Mascarenhas is an inspiration for the people and exhorted the people to pray that the Servant of God Raymond Mascarenhas is declared as a model of sanctity for all of us and as an effective intercessor before God. It is the Bishop pointed out, necessary in these changing times to be aware that Christianity needs to rely more on God's providence, rather than muscle power and money power.

While the Bishop handed over one set to the procurator of the diocese for safe keeping in the diocesan archives. Two sets in 24 cases are sent to Vatican's Nuncio in New Delhi for conveying to Rome. This event was very precisely and well organised and executed in the Bendur Church itself before a large attendance of the congregation of all levels.

The Servant of God Raymond Francis Camillus Mascarenhas (1875-1960), was born in a devout Christian family and was a zealous and committed diocesan priest of Mangalore Diocese. He is the Founder of the Congregation in 1921 of the Sisters of the Little Flower of Bethany, Mangalore. He served the parishes as an assistant

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The Roman Catholic Church, lays down strict processes in accordance with canon laws, for declaring a person a 'saint'. The cause can take number of years - in recent times, a stream lining of the prescribed canonization process is seen and more saints of India are now recognised. There is a need for saints from our own Konkani Catholic Community of Mangaluru origin too, among whom very holy heroic people are known.

In his presidential address, Mangalore Bishop Dr. P P Saldanha highlighted the Servant of God Raymond Mascarenhas' holiness as a committed priest of the Diocese of Mangalore. The glittering aspects of his priestly life; his commitment to the

Bishop Peter Paul, drew attention to Pope Francis' third Exhortation "Gaudete et Exultate", "A Christian cannot think of his or her mission on earth without seeing it as a path of holiness, not only those already beatified and canonized; holiness found in our next-door neighbours".

The Historical Commission collected over 3000 documents connected with the life of the Servant of God, visiting 90 archives and libraries from all over India. The diocesan phase is a vital phase and sets off the key note of the further process in Rome. All documents are now sent to Rome ; the various key members of the investigation commission, and those charged



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Walking her down the Aisle....!

By Don Aguiar

Exactly twelve week ago I walked my daughter down the aisle to hand her over to a new man in her life.

For me it was months of conflicting thoughts;

My arms started beginning to feel empty! She'd nestle there through most of her childhood life, telling me about gigantic problems little girls went through in school and around their homes and after I'd heard her out, talked to her, comforted her and allowed her to lay her head awhile in these same arms and after a while she went back to play while I stood at the window watching, and now trying to solve her worries which had become mine.

I was enough for her not long ago, I was her number one she told me so, the one that I read all those fairy tales to and tucked her into bed all those nights. I held her first and she still means the world to me and a place in my heart will always be hers. From the first breath she breathe, when she first smiled at me I knew that the love of a father runs deep.

Memories flood my mind of the little girl I know. Once upon a time she held my hand so tight and used to say – "walk a little slower daddy I'm following your footsteps and I don't want to fall, sometimes your steps are very fast, sometimes they are hard to see, for you are leading me. I must follow you". Teaching her to ride the bicycle she used to say – "hold tightly daddy I am falling" and then she picked up quiet fast.

She like playing card games which included Uno as well as snakes and ladders and Monopoly as she was kind of lucky which also benefitted her while playing housie. We spent good amount of time in the gardens and parks as she liked being among the flowers and birds and became an authority on them. On the beach the sand castles she built had their own story. Siting silently listening to the waves "talking" had another story she'd tell, and then seeing the setting sun and counting the stars which she liked very much and which brought that fun filled excitement of achievement in her in naming

(Contd.. on p. 4)

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them, another story..... Yes, daddy's listening.... Kite flying brought excitement particularly when she was given to hold and direct the kite when it was high in the sky and so also was fishing in the river in the row boat and getting impatient with no immediate catch and suddenly a burst of excitement with the catch disturbing the total quietness all around.

She dedicatedly every year made her own birthday card for me with her crayons and colour pencil and later in her teens on her computer with loving wordings and drawings and be the one to light the candles and blow them for me on my birthday cake. Into her collage days her natural talent for cooking took shape under the guidance of her mother who is an accomplished one.

Her love to travel, meet different people and cultures and the quest to excel in her field took her to places worldwide as she is sincere and likeable in her profession. But no matter whichever part of the world she was and the workload she had, she eagerly looked forward to the quarterly trips we made to spend time with her.

Growing up years were easy the time just flew on by, and the years began to fly. Yes, and then she grew up, a bit too soon. Time changes everything and life must go on, and I'm not going to stand in her way. How can that beautiful woman like her be the same freckled face kid that I knew? She is daddy's little angle. And it's still hard to give her away.

And then twelve week ago I had to walk her into a new life: One, where I wouldn't be around to hold her as she started her first baby steps into marriage. She'd have to walk forward, hopefully guided by all that her mother and I had taught her, and finding new confidence as she shaped anew her own family together.

And so I went through a variety of emotions and remembered what my papa said to me one day - "Son, I'm

proud of how you've grown, go out and make it on your own. Don't worry. I'm O.K. alone. There are things that you must do, there's places you must see". I remembered that every time I kissed my children Papa's words ring true. He said, "Children live through you. Let them grow! They'll leave you, too".

But a few days before the wedding, a new and wondrous thought flashed through my mind: that the One above who had always been there for me, would also be there for her. What was the need to worry?

"Lord", I prayed, "Lord" I whispered, "You're telling me something?"

The calm that followed was dramatic. It was like a gentle wave flowing over me, removing with its ebb all fears and conflicting emotions. Just like she had lain in my own arms I felt strong Devine arms would hold her.

"Don, I'll care for her, like you've cared for her and more. Like you've been a father to her, I will continue being one for her! You will walk her down the aisles Don, but even as you step aside, I won't. I will walk on with her and him. I will be there every step of their lives!"

"How silly of me to worry Lord!"

And then I felt the lifting of all my fears and a sense of peace, a stillness which a God above had enveloped me with and which I know would be there for my child too, as she too, going through her own varying thoughts and emotions, would get to know, that even as her earthly father stopped at the end of the aisle, her Heavenly Father would walk on with her into her new life...!

She has been a wonderful daughter to us and at this point of our parting with her into another's keeping we thank her for all the unbroken years of joy that she has given us. The memories will last. She will still always be daddy's little angle.....

(Contd.. from p. 2)

priest, parish priest, and Vicar General of the Diocese. His services as a dedicated priest and Vicar General of the Diocese of Mangalore as well as the Founder of Bethany Congregation and the Bethany Educational Society are truly meritorious. He was the founding parish priest and the builder of St Sebastian Church, Bendur (1914) where his mortal remains lie today.

A large number of priests, Bethany Sisters, Religious brothers and sisters, parishioners, the relatives of the Servant of God RFC Mascarenhas, and the general faithful witnessed the Closing and prayed that the Servant of God may soon be raised to the honours of the Altar and have it's own dear saint of the church in Mangaluru.

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Provide free parking space to motorists

The steep illegal parking fine levied by the BMC to motorists is too much. The civic body should first clean up the city's garbage and the drainage system and only then levy fine on illegal parking. They should also provide enough free parking space to motorists for parking their vehicles on the roads. The BMC and the traffic police are only robbing the common man of his hard-earned money.

—*Jubel D'Cruz, Mumbai*

Judgment Day in Politics?

Karnataka Chief Minister H. D. Kumaraswamy has taken the nation by surprise it seems by invoking the bible and Judgment Day for the punishment of the BJP for using illegal means to topple his govt. Whether political parties and politicians believe in Apocalyptic punishment for sins committed is a moot question. Their present behavior also belies the existence of a moral law and a conscience that is alive and ticking and makes one feel its pangs. We do not have to wait for Judgment day to punish such irresponsible behavior and greed of power –hungry politicians and political parties who have thrown Constitutional norms to the winds with their open defiance of authority. The need of the hour is a revamp and strict enforcement of the anti –defection law with no loop holes, that debars defectors from contesting elections for a minimum of six years. Such situations seem to be getting out of hand these days and of common occurrence in many states. This needs to be corrected, if we wish to save our democracy

and democratic rights of citizens.

—*A.. F. Nazareth, Alto Porvorim*

SDG-No. 2: “No Hunger”!

The *United Nations, FAO, UNICEF and WHO* on 15 July 2019 released a joint report – “*State of Food Security and Nutrition in the World*”, based on the Sustainable Development Goals (SDG)- No. 2: “*Zero Hunger*”! Noted Msgr. Chica Arellano speaking to Vatican Radio revealed:

“In 2018, more than 820 million people did not have enough food; up from 811 million in the previous year. The ‘Zero Hunger’ aim is to defeat hunger, promote food security, and end all forms of malnutrition by 2030.”

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“Hunger continues to grow. The numbers are very alarming. Asia has the highest number of hungry persons with 514 million followed by Africa with 256 million and Latin America with 43 million.”

“These figures highlight not only the ‘cruelty of hunger’ but also the phenomenon of ‘obesity’! With 672 million obese adults or 1 in 8, it is not only a problem of ‘undernourishment’, but also of ‘malnutrition’. People in both cases, neither have a serene present nor a bright future.”

“The international community must grow in ‘solidarity’; otherwise all other 15 Goals of the SDGs 2030 Agenda will not be achieved, even of the SDG No. 1 ‘No Poverty’! The Holy Father also made an appeal for the good and fair distribution of ‘water’! Its inequality is truly cruel!”

The author of this letter also adds: “If someone is poorly clothed and is lacking in daily food ... without giving them the things needed for the body, what good is that? So also faith by itself, if it does not have works is dead!” (James 2:15-17).

—*Dr. Trevor Colaso, Ashburn VA. USA.*

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Interested parties can collect the tender document from KCA Administrative office by August 10, 2019 by paying Rs 100/-. The bids to be submitted in sealed envelopes Super Subscribed as "Tender offer for Repair and Painting" along with an Earnest money of Rs 25,000/- (Rupees Twenty Five Thousand only) by demand draft only.

Sealed tender shall be received by the office of the Kanara Catholic Association at the above address before August 20, 2019 and any tender received later than this day shall stand rejected.

Prospective contractors shall visit the site address for inspection at their own Cost with prior intimation during office hours.

Sealed tender shall be opened by the President of KCA in the presence of the appointed Project Committee on August 24, 2019 at 11.00 am or any suitable date as fixed by the said Committee and in the presence of the prospective contractors, who shall be duly informed in advance.

On selection of the said Contractor, their Earnest money paid by the said Contractor shall be retained by the Kanara Catholic Association and shall be adjusted at the end of the work as per the timing of the Tender. The other Contractors not selected shall receive their Earnest money within a week from the opening of the Tenders by the KCA.

Incomplete or incorrect Tender shall be rejected without any explanation.

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Rahul Quits.... And Now?

An article appeared in the delhi editor of Indian Express with no author's name 'WHO AFTER NEHRU?' in 1961..... It created a havoc in and around New Delhi. Pandit Jawaharlal was the Prime Minister then..... The Indian Express management kept total silence and for days and weeks media went on discussing the content and the courage of the write up. John Mathai - Nehru's P.A. Confessed that the article was written by no less than Pandit Jawaharlal himself !..... Can there be an India without Nehru? Can there be a Congress without Nehru - Gandhi ? That is the question.....

After a shameful defeat of Congress in the last Lok Sabha election, Rahul showed that courage to quit - against all the wishes of Sonia and Priyanka. He appeared disturbed and pained visibly. He owned up the responsibility on him and resigned from the job.

The old and the young in the entire Congress all over the country are in deep thoughts - what now? Who will wear the throne crown? Is Congress a sinking ship ? Is it all over? Can there be a Congress without Nehru - Gandhi ?

Rashid Kidwai - the biographer of Sonia book firmly says that Congress will profit from

this." Congress will be strengthened..... Revitalized.... People seem to reject points raised by Rahul - Sonia. Modi cleverly took up 'Naamdaar



BYE BYE TO THE CHAIR
After days of painful waiting, Rahul says good bye to chair. "Khurshi ko salaam"... He looked pained and disturbed these days. That child-like simple smile and disappeared from his face.... People do not want Congress. They want Modi!! He bows down. There were 19 Congress presidents after the Independence. The party is rejected but not finished. This is a secular democracy - a person may come and a person may go. The party will remain - its secular outlook will remain.



by Ignatius Dabhi
Sr. Journalist

- Kaamdaar' phrases from Rahul's speech and made them his shield. Rahul's resignation is a bold step and mind you, Rahul will remain Rahul Gandhi - still a leader ! Sooner or later, the majority of Indians will realize that slogans and promises care not enough - Inflation, joblessness farmers loans, corruption and gross mismanagement remain the real issues and Modi will have to face the music ! Let's wait for a "New India" vision of Modi. Rahul has resigned and the new blood may work wonders.... Gujrarat showed a come back... so was in four other states... As a national party, Congress can and must present as an alternative to B.J.P. The real task for Congress is to revitalise the party every district. There is a way out and nothing is lost. More than 4- to 50 days have passed and nothing is lost. The party is 134 years old and is shock proof by now. Modi and BJP slogan "India de voided of Con-

gress" is anti-democratic and wrong. Does Modi wish to have BJP, the only party in India? Opposition is the key factor of success of democracy, they should not forget. Now Rahul has plenty of time to meet people and visit all the districts. Closer he guess to the people, the better he will realise their real problems. He can be and, must be guiding force, strengthening force. Jayprakash Narayan did not have any position in the Janata Party and yet he was the soul of the party. N. K. Singh - the leading journalist seem to say that Rahul may give up politics.....

Can Sharad Pawar come back to the original party? Wait and see Pawar is a good organiser and he can do the wonder....

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WHETHER THE INDIAN NATIONAL CONGRESS PARTY IS FAILING TO DEFEND INDIA'S INCLUSIVE AND PLURAL ETHOS AND BE A CREDIBLE OPPOSITION?

by Eric D'Sa

The Indian National party as the main Opposition has not done enough to defend India's inclusive and plural ethos during the last election and even now. In 1961, Jawaharlal Nehru the then Prime Minister of India shared his idea of democracy: "I would say that democracy is not only political, not only economic, but something of the mind." Nehru emphasised democracy as "a certain tolerance of others and even of others' opinions... a certain contemplative tendency and a certain inquisitive search for truth." Democracy for Nehru was akin to a political culture where a hundred opinions could bloom. This he believed was what was needed for a pluralistic highly diversified nation.

Since the Narendra Modi government took power in 2014, the above mind of democracy is under attack. There is intolerance towards differences. Democracy is facing political authoritarianism. The return of the Modi government at the Centre has tightened Hindutva's grip on the political narrative. Despite the agrarian crisis, job unrest, and the hardships of demonetisation, the electoral outcome was hugely in the BJP's favour. Making political capital out of the air strikes on Balakot, playing up the threat to the nation's security over real issues, and using divisive language worked for the BJP to win a resounding mandate.

Hindutva is no longer a political ideology of a political party. It is now an ideology of the Indian state. In 2015, when about 40 writers and artists returned their Sahitya Akademi awards in protest against the silence on the killing of writers by Hindu right-wing organisations, Finance Minister Arun Jaitley called it a "manufactured paper rebellion" by writers of "Left or with the Nehruvian leaning." The murder of writ-

ers was sidelined by an ideological allegation. The political tactic was to turn an issue of public morality into a friend-enemy political discourse.

Since the JNU incident of 2016, we have witnessed the mainstreaming of the term "anti-national" by BJP members. Anyone who raised concerns on violence against Kashmiris, spoke against war, supported writers and journalists facing threats, welcomed the idea of Pakistani artists in India, spoke up for Muslims attacked for allegations of cow slaughter or beef consumption,

**YOU THE CITIZENS
DECIDE:**

or simply questioned the government faced the epithet. The BJP became the sole custodian of national pride and security.

Nehru's idea of India was defended by sections of India's civil society rather than the Congress or other secular parties. A section of mainstream media dropped its ethics and peddled the government's line. A handful of journalists braved legal, physical and verbal threats in order to ask the truth. Congress decided espouse a pale version of Hindutva and not a party that stood solidly behind Secularism. Instead of visiting temples, mosques and churches, gurudwara etc the Congress president Rahul Gandhi should have stated clearly, that Secularism in India stood for the Governments being agnostic.

Though personally he was a practising Hindu, he should have as an example stayed away, as the head of a political party which believes in Secularism, from making a public visit to the religious places of worship to garner votes during elections. Even if he did so, he should have made it plain, that he was

doing so as a private person without publicity. Mr. Gandhi also spoke against hate, and for love, in his election campaign. But he was iffy in naming the real victims of hate politics. This weakened the counternarrative, and failed to bolster confidence in the electorate who believed in living in peace in a pluralistic secular society.

West Bengal Chief Minister Mamata Banerjee took the BJP's anti-minoritarian agenda head-on. She risked public mood to oppose the National Register of Citizens (NRC) being implemented in Assam, and welcomed the refugees in her State. Earlier, she sided with the United Nations in support of granting asylum to the Rohingya, against the position of the Central government. She managed a thin victory — the BJP made big inroads into West Bengal with an unprecedented 40% vote share. The general secretary of the CPI(M), Sitaram Yechury, admitted that Left supporters who were for decades were supposed to agnostic, shifted allegiance to the BJP. May be a time has come for INC to patch up with Tiramul Congress and jointly fight BJP.

Has "the mind of India" to borrow Nehru's phrase shifted to the religious right? If the mind has abandoned the spirit of true democracy and fallen for territorial paranoia based nationalism, then we have to admit it is an yes. RSS ideology defined the nation as "hereditary territory". Hindutva is a territorial project. Thinking is reduced to marking territory, an act of self-preservation. It promotes exclusionary laws, as seen in the move to implement the NRC nationwide. This will throw the lives of poor migrants into a legal quagmire. The detection, detention and deportation of "foreigners" will make people turn into stateless populations without rights. It backs the two nation theory that divided the British India into two based on Religion.

(Contd.. on p. 9)

Down The Years ... Between The Ears

STIRRINGS:

As the All India Catholic Union (AICU) celebrates its centenary in 2019 the incumbent National President (NP), Lancy D'cunha, has asked me to record the history of the AICU during my tenure as NP (1990-94), and what was happening before that.

I have titled this chronicle "Down the

(Contd.. from p. 8)

According to Golwalkar, "Hindu religion, Hindu culture and Hindu language (the natural family of Sanskrit and her off-springs) complete the Nation concept." India is imagined as mono-religious, mono-cultural and mono-lingual. Golwalkar's options for minorities based on religion, language and culture to either "adopt" the majority culture "or to live at its mercy". When the Hindu vigilantes force Muslims to chant "Jai Shri Ram!" and "Bharat Mata ki Jai!", it isn't just perverse cultural pride that is involved, but the surplus pleasure of humiliating others who they believe is not a nationalist.

The same mind set prevails when Hindi is being forced down the throat of the South Indians. Since 2014, India in the nationalist narrative is being imagined as a fortress being guarded against imagined enemies and hated political opponents and minorities. Ideological opponents are forced to fear every word and act of nonconformity. Muslims are killed or harmed on mere allegations of beef eating and cow slaughter. Territorial nationalism is a predatory idea that hunts for enemies.

You the Citizens will have to decide whether India has a history that even precedes the advent of Hinduism and that various other religions and cultures that arose in India and outside India, have left a lasting imprint on its people. Humility is a desirable ethic for civilisations to live by. If India starts to live in territorial paranoia and exclusion, it will lose its mind.

All India Catholic Union (AICU) celebrates its centenary in 2019

Years ... Between the Ears" for a reason. Merely chronicling events is like how history was taught to us in school – insipid. But we need to learn the lessons of history, not just to avoid the mistakes of the past, but more importantly, to find the way forward. That is why I have also dwelt on "between the ears", or what goes on in our heads – our thoughts and vision, to be articulated in a mission.

My father may have been associated with the Catholic Union of India (CUI), as it was then called, then headquartered in Madras. He had visited there in 1944, when he was appointed the first Indian Envoy of the Legion of Mary. It is therefore highly probable that he was in contact with the CUI leadership. A photograph of 1957, taken at Rome at the Second World Congress of Lay Apostolate, bears testimony to this. My elder brother participated in it, together with Chev Ruthnaswamy, the then President of the CUI (photo attached).

However, my first interaction with the AICU was three decades later in 1985/86. We had just formed the Kanpur Catholic Association and were seeking contact/ affiliation with the AICU. It was then that we met Antony Maddala who had come to Kanpur on some other work. He put us in touch with Antony Vellara, the indefatigable Secretary General of the AICU. The saga had begun.

THE MENEZES ERA:

In 1986 the AICU was on the horns of a dilemma, not unlike the Congress Party today. The old guard, led by Chev G.S. Reddi M.P. had climaxed. A stiff challenge, and even some legal disputes, had been posed by warring factions in Bombay. Bp Patrick D'souza of Varanasi, who was then Chairperson of the Catholic Bishops' Conference of India (CBCI) Laity Commission, stepped

into the breach; because he realized that the AICU was far too precious to be bogged down in legal squabbles.

He prevailed upon George Menezes, an ex Air Force Officer, Diplomat and management guru, to be the consensus candidate for the post of NP. His was a lateral entry, unlike most other leaders who had risen from the ranks, and possibly stuck in a hole. And so it came to pass that Menezes was elected as the NP at the Annual General Meeting held in 1986 at Calcutta (now Kolkata). The amazing aspect is that he was elected in absentia. He



by chhotebhai *

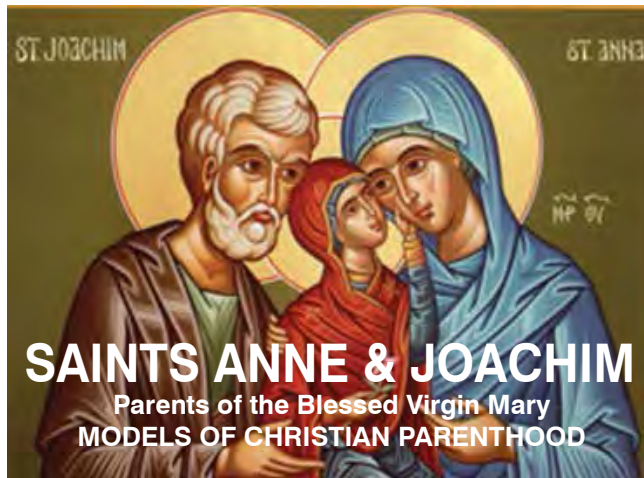
was not even in the country at the time of the elections. I may here add that for the next decade (1986-96) there was no tussle or fierce contest for the post of NP. It was considered an onerous task, not a matter of prestige or entitlement.

Menezes ushered in a new era in AICU. The first change was to bring in fresh blood from across the country. The second was to make AICU a truly pan India body. Till then it was largely confined to the southern States. His next action was on inculcating management and communication skills into the moribund Working Committee and the affiliated Catholic Associations (CAs). He also saw the urgent need for training and formation of lay leaders.

Together with Rev Jose Benedict, Secretary of the CBCI Laity Commission, he embarked on a vigorous training schedule. The programmes were on "Effective Christian Leadership". He had perceived that there were very few who actually embodied all three qualities. I can personally recall the Northern India Laity Training Programme held in Kanpur in 1987. We had participants from several States. The efficacy of that programme may be gauged by the fact that three future NPs were participants – myself (1990-94), Norbert D'souza who was then based in Jhansi

(Contd.. on p. 18)

It was in the home of Joachim and Anne that Mary received the grounding needed to become the Virgin Mother of God. It follows then that devotion to Anne and Joachim is an extension of the affection we believers have always professed toward our Blessed Mother. It also follows that the feast of this holy couple brings to mind the debt of gratitude we each owe our own parents for the Christian formation they have so judiciously given us.



SAINTS ANNE & JOACHIM
Parents of the Blessed Virgin Mary
MODELS OF CHRISTIAN PARENTHOOD

De facto Scriptural basis

While Sacred Scripture per se makes no mention of Mary's parents, we have the backing of the apocryphal Christian text, the *Protoevangelium Jacobi*, i.e. the Gospel of James (circa 170 AD) from which have also emerged several Marian feasts, particularly the Immaculate Conception, the Nativity of Mary, and her Assumption into Heaven with official liturgical approbation.

Joachim, whose name means 'raised by Yahweh', 'God has given (a son)' or 'Established by God', was a man of repute in Jewish society. He and his wife Anne – or Anna, a derivative of the Hebrew 'Hannah', which means 'gracious' or 'full of grace', often looked upon their childless status as a punishment from God. Joachim, scorned for his sterility, retreated into the countryside to pray, while Anne, grieved by his self-exile and by her barrenness, solemnly promised God that, if given a child, she would dedicate it to His service. Incidentally, Angel Gabriel in separate apparitions is said to have assured them that they would indeed bear a most wondrous child who must be dedicated to God. And so it was that in their sunset years, in answer to the fervency of their prayers, Mary eventually came to be born and was, at an early age, dedicated to God. Interestingly, the meeting of Anne and Joachim at the Golden Gate in Jerusalem has emerged a favourite subject of Christian art!

Absence of Original Sin in Mary

Furthermore, it was in the womb of Anne that the Blessed Virgin Mary was conceived without the stain of Original Sin! Any wonder then that in the Extraordinary Form of the Roman Rite of the 1962

Missal of Pope Saint John XXIII the feast of Saint Anne was set for 26 July and that of Saint Joachim for 16 August! Over the time, however, Joachim's feast has come to be merged with that of Anne, the Universal Church now celebrating the Feast of Saints Anne and Joachim, parents of the Blessed Virgin Mary, grandparents of our Lord and Saviour, Jesus Christ, and models of Christian parenthood, on 26 July.



by Ladislaus L. D'Souza

Mysterious Relics of Saint Anne

It is said that some 14 years after Jesus' death, at the height of Jewish persecution of Christians, a little band of believers comprising of Saints Mary Magdalene, Martha and Lazarus, and a few others was pushed out to sea in a boat without sails or oars to perish. The group had been careful to carry with them the tenderly loved body of Our Lady's mother, fearing its profanity in the coming destruction of Jerusalem foretold by Jesus. The boat having finally drifted to the shores of France by Divine intervention, they buried Saint Anne's body in a cave, in a place called Apt in Southern France. With the decay of the chapel later built over the spot because of wars and religious persecution, Saint Anne's tomb faded into memory. However, under the aegis of the peaceful reign of Charlemagne, the wise emperor credited with the unification of large parts of Western and Central Europe, a magnificent new church was built on the site of the old chapel.

"A little child shall lead them" (Isa 11:6)

At the most solemn part of the Consecration of the church on Easter Sun-

day in 792 AD, Charlemagne was astounded by the behaviour of a usually quiet and impassive 14-year old boy. To the amazement and consternation of all and sundry, the lad, though completely blind, deaf and mute since birth, suddenly walked up the aisle and began to relentlessly strike his stick resoundingly upon a particular step before the altar. To cut a long story short, the emperor, apparently inspired from above, promptly had the steps removed, whereupon a subterranean passage was bared directly below the spot, which the boy's stick had indicated. Into this passage sprang the handicapped lad, followed by the emperor, the priests, and the workmen; making their way along the passage in the dim glow of candlelight, they chanced upon a wall blocking further advance. The felling of the wall at the instance of the lad brought to view still another long, dark corridor leading to a crypt fronting which, to their profound wonderment, was seen a vigil lamp, alight and burning in a little walled recess, casting a heavenly radiance! Amazingly, as suddenly as this light went out, the gift of sight, hearing and speech flooded the tender eyes, ears, and tongue of the hitherto handicapped boy! And in an instant he was heard to exclaim "It is she! It is she!" a cry that was taken up by the emperor and quickly by the crowds in the church above, both emperor and subjects, knowing not what it meant, on bended knee, bowed in the realization of the presence of something celestial and holy.

Within the crypt was found a casket containing a winding sheet in which were discovered relics bearing the inscription, "Here lies the body of Saint Anne, mother of the glorious Virgin Mary," the sheet itself being of Eastern design and texture. Charlemagne, overwhelmed with profound gratitude, remained a long time in reverent prayer before the relics of the mother of Heaven's Queen, even as the assemblage of priests and people alike, for long remained awed by the grace of such a heavenly manifestation.

Of all this, the holy emperor sent a detailed and precise account to Pope Saint Leo III, with an accompanying letter from himself, both of which, along with the

(Contd.. on p. 16)

World Cup (of Joy) for England

The world saw one of the most absorbing and heart-stopping finals of the 2019 Cricket World Cup on Sunday the 14th July 2019 at Lords. The entire encounter between the two teams was so engrossing that I wonder if anyone who watched this match left mid-way. There was intense competition in a real spirit of the game with no untoward incidents between the two sides. At the end, the Cup went to the more deserving side because the New Zealanders gifted some ten runs by way of a six and overthrows. This possibly made the difference between the two sides. Otherwise, the fielding by both sides was par excellence. If the side which hit more fours won, so be it. It is the rule and the rule must be respected.

Congratulations to the Englishmen for the well deserved maiden World Cup. This victory will be cherished by them for a long, long time. The New Zealanders were heartbroken, naturally but they accepted the outcome sportingly despite the back-to-back losses at the finals. They frittered away the possible chance in the Super Over. They could have scored 16 since they were chasing and could plan their strategy accordingly. Anyway, the Kiwis have a number of young talented players and surely they will succeed in future. Good luck to them. Williamson was praised by everybody for his sportsmanship.

Let us see how we reacted after the semi finals loss. We tried to find all the possible excuses and since we have a billion experts, we had a 'sunami' of comments, some good and some childish. People spoke about the conspiracy theory and such an attitude shows us in poor light – as bad losers. If we were in New Zealand's place in the finals, we would have created a ruckus. Umpire Dharmasena would never have been allowed to stand for a game in India in future for sure. The players, fans and the media would have exploded. We need to learn a few things from the Kiwis for their cool demeanor.

That said, I would rather dwell on the game and some of the rules or practices as they exist. Firstly, the DRS option of only one in a 50 over game. A number of decisions that had to be overturned which shows that the system needs a relook. Ideally, there should be one in a T-20 game, two in ODI and three in each inning of a five day Test Match. We have

IEWS on NEWS

seen during this World Cup some serious errors of judgment by the Umpires which were unintended. But the umpiring was below standard for the finals.

On the issue of LBW, I wonder why it is so called because a batsman is out not only if his leg comes in the way of the stumps but if any part of body like his head, shoulder, hands or even his torso if the batsman ducks. Perhaps it would be appropriate if the nomenclature is changed from LBW to BBW [Batsman Before Wicket]. As it stands, the term is distorted and does not take into account the reality. Then we have the extras which among others include a Bye and a Leg Bye. Like the LBW, a Leg Bye is declared if the ball touches any part of the body [other than the bat and the gloves] and therefore it does not sound to reason why such extras should be classified as Leg Byes. In fact, there should be no distinction between a Bye [where there is no contact] or a Leg Bye. All these could be classified as Byes which will not really make any difference. Only those which affect to the bowler's economy rate should remain in place and all others should be grouped together as extras.

Finally, let us learn to be measured in our reactions and not go overboard when we lose. We need to be more sporting than what we have been. The next ODI World Cup will be held in India four years from hence and the Cricket authorities in India would obviously be drawing a long term plan for this mega event and try to short-list layers with potential to be groomed over the period. We have a good team but some of them will age and not be as agile. By the way, before that comes another World Cup contest the 20:20 [T-20] next year. Not a bad coincidence. Really sounds good 20-20 in 2020.

BJP's maneuvers in Karnataka

In the first place, the marriage of convenience in Karnataka between the JD[S] and the Congress soon after the electoral result was a fall-out of the same machinations employed by the BJP in Goa earlier where the Congress was the largest party. It was not swift enough to grab the opportunity. The BJP was faster. The Congress in turn did likewise in Kar-



by Marshall Sequeira

nataka where the BJP was the single largest party. Tit for Tat! Of course, the near decimation of the Congress-JD[S] during the national elections, gave the BJP the impetus to go for the kill. As this goes for publication the debate in "Vidhana Soudha" is in progress. Colloquially, sauda means a 'deal' and there must have been a lot of 'deals' between the rebels and BJP.

I like the loud proclamations by elected MLAs that they stood for the elections to serve the public with no personal intentions. Pure and simple public service – Party ideals which they parroted to the people to get elected soon vanish into thin air. It's all about power, position, money, resorts, chartered flights, good food and lavish living. What a transformation. The people who elected them do not matter. Political parties which encourage such behavior must take the blame for the state of affairs as they exist today. The BJP in its quest to decimate the Congress has nearly succeeded thanks to the lackluster party leadership. Two months after the dismal performance in the general elections, nobody knows who is running the Congress party. Can you blame the party members for desertion?

Anti-defection law is toothless. Perhaps it was planned to be that way - with loopholes. A candidate who is elected on a party symbol should never be allowed to defect and join another party unless he resigns his seat and seeks re-election. This sham about 50% or 80% moving away does not get them the public sanction to cross the floor. The right to recall may also be considered as an option. The electorate, the main stake holders in the electoral process, must retain its preeminent position in a democracy. Their mandate to a given candidate belonging to a particular party cannot be overturned through dubious machinations with the help of money power. The votes are not transferable.

Study SMARTER not harder

Today, we will debunk the myth that you need to study hard to get ahead in life. We are of the opinion that you need not study hard, just study smart and you have done your part! Well, The most effective students are not necessarily the brightest ones. They achieve success because they have picked up a few habits that make them far more efficient than other students. They are the ones who have decoded the mystery on how to study effectively. They are the ones who have realized early-on that the key to becoming an effective student is learning how to study smarter, not harder.

Most of us have a tendency to confuse studying hard with studying effectively. Have you ever wondered how in the world some students always seem to get top grades while others persistently struggle? What is it exactly that these students do differently that makes them so smart? How do they study? Do they have a special study routine that accelerates their results? Just maybe they study smarter not harder, and that makes all the difference. What if we could remove the veil and explore the process they use to get top grades? Maybe you could then copy this process of steps and integrate it into your own study routine. You could then study smarter not harder and accelerate your ability to become an effective learner.

An ideal study environment is a must:

An effective study routine doesn't begin with how you study, it rather begins with where you study. The study environment you choose influences your ability to focus, to concentrate, to remember, and to persist through difficulties. A study environment that is cluttered, noisy, disruptive and uninspiring will hinder you at every step.

Have you ever wondered how in the world some students always seem to get top grades while others persistently struggle? What is it exactly that these students do differently that makes them so smart? How do they study? Do they have a special study routine that accelerates their results? Just maybe they study smarter not harder, and that makes all the difference. What if we could remove the veil and explore the process they use to get top grades? Maybe you could then copy this process of steps and integrate it into your own study routine. You could then study smarter not harder and accelerate your ability to become an effective learner.

On the other hand, a study environment that is comfortable, organized, quiet and aesthetically pleasing will help you stay focused, motivated and inspired. Your environment therefore becomes the first key towards helping you study smarter not harder.

Check on your study goals:

In order to study smarter not harder you need to have some very clear goals in mind. Goals will of course provide direction for your study session. Their prime objective is to keep you focused on the right things and motivated to take massive action. When setting goals think of the acronym SMART. Make your goal specific, measurable, attainable, realistic and timed. This effectively translates into the following four steps: 1) Specify exactly what you want to achieve. 2) Describe the specific actions you will take. 3) Set a realistic time frame for accomplishing these actions. 4) Outline how you will measure your progress.

Get into an ideal learning state:

Before you even begin to study, it's important to take the time to get into an ideal learning state. An ideal learning state will of course allow you to stay focused for longer. It does this because it is fueled by anticipation, motivation and desire. Now of course, the process of setting SMART goals

made up the first part of this equation. The second part of this equation requires that you get very clear about two things. First you must specify why learning this material is important, and secondly you must outline how you will benefit as a result. Answering these two questions will prime your brain for the upcoming study session.

Making learning relevant:

In order to get the most from every study session, it's absolutely critical that you make what you're learning relevant and readily applicable to your life and circumstances. To do this you must take two things under consideration. First, have a think about the knowledge you will acquire by learning this material. Secondly, consider the skills that you could potentially develop as a result of that knowledge. The key here is to clarify exactly how this material you're learning can be applied to your situation. Doing this will immediately spark your motivation and put you into a more optimal state-of-mind.

TAKE REGULAR STUDY BREAKS

Some students believe that the more hours they put into their studies, the more they will learn. However, this is often not the case. To study smarter not harder actually means putting in less in order to learn more. However, this must be done in the right way, and this is of course where study breaks come into the picture. Taking 5 minute study breaks every 25 minutes actually helps promote better assimilation of information. This works because your brain needs time to integrate and make sense of the information it is learning. It needs time to process and make relevant associations to help you understand things at a deeper level.

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Things you must say about your life

YOU ONLY LIVE once but if you do it right, once is enough. Life can get pretty crazy at times. Sometimes we forget how important it is to actually listen to ourselves instead of others. Happiness is dependent upon ourselves and there are some things in life you should always insist on doing - no matter what others have to say about it. You will know you are on the right track when you can repeat each of the points mentioned in this article to yourself, honestly. And if you can't, this list gives you something positive to work on

Our lives are short-lived and the best day to fight for the right to live a full life is today. This means we must do something amazing today. And by "amazing", we mean taking small, positive steps forward on a purposeful path. A path that will lead you to say some good things about your life, for instance:

I have kept an open mind to new ideas and experience :

As they say, a ship is safe in harbour but that's not what ships are for. Accepting some level of risk in life is important. You cannot be both close-minded and wise. You have to open up to the unknown. Close-minded people who pretend to be wise to the ways of the world are mostly just pessimists. Pessimists always say 'no'. Saying 'yes' leads to first-hand experience and knowledge. 'Yes' is for strong, open-minded people. So for as long as you have the strength to, say 'yes'.

I am following my heart and intuition :

Don't be pushed by your problems. Be led by your dreams. Live the life you want to live. Be the person you want to remember years from now. Make decisions and act on them. Make mistakes, fail and try again. Even if you fail a thousand what would have been . At least you will know in your heart that you gave your dreams

your best shot.

I am being honest with myself :

Be honest about what's right, as well as what needs to be changed. Be honest with every aspect of your life, always. Because you are the one person you can forever count on. Own your choices and be willing to take the necessary steps to improve upon them.

I am making a difference :

Act as if what you do makes a difference. It does. Is it true that we all live to serve? That by helping others we fulfil our own destiny? The answer is a simple 'yes'. When you make a positive impact in someone else's life, you also make a positive impact in your own life. Do something that's greater than you - something that helps someone else to be happy or to suffer less. You are only one but you are one. You cannot do everything but you can do something.

I have been brave enough to be vulnerable :

So many of us feel alone, even when we're surrounded by others we call friends and family. Inside, regardless of present company, we feel misunderstood and scared. We worry that telling people about our fears will make them think less of us. We wonder if anyone else feels the same way we do. Tear down any emotional brick walls you have built around yourself. Owning your story can be hard but not nearly as difficult as spending your life running from it. Embracing your vulnerability is risky but not nearly as dangerous as giving up on love and friendship and personal growth the life experiences that require you to be the most vulnerable.

I have forgiven those who once hurt me :

We've all been hurt by another person at some point of another - we were treated badly, trust was broken and hearts were hurt. While this pain is normal, sometimes that pain lin-

gers for too long. We relive the pain over and over, letting them live rent-free in our head and we have a hard time letting go. Grudges are a waste of perfect happiness; it causes us to miss out on the beauty of life as it happens.

I persevered through tough times :

Sometimes you have to die a little on the inside in order to rise from your own ashes and believe in yourself and live yourself again. The process is almost like learning to walk or speak for the very first time. It isn't easy but in the process we grow and we find ourselves, stronger, wiser and possessing talents we didn't know we had. When we refuse to give up on ourselves, the toughest of times can lead us to the best.

I HAVE NO REGRETS

Follow your heart. Be true to yourself. Do what makes you happy. Be with who makes you smile. Laugh as much as you breathe. Love as much as you live. Say what you need to say. Find the courage to feel different, yet beautiful. Find it in your heart to make others feel good too. Know that you don't need many people in your life, just a few great ones, so don't lower yourself and your standards for the wrong reasons. Be strong when things get tough. Recognise when you're wrong and learn from it. Always look back and see how much you've grown and be proud of yourself. Appreciate all the things you have. Celebrate your small victories. Forgive. And let go of the things you can't control.

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Thanksgiving



Thanks to Divine Mercy, Our Lady of Vailankani, Our Lady of perpetual Succor and St. Anthony for the favours granted.

—Pe ter Rego, Mangalore

Thanksgiving



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

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

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

— Teresa D'Mello, Thane

Som Tam salad



Ingredients :

- Raw papaya, shredded - 150 gms
- Carrot - 30 gms
- French bean diamond - 30 gms
- Cherry tomato - 30 gms
- Garlic - 5 gms
- Crush mix chilli - 3 gms
- Som tam dressing - 45 ml
- Peanuts (crushed), roasted - 10 gms

Method :

- Pound chillies and garlic together in a mortar. Add beans and pound.
- Add some tam sauce and mix well. Add crushed roasted peanuts.
- Now add cherry tomato, raw papaya and carrot to mix well.
- Put in a platter and garnish with roasted peanuts.

Some Kitchen Tips

- Salt sprinkled into a frying pan will prevent oil from splashing or food sticking to the bottom.
- Do not under-heat the oil while frying, lest it should smell. Start frying as soon as a light haze can be seen above your pan.
- For deep fat frying, the temperature should be 350° F to 375°F.
- If you do not have a frying thermometer, the only way to test the temperature is to drop a cube of bread into the fat. At 350° F to 375° F, it should brown in one minute.
- The process of shallow frying large quantities of onions will speed up if a few crystals of rock salt are added to the oil.
- When frying anything in butter add 2-3 tbsp. of oil to the pan to prevent burning of butter and browning too soon.

The Word Of God Has Hidden Treasures

In the beginning, was the word and the word was

with God and the word was God.

In God's divine and existential life experiences the Lord would often use the elements of creation to open doors to eternal pedagogy for us to learn while living.

The two elements in this episode are: water and the storm on the Sea of Galilee. You can find this in the Gospel of Mathew 8:24

The central figure in the event is Christ, asleep in the boat while his disciples stand about afraid of the gathering dark clouds, the growing fury of the wind, the boat being tossed on the rough waves – while Jesus slept.

Sleep is an essential part of human life, even if we sleep for a short period of time. In the book of Proverbs (6:10) it states: "Yet a little sleep, a little slumber, a little folding of the hands to sleep," is a basic necessity.

Shakespeare, the English dramatist, admitted in his play, Antony and Cleopatra, "...the long day's task is done/ And we must sleep."

"The disciples woke him up and cried, "Lord save us! We are lost!" But Jesus answered, 'Why are you so afraid, you of little faith?' Then he stood up and rebuked the wind and sea; and it became completely calm. The disciples were astonished. They said, 'What kind of man is he? Even the winds and the sea obey him". (Mat.8:23-27).

Let us not disguise the fact that the disciples were at first astonished

to hear the Master say, "you of little faith".

To be a follower of Christ we must have faith, in the belief that He is truly God of all creation, the Light of the world, the redeemer and Lord of the universe. To be enlightened is to have an honest personal courage to disown the world of all its material wealth for eternal life.

True faith is in the firm discipline of knowing that all things are possible



BY MELVYN BROWN

for teaching, refuting error, for correcting and training in Christian life".

Water is the source of life. It has the power to generate electricity and work machines. Water is the symbol of trust in the act of God to preserve man's body in his lifetime. The percentage of water in the human body is from 50 – 75% according to age and gender. We trust in God and believe that water has the power to heal and rejuvenate the human body.

Christ can do all things for he is the omnipotent Being, the absolute Being. He is also the absolute presence. He taught his disciples on the boat to trust and believe in Him, the absolute existence.

They were shamed to have said, "What kind of man is he?"

I read St. Paul's letter to the Romans



when one believes. It took Thomas, the apostle some time to learn the truth, only when he touched the wounds of Jesus did he believe.

This lesson of faith we would never have experienced had Thomas not been so stubborn. I am convinced there must be a theology manual which encourages us the freedom to discover the hidden treasures in Scripture, courtesy The Catholic Church.

The Bible records in the Second Letter of St. Paul to Timothy: "All Scripture is inspired by God, and is useful

when he spoke about faith, and I discovered a truth in the lines: "So, faith comes from preaching, and preaching is rooted in the Word of Christ." Indeed, the Word of God has hidden treasures, yet to be revealed.

Ben Gurion, the late Israeli Prime Minister (1886- 1973) said: "Ours is a country built more on people than on territory. Their faith is their passport."

We read the books of the Old and New Testament to spread the Word of God and to discover what lies within to bear good fruit.

Jealous wife

An advertisement read Mercedes Sale for Rs 100

No one believed it but one old man responded and went to see the car. The lady actually sold him a brand new Mercedes, which had done just 12,000 kms, for Rs 100. She handed him the papers and the car keys.

As he was leaving he said I would die of suspense if you don't tell me, why this car sold so cheap.

The lady replied I am just fulfilling the will of my deceased husband, where all money received from sale of his Mercedes would go to his secretary.

A great fitting suit

The fellow was being sold a very cheap suit. "But the left arm is a lot longer than the right arm," he complained, "That's why the suit is such a bargain," the sales clerk explained. "Just cock your left shoulder up a little, like this and tuck this left lapel under your chin a bit, like this." "But the right leg is way too short," argued the customer. "No problem," the sales clerk answered. "Just keep your right knee bent a little at all times, walk like this and no one will notice. That's why this suit is only Rs 300." Finally, the fellow bought the suit, cocked his left shoulder into the air, tucked the suit's left lapel under his chin, bent his right knee and limped out of the store toward his car. Two doctors happened along and noticed him. "Good heavens," the first doctor said to the second, "look at that poor crippled fellow." "Yeah," answered the second doctor. "But doesn't that suit fit great?"

Rohan : The person next to me on this flight has been watching an entire widescreen movie on his iPad..... but holding it vertically and



it's making me kind of uncomfortable, please help

Soham : Tell the flight attendant to tell the pilot to rotate the plane 90 degrees.

It's hard to be a teacher

Teacher : Construct a sentence using the word 'sugar'?

Pupil : I drank tea this morning.

Teacher : Where is the word sugar?

Pupil : It is already in the tea.

Recently, a man walked into a barbershop and asked how much for a haircut.

"Hundred rupees," he answered.

"And for a shave?"

"Thirty rupees."

"All right," he said, settling into the barber chair.

"Shave my head."

Two guys are out drinking when one of them falls off his bar stool and lies motionless on the floor.

"One thing about Fred," his buddy says to the bartender.

"He knows when to stop."

Usual suspicions

After Adam stayed out late a few nights, Eve became suspicious.

"You're running around with another woman - admit it!" She demanded.

"What other woman?" Adam shot back. "You're it!"

That night, Adam was fast asleep when he was awakened by Eve poking him in the chest. "What are you doing?"

"Counting your ribs."

(Contd.. from p. 10)

pope's reply are preserved to this day, many papal bulls attesting over and over again the genuineness of the relics of Saint Anne at Apt.

Relevance of Anne & Joachim today

What is the relevance of this feast for our times? Today when even the Pope marks Mothers' Day and Fathers' Day, what do Joachim and Anne have to offer by way of example? It wouldn't be too farfetched to say that Anne [devotion to whom was fervent from as early as the 4th century] and Joachim [devotion to whom became known in the 16th century] must have been two very remarkable, Spirit-filled individuals to have been entrusted with the task of bringing up a daughter in a holy virtuous way and to have thus played so important a part in the work of our Redemption. However, since the Church is already marking these two days with pronouncements and salutations galore in relation to mothers and fathers, do we even need to observe the Feast of Saints Anne and Joachim on 26 July as the Feast of Parents at all?

For those in the know Mothers' Day and Fathers' Day are essentially observances limited to single parenthood which, as a matter of fact, is steadily becoming the norm the world over whereby unmarried couples as well as singles, straights as well as gay, are freely resorting to adoption and even surrogacy, family values thus going for a toss. As a matter of fact the Church's failure to officially ignore the observance of these days is literally taking away the sheen from 26 July, relegating it to a day of insignificance.

It certainly is a matter of concern that while there are churches abroad dedicated not merely to Saint Anne but also to Saint Joachim and several dedicated to both Saints Anne and Joachim, there isn't a single church in India named after the holy couple. The archdiocese of Bombay has at least two churches named after Anne [at Pali Hill, Bandra and at Mazagon] but none to both parents of the Virgin Mary. If renaming either of these after both names is not possible, could the diocese consider naming after them at least one of the new churches being planned, thus sending out a message of great significance?

Inspiration!

Things ambitious people never say

“Be genuinely interested in everyone you meet and everyone you meet will be genuinely interested in you.

- Rasheed Ogunlaru (Author)

AMBITIOUS IS HAVING a strong drive to do or achieve more in life. Unfortunately, a lack of ambition can be an individual’s own worst enemy. Unambitious people sabotage their own potential and happiness through self-limiting beliefs, bad habits and negative thoughts.

Ambitious people believe in themselves and their capabilities. They understand that everyone is capable of achieving far much more than they typically give themselves credit for. You won’t find ambitious people speaking negatively against their own interest - you won’t hear them say things like:

“I can’t do this, it’s too hard” :

Ambitious people never limit themselves or undervalue hard work with these words. They tell themselves they can do it and press on until it’s done. Nothing worth having comes easy: you’ve got to work hard for it.

“I’m not good enough” :

Ambitious people never say they are not good enough. Saying you are not good enough holds you back and makes you vulnerable to quit when things get a little rough. And quitting when things get a little rough is never a good thing. The most successful people in the world are not quitters. They are hard workers who believe in themselves and their abilities. Be confident and believe in yourself or no one else will.

“I won’t be able to cross obstacles” :

Challenges and obstacles are tests of your resolve and desire to succeed. Ambitious people never say they won’t make it through the hard times. They say they will make it because they

know better things lie ahead - the sun always shines after the storm. Besides, as an old proverb says, “All sunshine and no rain makes a desert.”

“People won’t take me seriously” :

The only time people won’t take you seriously is if you don’t take yourself seriously. Insisting that people won’t take you seriously is an excuse not to do what you know you should do. Ambitious people never say these words. They respect themselves and honour their work and that earns people’s respect. Start respecting yourself and honouring what you do and people will respect and take you seriously.

“I’m going to fail for sure” :

Failure is not entirely bad. It can teach you valuable lessons and redirect you to the right path. Ambitious people don’t say they are going to fail and let that stop them from trying. They defy the fear of failure by taking calculated risks because they know the only time you are truly defeated is when you don’t try at all.

“I can’t handle success” :

Ambitious people never declare they can’t handle success before they even achieve it. Those who think of their abilities as changeable handle success far better. If you think your capabilities are fixed and say you can’t, you’re right. A great scholar once said, “Those who think they can and those who think they can’t are both usually right.” Say you can and you will.

“I’ll probably make a mistake” :

Ambitious people utter these words because they believe in themselves and understand you can’t please everyone. Some people will consider it excellent. Don’t worry too much about it all. Give your absolute best each time in everything you do and learn from your mistakes.

“I’m waiting for the perfect moment”

: Ambitious people never say they are waiting for the ‘perfect moment’ because the ‘perfect moment’ to do something is a myth. Moments are what you

make them. Ambitious people simply start and really focus. It’s never too late to do something. Start now and do all of procrastinating and wasting your life waiting for the stars to align. There will always be reason those who actually start get things rolling. Keep in mind the best time to start was yesterday. The next best time is right now.

“I’m not as good as that boy/girl” :

As long as you are always comparing yourself to others, thinking you are inferior to them and not being your true self, you will always try to be what other people are and always fall short. Ambitious people know this and never think or say they are inferior to others. They work on being the best version of themselves. You are not that guy or girl. You are you and that’s not bad. Everybody is unique and gifted in their own way. Situations vary and we all grow at our own pace. Check what others are doing only to learn from them. Don’t be jealous or resentful. Be happy when you see others succeed because it means you can too.

“I’ll never be successful” :

Words have incredible power. You won’t hear ambitious people say they will never succeed. That’s because they actually believe they will succeed one day. That conviction keeps them sufficiently motivated and driven to put in the hard work and time necessary for success. Say good words, think good thoughts and do good deeds because what you say and believe is what you are destined to get.

STEPS TO BE AN AMBITIOUS PERSON

- Focus on the ‘what’ you can gain instead of what you might lose.
- Use ‘if-then’ planning to think of the things you need to do.
- Think of failure as a process of elimination.
- Enjoy your successes but don’t dwell on them.

(Contd.. from p. 9)

(1996-2000) and Dr Remy Denis of Gorakhpur (2004-08). Another immediate spin off was that all the nascent CAs, together with the bishops of U.P., united to get Remy appointed as a member of the U.P. Minorities Commission, a first of its kind. Prior to this, U.P. was never in the frontline States of the church in India.

Another ugly truth dawned on Menezes. The AICU, as with most other lay organizations, was penniless. Even the training programmes and the NP's travel were funded either by the CBCI Laity Commission or by foreign donors with whom Menezes shared a good rapport. The time had come to make AICU financially strong.

From its inception the AICU functioned from Madras (now Chennai) and more recently from the residence of Vellara in Bangalore. Menezes realizing that the seats of both secular and ecclesiastical powers were in Delhi, set about establishing a permanent office there. Menezes did get some funds for the office from a donor agency, but that was inadequate, as was the Corpus Fund that was being built through enrolling Patron Members and Benefactors. Here is where the responsibility fell on my young shoulders.

I had proposed that we organize an All India raffle with a Maruti car as the first prize. Back in 1989 a Maruti was as prized a possession as a Mercedes today. Menezes appointed me as the National Secretary for Resource Mobilization. One million (Ten Lakh) coupons of Rs 2/- each were printed in a security press (the kind that print bank cheque books with security features to avoid fraud). This was a joint project with the CAs that got a handsome commission on the sales, depending on their turnover and whether they were pre-paid or post-paid. The highest sales were recorded in Bombay followed by Vijayawada and Kanpur. Kerala ordered 200,000 tickets and returned them all unsold. A great setback. Nevertheless AICU made a net profit of Rs 300,000/- and the participating CAs would have made another Rs 200,000/-. Those were princely sums in 1989. More im-

portantly, the sales were duly audited and every single ticket accounted for. It was a win-win situation.

Another significant contribution of Menezes was to organize a National Convention of Catholics in Bombay in 1989. This again was with CBCI collaboration. He wanted to resurrect the statement of the "Church In India Seminar" of 1969 that had unequivocally stated that the AICU "as a representative organization, be strengthened and further developed at the parish, diocesan, regional and national level".

All India Catholic Union (AICU) celebrates its centenary in 2019

Laity Sunday was another innovative idea, to empower the laity. Menezes prevailed upon the CBCI to declare the feast of St Thomas More, an erudite layman, as Laity Sunday. This was duly followed for two years and then "the seed fell by the wayside".

As a former military man Menezes also believed in discipline. The Catholic Association of Bombay, besides court cases, seemed to be causing headaches for all concerned. Menezes took the unpleasant but bold step of derecognizing and disaffiliating the association. As a consequence the Bombay Catholic Sabha was formed. Later in my own tenure I had to take a similar step with the Madras association.

MY PRESIDENCYSHIP:

It would be a no-brainer to state that I knew my own tenure best. Perhaps because of my handling of the raffle and the National Convention, Menezes, having completed two terms, (he could have stayed on for a third) chose me as his successor. I was just 39, and a college drop out to boot; very different from an illustrious line of Chevaliers and Members of Parliament that had held this august office. Some veterans were aghast at how a commoner from the north could become the NP.

I will share a few thoughts on the circumstances in which I got elected. My children were small (son three years old) and I had just started a fledgling business. Could I assume such a responsibility that would entail constant

travel across the country? My wife was furious. I told George that if he wanted me to be the NP he would have to first convince my wife. Skilful communicator that he was, the rest is history.

I did not want to be elected on George's recommendation. I prepared my own Election Manifesto, perhaps the first of its kind, and circulated it to all the units. Prior to the elections we had a two-day renewal programme that George had asked me to organize. One of the resource persons was Rev Ed Daly SJ, known for adult catechesis. The other was Swami Amalorpavadas, the legend of lay empowerment. On the second day we were waiting for him. When he was two hours late Vellara panicked. Amalor was never late. Just then we got the news that while driving from his Mysore ashram to Bangalore he met with a fatal accident. A pall of gloom descended upon the gathering. The next day, when I got elected, was Pentecost Sunday. I believe that I was blessed by the Holy Spirit and Amalor's sacrificial blood. My election sent shivers down the spine of some bishops.

Abp Cacciavillan, the Papal Nuncio, had read my manifesto. When we met in Delhi a couple of months later, he called me aside and said, "Do what you want, but stay clear of the Rites issue". This is because in my manifesto I had said that the Rites issue should be restricted to Kerala and not "exported" to other parts of the country. With the benefit of hindsight I can now say that Cacciavillan's decision has opened up a Pandora's Box of division in the Catholic Church in India.

CHANGING GOALPOSTS:

In keeping with Menezes' vision, my first decision was to shift the office to Delhi. The Nuncio inaugurated it. Much as I highly respected Antony Vellara, the then Secretary General, whom I consider the greatest stalwart that the AICU has ever produced, I decided to appoint Victor Karunan, a veteran journalist based in Delhi itself, as the Secretary General. I requested Vellara to continue as the Treasurer. It was the greatness of the man that he acceded without demur. However, sometime later I had to revert to Vellara.

(To be contd...)

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

6941. MANGALORE : Mangalorean Roman Catholic Divorcee, (Born in November 1985), Ht. 5' 11", Wt. 80 kgs, Wheatish Complexion, Edn. B.E., working as IT/Software Developer. Contact email : rickson.philip@gmail.com

6940. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in November 1984), Ht. 5' 5", Wt. 73 kgs, Wheatish Complexion, Edn. SSC, working in **MAURITIUS** a Screen Printing Machine Operator in Textile Company. Contact email : ryanfernandes84@gmail.com OR 9819353213

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

6485. MUMBAI: North Indian R.C. Bachelor, (Born in October 1974), Ht. 5' 7", Wt. 75 kgs, Wheatish Complexion, Edn. B.Com., working for an MNC in Mumbai as Back Office Executive. Contact email : awr88@rediffmail.com

6228. MUMBAI : Mangalorean Roman Catholic Bachelor (Born in December 1972). Ht. 5' 8", Wt. 65 kgs., Wheatish Complexion, Edn. S.S.C. A/C Tech. Course, working as a A/C Technician in Voltas. Contact email : lawrencedias321@gmail.com / Mob: 8291056939

6172. MUMBAI : Goan Roman Catholic Bachelor, (Born in February 1978), Ht. 5' 9", Wt. 86 kgs, Wheatish Complexion, Edn. M.Com., Position : Financial Consultant. Seeks a alliance from RC graduate/pst graduate spinster. Contact email: raceangelreb@yahoo.in

6508. MUMBAI : Mangalorean Roman Catholic Bachelor (Born in October 1986), Ht. 5' 10", Wt. 80 kgs, Fair Complexion, Edn. B.E.. working as a Asst. Manager in German Company. Seeks a tall, well educated homely

Mangalorean girl. Contact email : colind.3010@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

6573. VALSAD : Goan / Mangalorean Roman Catholic Bachelor, (Born in February 1986), Ht. 5' 5", Wt. 68 kgs, Fair Complexion, Edn. B.E. Mechanical, working as a project engineer in **SAUDI ARABIA** seeks a well qualified girl from a good family background. Contact email : ian.roshan.dsouza@gmail.com

6664 MUMBAI : Mangalorean R.C. Bachelor (Born in December 1982) Ht. 5' 3", Wt. 68 kgs, Fair Complexion, Edn. B.Com., A.C.A., LLB., C.A. by Profession. Contact email: saldanha_ryan@yahoo.com OR 9820670158.

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

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

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

6708 USA : Mangalorean Handsome RC bachelor, (Born in October 1984), Ht. 5' 9", Wt. 72 kgs, Fair Complexion, Edn. M.S., working as a Software Engineer. Seeks a good looking, fair Mangalorean girl, working in America. Contact email : rodrigues.gracy61@gmail.com.

6507. MUMBAI : Mangalorean Roman Catholic Bachelor (Hearing Impaired) (Born in September 1989), Ht. 5' 9", Wt. 62 kgs, Fair Complexion,

Edn. HSC., Dip. in Computer Hardware. Working as a Cashier. Contact email :

clifford9948@gmail.com OR 9920331773

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**

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

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

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7077. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in March 1987), Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn. B.Com., working as a Manager. Contact email : leroy2266@gmail.com

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

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

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

dsouza_adrian@yahoo.co.in

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

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

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

7041. MUMBAI : Goan Roman

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

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

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

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

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

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

7032. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in November 1977), Ht. 5' 6", Wt. 72 kgs, Fair Complexion, Edn. Degree in Electronics and Telecommunications, working as Telecom Engineer. Contact email : franky54@rediffmail.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

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

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

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

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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7073. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in January 1982), 5' 3", Wt. 64 kgs, Wheatish Complexion, Edn. M. Pharm, Ph.D., Seeks a well settled qualified bachelor. Contact : email : apoline_ubi@yahoo.co.in

7072. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in April 1991), Ht. 4' 10", Wt. 60 kgs, Fair Complexion, Edn. Digital Media, working for Designing Firm. Contact email : aubreyds@gmail.com

7071. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in April 1983), Ht. 5' 3", Wt. 63 kgs, Fair Complexion, Edn.M.A. B.Ed., Teacher in Aided School. Contact email : marinamia44@gmail.com

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

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

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

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

6988. MUMBAI : Goan Roman Catholic Spinster, (Born in Septem-

ber 1992), Ht. 5', Wt.55 kgs, Wheatish Complexion, Edn. B.Com., Dip. in Finance, working, Contact email : pbttacaa@gmail.com

6972. M.P. : Roman Catholic Spinster, (Born in April 1986), Ht. 5' 2", Wt. 58 kgs, Wheatish Complexion, Edn. M.A., working as a Manager. Contact email : anitabilung@gmail.com

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

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

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

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

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

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

andrea-lobo786@gmail.com

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

olgapin123@gmail.com

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

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

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

saldanha.leena7@gmail.com

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

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Email : royalchristianfamily@gmail.com

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7076. MUMBAI : Goan Roman Catholic Spinster, (Born in May 1975), 5' 7", Wt. 55 kgs, Fair Complexion, Edn. B.Com., MBA., working as a Senior Executive. Contact email : tednvir@gmail.com

7075. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in December 1989), 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. Masters in Life Sciences, working as Gyneacology. Contact email : tyron.noronha@yahoo.com

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

7063. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in January 1993), Ht. 5' 2", Wt. 60 kgs, Wheatish Complexion, Edn. Intert CA. working as a Fiancee. Contact email : eshitapais@yahoo.co.in / paischarlie@yahoo.com

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

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

7044. DUBAI : Mangalorean Roman Catholic Spinster, (Born in February 1991), Ht. 5' 11", M.Com Finance & Accounts working in Dubai invite alli-

ance from well settled bachelors. Kindly reply with full details and photographs to email : waltercb@hotmail.com or whatsapp on 00971506245183

7043. MUMBAI : Mangalorean based in **DUBAI** Roman Catholic Spinster, (Born in October 1988), Ht. 5' 7", Graduate in Hospitality Management from Mumbai University working in **UAE** invite alliance from well settled Bachelors. Kindly reply with full details and photographs to email : udyavar99@hotmail.com OR Whats app 9930527227

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

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

6920. NEW DELHI : Goan Roman Catholic spinster, (Born in August 1992), Ht. 5' 3", Wt. 60 kgs, Wheatish Complexion, Edn. B.A., working as a Secretary. Contact email : jolenecrasto@gmail.com

6919. MANGALORE : Mangalorean Roman Catholic spinster, (Born in November 1987), Ht. 5' 8", Wt. 60 kgs, Fair Complexion, Edn. M.Com., BCA., Working as a Bank Manager. Contact email : joemaxrebel@gmail.com

6911. MUSCAT : Mangalorean Roman Catholic spinster, (Born in September 1993), Ht. 5' 2", Wt. 58 kgs, Fair Complexion, Edn. M.Com., working in **OMAN**. Contact email : fjmasc@gmail.com

6910. MUMBAI : Mangalorean Roman Catholic spinster, (Born in April 1987), Ht. 5', Wt. 57 kgs, Fair Complexion, Edn. MBA, working as a Business and Client management. Contact email : reena.alva@gmail.com

6908. MUMBAI : Mangalorean Roman Catholic spinster, (Born in July 1992), Ht. 5' 2", Wt. 53 kgs, Fair Complexion, Edn. B.Pharm + PGPBA.,

working as Sr. Executive in Pharma Packaging. Contact email : anaita.lobo@gmail.com

6907. MUMBAI : Mangalorean Roman Catholic spinster, (Born in May 1987), Ht. 5' 6", Wt. 70 kgs, Fair Complexion, Edn. B.Com., working for American Bank as a Bank Teller. Contact email :

carolp_1987@yahoo.co.in
6905. ABUDHABI : Mangalorean Roman Catholic spinster, (Born in July 1989), Ht. 5' 1", Wheatish Complexion, Edn. Master in Commerce (Finance), working as a Secretary cum Accountant. Contact email : steffifernandez798@gmail.com

6902. DUBAI : Goan Roman Catholic spinster, (Born in April 1975), Ht. 5' 7", Wt. 70 kgs, Wheatish Complexion, Edn. B.Com., working as a Secretary. Contact email : pepem25@rediffmail.com

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

6890. MUMBAI : Goan Roman Catholic Spinster, (Born in April 1985), Ht. 4' 10", Wt. 50 kgs, Wheatish Complexion, Edn. Graduate, working, Contact email : diniz_priyanka@yahoo.com

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

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

MATRIMONIAL

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

Address your replies to :

Regd. No. _____
ROYAL CHRISTIAN FAMILY,
99, Perin Nariman Street, 1st Floor,
Fort, Mumbai - 400 001.

Positive communication in marriage

MARRIAGE DEPENDS ON honesty, love affection and most importantly communication. Although a lot of people often neglect the latter, it's however, a significant component of satisfied married life

A healthy marriage is essential for a person's well-being, and that is why it's essential that you and your spouse are able to understand each other. Both verbal and nonverbal communication is necessary. You need to understand that the more honest connection you and your spouse have the more easily you'll be able to express yourself when interacting with each other. It's all about being positive in your communication skills. Both of you need to be honest and focus on what makes your life better together. Below are some ways you can include positive communication in your marriage.

Encourage each other in little ways :

You must understand that for a healthy relationship it's essential that you encourage each other rather than criticise one another every chance you get. This particular form of positive communication requires you to carry out the following habits: being gentle with each other, listening to each other attentively and validating each other. By encouraging one another, you can grow your relationship successfully.

Let them know that they matter :

You need to let your partner know that their opinions and feelings matter to you. Make sure, that when you talk with your partner, you make eye contact with them to let

them know that you value their feelings and their thoughts. Pay attention when your spouse is talking with you and listen to them in such a way to let them know that they are being heard. You can show your attention by leaving whatever you were doing to focus on what they have to say. Or you can show your attentiveness by repeating what your partner said in your own words to show that you understand what they had to tell you. Let your spouse know that he or she matters to you. When discussing something try replacing negative words with positive ones instead.

Learn to appreciate your spouse :

Let your partner know that you do notice their contributions and you do ap-

preciate them for doing what they do. Let them know you don't take them for granted. Show your concern and love for them. You can also do their share of the work around the house as well. Just find a way to let them know you're there. In short, make sure that you listen actively, empathize with each other, and appreciate what your spouse does for you.

Understand each other's body language :

Notice their body language, their tone, see if your partner is making eye contact with you or not. If you notice that your partner seems a bit uncomfortable or vulnerable, then be more attentive towards them. Don't be too harsh or forceful though. Instead, you should focus on letting them know that you are there for them if they need it.

1st Death Anniversary of

ಪಯ್ಯಾ ವರಾಚೊ ಉಡಾಸ್

Mrs. Celestine Menezes
Born : 24th May 1935
Died : 12th August 2018



ಶ್ರೀಮತಿ ಸಿಲ್ವಿನಾ ಮಿನೇಜಸ್

ಜನನ : 24 ಮೇ 1935

ಮರಣ : 12 ಅಗೋಸ್ಟ್ 2018

There is always's a face before us
A VOICE we would love to hear
A SMILE we will always's remember
Of a Mother we love so dear
DEEP in our heart's lies a PICTURE.

More PRECIOUS than Silver and Gold
It's a picture of Our Dearest mother
Whose memory will never grow old.

1st Death Anniversary Mass
at St. Marys Church, Dubai
on 9th August, at 9.00 a.m.

ಮಾಮ್ಮಿ ಮ್ಹಣ್ ಆಪಯ್ತಾನಾ
ಓ, ಮ್ಹಣ್ಣೊ ತಾಳೊ ಆಯ್ತಾನಾ
ಫರ್ ಆಮ್ಚೆಂ ರಿತೆ ಜಾಲಾಂ
ಮಾಮ್ಮಿ ತುಂ ಆಮ್ಚೆ ಸಂಗಿಂ ನಾಸ್ತಾನಾ.

ದೀಸ್ ಧಾಂವ್ಲೆ ಹವ್ಲೆ ಉಬ್ಲೆ,
ಮಹಿನೆ ಗೆಲೆ ವರಸ್ ಸಂವ್ಲೆಂ
ತುಕಾ ನಿಯಾಳ್ತಾನಾ ಕಾಳಿಜ್ ಲಾಸ್ತಾ
ಮಾಮ್ಮಿ ತುಂ ಆಮ್ಚೆ ಸಂಗಿಂಚ್ ಆಸಾಯ್ ಮ್ಹಣ್ ಭೊಗ್ತಾ.

ಮಾಮ್ಮಿಚ್ಯಾ ಅತ್ಮ್ಯಾಕ್ ಶಾಂತಿ ಮೆಳ್ಳೆ ಪಾಸ್ತತ್ ವರಾಚಿಂ ಮೀಸ್
ಅಗೋಸ್ಟ್ 9 ತಾರಿಕೆರ್ ಸಕಾಳಿಂ 9 ವರಾರ್ ದುಬಾಯ್

ಸೈಂಟ್ ಮೆರಿಸ್ ಇಗರ್ಜೆಂತ್ ದವರ್ಲಾಂ.

Mass offered by Alban, Helen,
Allwyn Menezes and
Mischelle Soares and fly.

ಮೀಸ್ ಭೆಟಯ್ತಾತ್ : ಆಲ್ಬನ್, ಹೆಲೆನ್,
ಆಲ್ವಿನ್ ಮಿನೇಜಸ್ ಆನಿ
ಮಿಶೆಲ್ ಸುವಾರಿಸ್ ಆನಿ ಕುಟಾಮ್

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