

THE SECULAR CITIZEN

Vol.28 Issue No.45 □ (Total Pages 24) □ Mumbai, 4 - 10 Nov., 2019 □ Rs. 10

A NATIONAL FAMILY WEEKLY

Secret To Changing The World

The world needs changing in all sorts of urgent ways: the great question is how to do it. We all hold the capacity to change the world; but what does this really mean?

Read on pg.19



Mother Nympha - UFS Heritage



—Ivan Saldanha-Shet.

Mangalore's mother church is Rosario Cathedral in the ancient part of the city known as Bolar. The origin of this early church progressively in the area can be traced back to the Portuguese from early 1500s. The first resident

New Elected Office Bearers of Bombay Catholic Sabha



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Parish Priest (1879 to 1888 AD) was Rev.Fr.Urban Stien SJ, a German of Cologne/Koln - he is recognised as the official founder of what is now the great and vast congregation of indigenous Mangalore nuns, officially called 'Ursuline Franciscan Sisters' (UFS), of whom Mother Nympha Fernandez is the pioneer. Fr.Urban Stien, died at the early age of 43 years on November 21, 1888, leaving the leadership of 'Ursulines' to Sr.Nympha Fernandez, whose family hails from Rosario Cathedral vicinity. Nympha, as per latest research by the UFS congregation has found was born:October 9, 1850 and died February 24, 1909. Thus 2019 accounts for her 170th Birth anniversary and 110th death anniversary.

The surroundings of Rosario very near 'Bunder', the main sea port of early Mangalore, still a great fishing port. Mother Nympha's own efforts established the very first house of in 1901, right next door to the Rosario cathedral, a mud walled structure with a roof of Mangalore tiles, as were most buildings of the time.

The 'UFS Heritage' - an articulated museum, that is so brilliantly created by the able UFS sisters at the "Foundation House" at St.Ursula's Convent campus, Bolar on the fringe of Bunder, beside the Rosario Cathedral is set to be a treasure house of history and memorial. The premier establishment of the UFS congregation is a virtual real voyage of God since 1887. When 'the first pious band of

twelve' "the Ursula's Company" who worked from boats on the river along the Arabian Sea coast, as depicted in the facade piece now. A lasting memorial of all the factual history indicates that Mother Nympha still rides the waves and still cares for all. With the fact that 'Nothing is a chance, all is Supreme design' the UFS sails on. the revised birthday of October 9, at this juncture is significant.

Later, the UFS congregation accepted Franciscan way of life, pointed out by the Capuchin Friars. Thus the services of the 'Ursuline Franciscan Congregation' became spiritually deep, wide-spread, sailing smoothly forward in diversified directions, with the motto "For the Love of God" with synergy and choice blessings and the leadership of inspired individuals, by the power of the Lord. Today they are spread out intensely not only in South India, but in the North, North East and Europe and Africa.

In Konkan the UFS have convents and institutions, in Mumbai/Bombay Archdiocese namely at Powai and Pokhran, UFS

Sisters are involved in Education and Pastoral apostolate. There is one convent in Vasai Archdiocese where Sisters are involved in Education apostolate mainly. There is also one house under Mumbai/Bombay Archdiocese for the purpose of transit, and here too Sisters teach in the school and one Sister works in the Parish office and for SCC; so in this region too they are very active in various ways and appreciated by all people.



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Subscriptions Rate:

One year (anywhere in India) Rs. 500

Two years (anywhere in India) Rs.1000

Five years (anywhere in India) Rs. 2000

One year (outside India) Rs. 3500

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18 x 6cms Rs. 1800 ● 6 x 12cms Rs. 1200

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Matrimonial Classifieds:

● Rs. 500 per insertion (for 35 words) (includes box no.)

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Do Christian missionaries pose a Conversion Threat in today's India?

By Don Aguiar

Before I progress into this article, I'll relate an anecdote that would make you the people decide – Do Christian Missionaries pose a Conversion Threat in today's India?

I spend 4–5 months a year in the country side in Raigad, Maharashtra over-seeing my plantations where I also own a bungalow.

A year ago my cook-cum-caretaker came to me to say he'd absent himself the next day because he had a severe toothache and he needed to have a tooth pulled out. To me it sounded like a guy cutting off his head to cure his headache. So I told him, "Hang on, before a plumber with a plier pulls out your tooth, let me take you to the Convent Hospital."

Next morning at 8.30 a. m, we reached the Convent Hospital, and I saw the hospital's dental section which was spotlessly clean. A lady dentist was on duty, she quickly attended to my cook, asked him to return every day for three days, and he got OK. My total expense: Rs 50 for an Admission Card plus the cost of some medicines the doctor prescribed, medicines I bought from the hospital pharmacy.

This Raigad hospital was set up by the hospital trust run by the Catholic Sisters, and it's the first and only destination for anybody who falls ill here. Most of its doctors are Christians, but the Maharashtrian patients are all Hindus. Because Maharashtra has ten Christians for one thousand Hindus, according to India's last population census in 2011.

But go anywhere in India and it is India's Christians who run the best schools, the best colleges, the best charity hospitals, the best orphanages, the best old-age homes, the best homes for destitute, the best homes for leprosy patients.

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And what do the Christians get in return? Abuse from Modi's BJP goons who accuse Christians of converting innocent Hindus to Christianity.

The truth is exactly the reverse. Far from Christian numbers going up in India, the population growth of India's Christians has FALLEN. Their population growth fell from 2.44 % to 2.30 % between the 2011 census and the earlier one in 2001. But go anywhere in India and BJP goons talk of a huge international conspiracy to seduce an innocent Hindu India into embracing Christianity.

BUT - the BJP follows Goebbels philosophy, Goebbels having been Adolf Hitler's propaganda chief who said if an untruth is repeated a hundred times, it begins to be accepted as a truth. And as is known to all that suppressing criticism or the truth is a sure fire recipe for mistakes, if in authority you do not tolerate criticism or accept the truth. As it is only criticism and accepting the truth that prompts one to take a course correction.

If every critic gets a phone call asking them to back off, or gets targeted by a troll army, many will tone down their criticism and the BJP will get their requirement to follow Goebbels philosophy. You will then live in a pleasant make-believe environment until the harsh truth can no longer be denied, People in authority, have to tolerate criticism and accept the truth.

What does Hindu fundamentalism

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have against Christianity?

Answer: its origin.

Christianity's a religion alien to India because it was born outside India. **So goes orthodox Hindu thought first voiced by the original Hindu ideologue Veer Savarkar.**

But East Asia and South Asia contain millions of practising Buddhists. They don't see Buddhism as an alien religion because it was born in India. Why do we?

Here lies the obtuseness of Hindu fundamentalism. And its stubbornness. It adopts a silly notion and embraces it like a new Mother embracing her newborn baby. The silly notion being that a religion originating outside India should not exist here.

By that logic Christian Europeans should not be Christian because Christianity was born in the Middle East, in Jerusalem where Jesus Christ was born. Nor should Indonesians be Muslim because Islam was born far away from Indonesia in the Arabian Peninsula.

The BJP belief about Christians converting India's Hindus to Christianity is a shibboleth. Which means an

outdated unfounded belief shared by a particular social group. A belief not grounded in reality.

Undoubtedly, some of the criticism, including in the press, is ill-informed, motivated, and descends into ad-hominem personal attacks. However, the government is aware that suppressing criticism is a sure fire recipe for policy mistakes but looks the other side in order to promote its ideology. Constant criticism allows period course correction. If they suppress criticism they do themselves as well as the Constitution of India a gross disservice.

See the facts on Christianity "spreading" in India. Christians form only 2 % of India's population. Meaning we have two Christians for 80 Hindus. This after 200 years of Britishers ruling us. If Christian Britishers couldn't erode Hindu numbers in India, why would Hindu numbers erode under Hindu rulers after 1947?

Contrast the silliness of India with say, a First World society like South Korea, a rich winner nation. South Korea is a part of a Buddhist-Confucian culture but see its startling religious transformation in the last 200 years. Of the South Koreans who say they have a religion, 63 % say they are Christians, says the South Korean government's website. But South Koreans don't imagine dark international conspiracies to seduce a Buddhist-Confucian nation into adopting Christianity.

The African continent is 45 % Christian after just 100 years of European colonial rule. While we are 2% Christian after 200 years of British rule. But Africans don't complain of Christians seducing Africans away from their pre-Christian past.

If the BJP government is serious about upholding the Constitution and encouraging secularism they should rid themselves of this Hindu fundamentalist nonsense as Hindus being converted to Christianity is false and so is the orthodox Hindu thought first voiced by the original Hindu ideologue Veer Savarkar.

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deed might be fully blotted out... Thus made atonement for the dead that they might be free from sin."

—Jubel D’Cruz,
Mumbai

Maharashtra state elections – promises to keep!

The state elections are over. The results are out, the people have supposedly spoken. They have given their verdict. Now what is in store for us? With a reduced mandate, the NDA is definitely going to find it a lot more difficult to run the government. **Be that as it may, there were a couple of issues before the electorate during the run-up to the recent elections, viz. the destruction at Aarey, which I would prefer to call “the massacre at Aarey” & the PMB Bank scam due to which, a large number of people are suffering. and has claimed several lives.**

Newspaper reports say these two issues failed to impact the ruling party’s fortunes. Such graves issues should have been good enough to put them on the mat, but the elections results tell a different story. This is indeed intriguing. Be that as it may, one of the NDA parties during their election campaign, had announced, rather promised, that if voted back to power, they would declare Aarey a Forest. That must have definitely sounded like a joke – declaring Aarey a forest after more than 2000 trees had been axed, like a forest without trees! **Nevertheless, now that the party is back in power, they have promises to keep. Will they ‘walk the talk? Not just declare Aarey a forest, but stop all further constructions at Aarey, including scrapping the Metro car shed. That seems a far cry!**

—Melville X. D’Souza
- Orlem, Malad West

Church annulments no longer legal

Over the years, several questions were being raised in Church circles as to why, even after liberation, Catholics in Goa continued to enjoy special privileges under the antiquated Portuguese Civil laws which allowed married couples to obtain a nullity of marriage by the Patriarchal tribunal of Goa and get their marriage subsequently cancelled in the Register of the Civil registrar, without having to go the civil court for divorce. The recent abrogation of the special privileges article 19 by the High court of Bombay in Goa is a welcome step fulfilling a long-felt need of the community for a uniform code of practice ----a classic example of ‘rendering to Caesar and to God what belongs to Caesar and to God what belongs to God’ (Mat. 22: 21). In addition to a church annulment, Catholics in Goa will now have get a divorce from the civil court as well. Earlier, those with church annulment only, ran the risk of being prosecuted under the Indian Penal Code for bigamy after their second church marriage. The church however will continue to grant annulments in accordance with Canon law, only after being satisfied that some essential elements for a valid sacramental marriage are found missing. Such a marriage consequently, is deemed to be a marriage that never happened.

—A. F. Nazareth
Alto Porvorim

All Souls’ Day

All Souls' Day which is celebrated by the Catholic Church on November 2 ever year is a Christian festival that honours all Christian souls who have

died.

Many people visit the cemetery and decorate the graves of their loved ones. Special Masses are celebrated in cemeteries and in churches on that day.

Catholics on this day remember and pray for the souls of people who have died and who are in Purgatory – the place in which those who have died atone for their sins before being granted the vision of God in heaven.

The thought behind this is that when a soul leaves the body of the dead person, it is not entirely cleansed from venial sins.

But, through the power of prayer, the people on earth can help these souls gain heavenly vision they seek. At each one's home, a special rosary is recited to remember and pray for the souls of their family members, friends, etc.

According to Catholic belief, the soul of a person who dies can go to one of three places. The first is heaven, where a person who dies in a state of perfect grace and communion with God goes. The second is hell, where those who die in a state of mortal sin are naturally condemned by their choice. The intermediate option is purgatory, which is thought to be where most people, free of mortal sin, but still in a state of lesser (venial) sin, must go.

Purgatory is necessary so that souls can be cleansed and perfected before they enter into heaven. There is scriptural basis for this belief. The primary reference is in 2 Maccabees, 12:26 and 12:32. "Turning to supplication, they prayed that the sinful

Do I Believe In Miracles?

Miracles are back in the news after the recent canonization of Sr Mariam Theresia of Kerala. Opinions vary. Some question the importance or relevance of miracles in the canonization process. Rationalists question the very existence of miracles. Dr Sulphi Noohu, Secretary of the Indian Medical Association, Kerala, seeks to question the doctor that certified the miracle, to ascertain whether his act went against medical ethics.

He has been roundly abused by some “holier than thou” Catholics, for even daring to question a miracle or the acts of the “Holy Catholic Church”. Others have gone to the extent of accusing the doctor of questioning the divinity of Jesus, who performed numerous miracles.

So do I believe in miracles? I will avoid the Yes/No binary, and try to throw a little light on how miracles are perceived in both the Old Testament (OT) and the New Testament (NT). I begin with the dictionary meaning of miracle. It is “a marvellous event attributed to a supernatural cause, or any amazing or wonderful event”. When we refer to the miracles of Jesus, or something used as evidence in a canonization, we refer to the first meaning – a su-

pernatural cause, with the miraculous event being the effect.

Here again the word supernatural would be open to interpretation. However, it is commonly believed to be an event that is not against the laws of nature, but one that transcends or surpasses them. How many miracles did Jesus perform? Was he a miracle worker? What was the purpose or message of his miracles?

From what is expressly recorded in the NT Jesus performed 37 miracles, beginning with the wedding feast of Cana (cf Jn 2:1ff) and ending with the catch of 153 fish after the Resurrection (cf Jn 21:1ff). In Jesus’ public life of three years (36 months) he performed 37 miracles, averaging one a month. So was this central to his mission or what the evangelists wanted to record for posterity about Jesus?



by chhotebhai *

Why didn’t he perform more miracles to conclusively prove that he was the Son of God? We are now treading on thin ice. I am using the word “perform” for want of a better English word. But Jesus was no performer, actor or event manager. He detested the arc lights. He did not seek to draw attention to himself, nor did he claim to be the Son of God. He wanted people to gradually discover that, just as he himself “grew both in body and in wisdom, gaining favour with God and men” (Lk 2:52). The NT records that he referred to himself as the Son of Man 82 times, a term that loosely translates to the common man or the au currant aam aadmi.

When people ran after Jesus hoping to see more miracles, he withdrew from their midst (cf Lk 15:16). Ironically, it was the forces of evil that repeatedly sought to portray him as a mira-

cle worker and the Son of God. This temptation to “prove” that he was the Son of God began in the desert (cf Lk 4:10) and was also his last temptation on the cross (cf Lk 23:39). This raises a fundamental question. If Jesus did not use miracles as “proof”, then why does the Catholic Church today seek such miraculous proof for declaring a person a saint?

Let us delve deeper into Jesus’ miracles. Of the 37, 9, or 25% of them were related to natural phenomena like – turning water into wine, feeding five thousand, walking on the water, calming the storm, and the only negative one of cursing the barren fig tree that withered and died. The remaining miracles were what may be described as healings – curing people from blindness, leprosy, demonic possession, haemorrhage, or raising them from the dead. Here again we find that Jesus did not organize healing campaigns or events, the way some evangelists do today. Instead, he responded to actual requests (intercessions) made to him. His miracles were humane and spontaneous responses to people’s pain and anguish.

Jesus was a compassionate existentialist, not a stage performer. His invitations were of a more subtle kind, “Come to me and I will give you rest” (Mat 11:28); “I am the way, the truth and the life” (Jn 14:6). He called himself the good shepherd or the vine dresser (cf Jn 10:1ff, 15:1ff). For him the message was central, the miracles were incidental. That is why even after a miraculous event he would strictly admonish the beneficiaries to not tell anyone about it (cf Mk 5:43).

That would have been counter-witnessing, and counter-productive to the centrality of his mission revealed to him by his Father; that he had to die and rise again to once and for all

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defeat sin and death, and open the doors to the kingdom (cf 1 Cor 15:54-57).

Most of us Christians take it for granted that Jesus is the Son of God, without going through his earthly pilgrimage, and actually walking in his footsteps. So we end up disillusioned at the lack of miraculous events, or living in a fool's paradise. We then blame God for all that goes wrong in our lives, or in nature; assuming the role of the thief on the cross challenging Jesus, "If you are the Son of God, save yourself and save us too" (cf Lk 23:39). Would that we were a little more circumspect and not simplistic in our Christian faith and praxis.

The Dictionary of the Bible by Rev J McKenzie SJ sheds more light on miracles in both the OT and NT (pgs 578 – 580). It says that modern theology defines a miracle as a phenomenon in nature that transcends the capacity of natural causes to such a degree that it must be attributed to the direct intervention of God. This definition presupposes a conception of nature and constant natural laws. However, scientists themselves are now much more hesitant in affirming the constancy of action and the fixity of natural principles. In fact nano scientists and astro physicists like Stephen Hawking actually talk of the Uncertainty Principle in science.

However, in the OT, Nature was not conceived as a unified system. Rather Yahweh is seen as one who punishes rebellious man through the instrumentality of nature. Nature is personalised, hence exhibits the unpredictability that we attribute to personal things. It is also usually impossible to determine exactly what happened because "the narrative reflects the impressions of unskilled and excited observers". Hebrew has no word for nature, so it has no word that corresponds to miracle either!

Likewise, the NT, written after the birth of Greek philosophical and scientific

speculation, shows little or no conception of nature as a systematic unity, governed by fixed principles and laws of cause and effect. The Greek word used for miracle is *dynamis*, which means power; though sometimes *semeion* (sign) or *teras* (portent) are also used. *Semeion* does not mean miracle, but rather a manifestation of divine intervention.

But power is something that flows out of Jesus when in contact with him (cf Mk 5:30). This power is communicated to his apostles (Lk 9:1). It now vests in the Church. Interestingly, while the NT has only one negative manifestation of power, the curse of the fig tree (cf Mat 21:18-22), the apocryphal gospels abound in "offensively cruel miracles". This is in contrast to the Acts of the Apostles that portrayed Jesus as one who went about doing good (cf Acts 10:38). Finally, his miraculous power is seen "as a complete gift and of un-mixed benevolence; it works entirely outward and draws nothing to itself".

In 1973 the Jackson Sisters sang "I Believe in Miracles". Another singer, Sinitta, hit back by singing "I Don't Believe in Miracles", while evangelist Kathryn Kuhlman wrote a book "I Believe in Miracles". Where do I stand? Do I believe in miracles? I have experienced the power of God, signs, portents and wonders several times in my life. I may write about them someday. For now I will simply say a big YES, like Mother Mary. Yes, I do believe in miracles as recorded in the NT and explained to us by learned exegetes.

However, I am distinctly uncomfortable with evangelists organizing healing campaigns to induce people into accepting Christianity. I also feel that in today's scientifically and communications advanced world, the need for miracles in the process of canonization is redundant, obsolete and infructuous.

** The writer is the Convenor of the Indian Catholic Forum, and advisor to Catholic Church Reform International*

Turn yourself into an expert negotiator



Successful negotiation involves good interpersonal and communication skills, used together to bring a desired result. In fact, negotiation is one of the main qualities employers look for when recruiting staff nowadays. This is because a good negotiator can close the best deals, leading to the key skills for successful negotiation.

- Firstly, make sure to have all the information that you can about the forthcoming negotiation. Secondly, you need know about the product or service, and the person with whom you will be negotiating. You obtain this information by choosing good questions to ask that are well thought out. Remember that the power is always on the side of the person with the best information.
- Good negotiators are normally very patient.
- Skilled negotiators must be able to communicate clearly and efficiently to the other party during the negotiation. During a bargaining meeting, an effective negotiator must have skills and tact to clearly point out his desired outcome as well as his logical perception.
- Negotiators have the ability to listen attentively to the other party during the conversation. An experienced negotiator will spend more time listening to the other party and find clues for further debate.

Saint John Henry Newman

“The Christian has a deep, silent, hidden peace, which the world sees not... The Christian is cheerful, easy, kind, gentle, courteous, candid, unassuming; has no pretence... with so little that is unusual or striking in his bearing, that he may easily be taken at first sight for an ordinary man” (*Parochial and Plain Sermons*, V, 5). This is how John Henry Newman (who was beatified by Pope Benedict XVI on 19 September during his 2010 UK visit, with the date of his conversion, 9 October, set for his feast) described the holiness of daily life said Pope Francis in his Homily at the Mass for the canonization of the revered Cardinal on Sunday 13 October 2019.

High and holy in humility

Newman's holiness was evident all through a life committed to the search for truth. Born on 21 February 1801 the eldest of three sons and three daughters to Anglican parents, John and Jemima in London, Saint Newman commenced his career as an Anglican clergyman with his Diaconal Ordination on 13 June 1824. Significantly, he listened to the voice of his conscience and followed its demands. He was eventually created Cardinal by Pope Leo XIII on 12 May 1879, in recognition of his services to the cause of the Catholic Church in England, an honour he accepted on the condition that the Church refrain from having him consecrated bishop!

From Oxford experience...

Notably, the high point of Newman's meteoric rise as an Anglican was his influential role in the Oxford Movement that began on 14 July 1833 with a sermon on "National Apostasy" by John Keble, in an effort to return to the foundations of the Faith, i.e. the sacraments and liturgical rituals from before the English Reformation, episcopal governance, and apostolic

succession, affirming unequivocally the Church's status as the *via media*, the middle ground between Roman Catholicism's supposedly unfounded claims to authority and infallibility and the equally unfounded emphasis of the opposing group, the 'Dissenters', on spiritual liberty and personal judgement. Any wonder then that he also rediscovered an understanding of the Church as the "Mystical Body of Christ," more than a century before Pope Pius XII's encyclical *Mystici Corporis Christi* (1943), and 130 years before Vatican II! That in everything he drew from the richness of his own spiritual experience is what gives him great authenticity.



by Ladislaus L D'Souza

As for the Movement itself, it was, as Richard William Church opines, Keble who inspired, Froude who gave the impetus, and Newman who took up the work, though its birth *per se* owes itself to Hugh James Rose, editor of the *British Magazine*, who was styled the Cambridge originator of the Oxford Movement! Rose is said to have met Oxford Movement figures when, on a visit to Oxford, looking for magazine contributors, it was at his rectory at Hadleigh, Suffolk, that a meeting of High Church clergy took place. Newman wasn't present, but Hurrell Froude, Arthur Philip Perceval, and William Palmer were visiting Rose; at this meet it was resolved to fight for the concept of apostolical succession and the integrity of the Prayer Book.

As primary spokesman, Newman promoted the Movement's doctrinal and moral concerns through his editorship of the *British Critic* and his contributions to *Tracts for the Times*, apart from his weekly sermons. However,



his 1839 study of the Monophysites convinced him beyond all doubt that Rome, not Canterbury, was the home of the true Church, a view that he expressed candidly in *Tract Ninety*, arguing that the *Thirty-Nine Articles*, the Anglican doctrinal statement could be interpreted in a way that clearly supported Roman Catholic doctrine. The censure of the Tract on 15 March 1841 proved a severe blow to the Oxford Movement on the one hand and, on the other, led to Newman's rapid withdrawal from Anglican life in 1842.

...to monastic experience

The earliest to share his semi-monastic life at Littlemore was John Dobree Dalgairns, followed by William Lockhart and Ambrose Saint John [1843], Frederick Oakeley and Albany James Christie [1845]. Situated in adapted buildings in what is now College Lane, Littlemore, opposite the inn, including stables and a granary for stage coaches, this "Anglican Monastery" attracted much publicity and curiosity in Oxford, while Newman himself called it "the house of the Blessed Virgin Mary at Littlemore" (now Newman College). Some Newman fans wrote about English saints, while Newman himself worked to complete an Essay on the development of doctrine which, interestingly, he published

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anonymously in February 1843, as an advertisement in the *Oxford Conservative Journal*, formally retracting all of his hitherto harsh utterances against Roman Catholicism. Subsequently, Newman preached his last Anglican sermon on "The Parting of friends" at Littlemore, on 25 September and, resigning from Saint Mary's, left Littlemore only after his own formal entry into the Catholic Church on 9 October 1845. Considered a scandal at the time, the move cost him dear, family and friends alike.

In February 1846, Newman shifted to Oscott, the place of residence of Nicholas Wiseman, then vicar-apostolic of the Midland district; in October he went to Rome, where he was ordained priest by Cardinal Giacomo Filippo Fransoni and awarded the degree of Doctor of Divinity by Pope Pius IX. At the close of 1847, Newman returned to England as an Oratorian and resided periodically at various places, until finally settling down at Edgbaston.

The Light led him on...

Received into the Church by the Italian Passionist, Blessed Dominic Barberi, "when the need for conversion was developing in him as fidelity to the truth" (*Maurizio Fontana, L'Osservatore Romano, n 30, 26 July 2019*), Newman, who significantly described the Roman Catholic Church as "the One Fold of Christ", was instrumental in establishing the Oratory of Saint Philip Neri near Birmingham in 1848 and the creation of the Catholic University of Ireland whose Rectorship he held from 1854 to 1858. His major contribution to Catholic writings included a new edition of his Anglican discourses titled *Parochial and Plain Sermons* (1868); a collection of the inaugural lectures for the Catholic University and other academic essays in *The Idea of University* (1852); a treatise on the philosophy of religion: *An Essay in Aid of a Grammar of Assent* (1870); and his classic spiritual autobiographical work *Apologia Pro Vita Sua* (1864). Of all his writings, howev-

er, the most prominent is "Lead kindly light" which he penned in 1833.

Doctor amicitiae!

Newman, though only a few years younger than Keats and Shelley, belonged to the Romantic mould that had Englishmen weep freely in moments of emotion, living on into the age of the stiff upper lip, whereby later generations, hearing of his tears at his mother's grave or at the funerals of old friends such as Henry Wilberforce, considered him sensitive and melancholic. Incidentally, Newman's celibacy (embraced by him at age 15) also contributed negatively to his character, exponents of Muscular Christianity like Charles Kingsley considering celibacy as synonymous with unmanliness.

Although Newman's deepest relationships were with men like Richard Hurrell Froude, Ambrose Saint John and others, his friendships with women were legendary too; one of the most important was with Maria Giberne, a noted beauty who, described even at fifty by an admirer as "the handsomest woman I ever saw in my life", knew him since his youth, and followed him into the Catholic Church. While Newman had a photographic portrait of her in his room, a gifted amateur artist, was known to have painted many portraits of Newman at various periods of time, as well as several of the pictures hanging in the Birmingham Oratory. When Emily Bowles, who first met Newman at Littlemore and was the recipient of some of his most outspoken letters, visited him at the oratory in 1861, it is said that the brightness that lit up his worn face as he received her at the door, carrying in several packages himself was unbelievable!

His health taking a downturn in the latter half of 1886, he celebrated his last Mass at Christmas 1889 before finally succumbing to pneumonia on 11 August 1890 at the Birmingham Oratory as Protodeacon of the Holy Roman Catholic Church. As desired by him, his mortal remains were laid to rest alongside those of his lifelong friend, Father Ambrose Saint John in the

cemetery at Rednal Hill, Birmingham. The pall over the coffin bore his Cardinalatial motto, *Cor ad cor loquitur* ("Heart speaks to heart"), which William Barry traced in the *Catholic Encyclopaedia* (1913) to Saint Francis de Sales and saw as revealing the secret of Newman's "eloquence, unaffected, graceful, tender, and penetrating." Ambrose and Newman had embraced the Catholic Faith at around the same time and have a joint memorial stone inscribed with the motto chosen by Newman, *Ex umbris et imaginibus in veritatem* ("Out of shadows and phantasms into the truth") which Barry traces to Plato's allegory of the cave.

When, in 2008, the Vatican ordered the removal of Newman's remains to the Birmingham Oratory in preparation for his possible canonization, gay rights activists within the Church speculated that the move was prompted by an embarrassment at the relationship between Newman and Ambrose. Of course, historians and scholars of the time consider the speculation as a misunderstanding of the very nature of their friendship.

For Newman, friendship implied an intimation of a greater love, a foretaste of Heaven, a relationship in which two intimate friends gain a glimpse of the life that awaits them in God. Not for nothing then does Juan R. Vélez write that someday Newman "may well earn a new title, that of *Doctor amicitiae*, i.e., 'Doctor of the Church on Friendship'!

(Contd.. on p. 10)

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(Contd.. from p. 9)

Blessed are the poor in spirit....

Blessed James Alberione, the Founder of the Pauline Family and initiator of the Pauline Media Apostolate, states: "To radically change our way of thinking, living and dying was the marvelous reversal desired and achieved by Jesus Christ. This is especially evident in the Beatitudes." That Newman demonstrated this radicality in his own life, is confirmed by the Oratorian of repute, Father Keith Beaumont, honorary president of the Francophone Association of Friends of John Henry Newman and author of several books on him. Commenting on Newman's spirituality being accessible to all, he is said to have told *La Croix* that "Newman fully deserves to be recognized as a saint - not only for his life, but also as a thinker, writer and spiritual guide. In canonizing him, the Church is proposing his teaching as a model, a necessary step for him to be declared a doctor of the Church..." For him, only the Holy Spirit, working in each of us, could make us holy if we wanted to let ourselves be transformed and sanctified. Remarkable for the breadth of his human sympathy (apparently influenced by the Beatitudes), he is said to have diligently and sympathetically pastored a poor urban parish. In death, as in life, countless people have claimed to have been helped by his witness and his writings, his care for God's people continuing, as evidenced by the miracles linked to his intercession.

The fifth Londoner saint after Thomas Becket (canonized 1173), Thomas More (1935), Edmund Campion (1970) and Polydore Plasden (1970), Newman was a visionary of sorts whose his ideas were felt in the areas

of ecclesiology, conscience, religious freedom and the role of the laity – all concepts predating Vatican II!

Promoter of lay involvement

At a time when anti-Catholic sentiment ran high ever since the sixteenth-century Protestant Reformation, Pope Pius IX, through his bull, *Universalis Ecclesiae*, re-established the Catholic diocesan hierarchy in England on 29 September 1850, creating new Episcopal sees, with Cardinal Nicholas Wiseman as the first Archbishop of Westminster. Seizing the occasion, Newman showed acute keenness in having lay people in the forefront of any public apologetics, insisting that Catholics should "make the excuse of this persecution for getting up a great organization, going round the towns giving lectures, or making speeches." He supported John Capes in his effort at organizing public lectures in February 1851. Due to ill-health, however, Capes had to discontinue the exercise midway.

For his part, Newman took the initiative and booked the Birmingham Corn Exchange for a series of public lectures On the Present Position of Catholics in England from 30 June to 1 September 1851. These nine lectures, delivered weekly with a popular tone, and with cheap off-prints provided to the attendees, covered the following topics with depth and conviction: 1) *Protestant view of the Catholic Church*; 2) *Tradition the sustaining power of the Protestant view*; 3) *Fable the basis of the Protestant view*; 4) *True testimony insufficient for the Protestant view*; 5) *Logical inconsistency of the Protestant view*; 6) *Prejudice the life of the Protestant view*; 7) *Assumed principles of the intellectual ground of the Protestant view*; 8) *Ignorance concerning Catholics the protection of the Protestant view*; & 9) *Duties of Catholics towards the Protestant view* which, forming the nine chapters of his published book, Andrew Nash described as the first of their kind in English literature, "an analysis of this [anti-Catholic] ideology, satirizing it, demonstrating the false traditions on which it was based and advising Catholics how they should respond to

it."

Issue of Papal Infallibility

While Newman declared unequivocal belief in and acceptance of the Doctrine of Papal Infallibility, he made no bones about his unease with its definition at the time of the First Vatican Council (1869–1870); considering the time as 'inopportune', he denounced those insolently and aggressively pushing the matter forward. In a surreptitiously published private letter to his bishop, William Bernard Ullathorne, he showed no sign of disapproval when the doctrine was finally defined, but made it known that he strongly advocated the "principle of minimizing" and favoured limiting the number of papal declarations within the ambit of the doctrine.

The Cardinalate & Sainthood - a vindication of his work

Elected an 'honorary fellow' in 1878 by his old college, Newman revisited Oxford after an interval of thirty-two years, significantly on the very day Pope Pius IX who had mistrusted him died. Pius IX's successor, Pope Leo XIII, however, encouraged by the Duke of Norfolk and other English Catholic figures, including Bishop Ullathorne, offered him the Cardinalate in February 1879. Accepting the Red Hat on 12 May 1879, and assigned the Deaconry of *San Giorgio al Velabro*, he was upon his request allowed to remain in Birmingham.

As a writer of English prose Newman is the perfect embodiment of Oxford, deriving from Cicero the lucid and leisurely art of exposition, from the Greek tragedians a thoughtful refinement, from the Fathers a preference for personal above scientific teaching, from Shakespeare, Hooker, and the older school of thought the use of idiom at its best. Now, very appropriately, in celebration of his canonization, selections of his writings and an introduction to his life have begun appearing on the literary firmament, along with new and specially commissioned pictures and photographs illustrating his journey of faith—all set to imbue today's reader with a sense of journeying anew through the Faith!

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Prop. B. D'Souza

Are ailing SCCs obsolete today?

The credit for SCCs in Mumbai, must undoubtedly go Bishop Bosco Penha, who was appointed its Director in 1980. It was a Herculean task as the concept was alien to the priests as well as the laity. He was supported by the then Parish Priest of St Thomas Church Goregaon. From this platform, Bishop Penha, with a team of dedicated workers, strived hard to sell the idea to the people. As head of the FILMC he went from Parish to Parish to explain the concept and motivate parishioners to start Small Christian Communities [SCCs]. Pope John Paul II too made a strong recommendation exhorting the faithful to embrace the concept – 'Christifideles Laici' at the right time. By 2012, the project flourished thanks to Bishop Bosco Penha. Every SCC was to meet say once a month, share the gospel message and reach out to the poor, needy and lonely in its vicinage. It started well but slowly, stagnation set in; perhaps due to fatigue or lack of motivation. It became a routine stereotype monthly chore. Preoccupation of the laity in this fast world today, unlike in 1980s, could have killed their enthusiasm.

Every parish is divided into geographical zones but there is no scientific method for undertaking this exercise. Big parishes have lesser zones compared with those parishes with fewer families under its jurisdiction. You find half a dozen families in one zone while there are 80 odd families in another. Though the zones were set up for convenience, competition has crept in - be it a collection drive, a religious event or a social gathering. The SCCs are aligned to these zones. When it comes to collection, the same is done on the basis of a Zone/SCC as a unit instead of a family. The financial burden is disproportionate. 80 families collecting Rs 2000 [Rs 26 each] is not the same thing as 6 families contributing Rs 320 plus. After the formation of zones decades ago, families migrated or moved elsewhere due to redevelopment and this has disturbed the zonal strengths. Zones should be redrawn every 10 years taking the ground realities into account just as the Indian Election Commission does.

People do not openly protest but prefer to be indifferent and remain away/inactive with the result the entire

IEWS on NEWS

burden falls on a couple of members who struggle to literally keep the thing going - even causing animosity, disharmony and disputes. It would be interesting to hold some sort of an honest survey to find out what the parishioners think about this concept as was done in 2001-02. Has the narrative of the SCC concept undergone a change? I think it has! Today, it is all about putting up stalls, skits, collection of funds with the poor and lonely no longer in the centre stage. Do SCCs of today contribute anything?

Each parish has some vibrant Lay Organizations. They come together out of real conviction and are not dragged into those groups on the basis of geographical compulsions. Those who serve the parish 'voluntarily' are more focused and committed spending their time and even their own money. Groups like the Legion of Mary or SVP are far more active and dedicated. You don't have to coax them. They take care of the marginalized and also visit the sick in homes and hospitals willingly unlike the SCCs doing the same, if at all, albeit grudgingly. They even conduct classes for the weaker students of the adopted families on a regular basis which is commendable. This is an example of true service to the community which merits adulation. They work selflessly devoting a lot of their quality time willingly for the cause which is so dear to them. As I have said above, the movement [SCCs] is losing its steam due to lack of interest and commitment. It is time the Church acknowledges and accepts the reality with an open mind and not be in denial mode like the Indian government, on economic slowdown. Let me iterate - this piece is an honest assessment and not a criticism of the concept itself, *per se*.

Alarm bells for the BJP?

The two elections in Haryana and Maharashtra have jolted the BJP but they refuse to admit it publicly. With the Lok Sabha success, they thought that they would sweep the polls with 75 plus and 220 plus scores in both States respectively. Except the 370, surgical strikes and triple talak there was nothing to talk about and they kept harping on this day in and day out. These were important



by Marshall Sequeira

issues in Lok Sabha elections. BJP reaped the benefit. You cannot keep milking the cow endlessly. The opposition did not have any strategy of its own either. The local issues were highlighted rather late in the day and yet the Congress with NCP for company did fabulously well under the circumstances. With sympathy votes, Pawar surged ahead. The negative votes against the BJP also helped them. This despite there being no opposition unity to include the VBA, MNS etc which resulted in multi-cornered contests.

Haryana saw a very close finish with fortunes shifting throughout the day. Ultimately the BJP outsmarted the Congress in the formation of the government. With just 7 short of majority the BJP did not want a repeat of Karnataka fiasco and swiftly won over the independents including the controversial MLA Kanda for which it faced flak from within as well as outside. The JJP saw in BJP a long term gain rather than the Congress. As Dy CM the JJP boss can help bridge the BJP - Jat divide. With 31 seats, for the Congress it was a Herculean task to form the government there.

The BJP in Maharashtra had a narrow escape with VBA literally helping it out in the Nagpur region in at least about 20 seats. The same thing must have happened in other areas as well. Had the VBA, NCP and the Congress tied up, the results would have been close. Modi—Shah Duo has been harping on Congress-Mukt Bharat but the successive election results show even without a strong leader, GOP is growing in strength. For BJP this is a serious wakeup call for being in a denial mode over the economy. But surprisingly, on Dhanteras, as many as 250 Mercs were sold in Delhi NCR. Buyers must be politicians. Only their worth goes up every time they file their nominations. The millennials should join politics which is the only professions which ensures handsome returns year after year.

Citizen Credit Bank's New Premises Inaugurated at Wadala



Provincial of Don Bosco, Matunga Rev. Fr Savio Silveira invoked God's blessings for the success of the Citizen Credit Co-operative Bank Ltd., while inaugurating the new Wadala branch premises, now situated at Himai Nivas, Gr. floor, opposite Wadala railway station, RAK road, Wadala (W).

Fr. Savio said, the Catholic Community should patronize our banks and should avail of the credit facilities provided by the bank for starting new business or expanding the present business further.

Fr. Vivian D'Souza Parish Priest of the Church of Our Lady of Dolours, Wadala blessed the new bank branch,



the locker room and the ATM premises. James Pereira Bank's Director also spoke on the occasion

Herbert D. Barretto President of the Maharashtra East Indian Christian Federation spoke on behalf of the customers about the courtesies and helped rendered by the staff members, whenever the customer visited with any queries. He further said, that the Citizen Bank of Wadala branch is located just near Wadala Bridge Monorail Station and Wadala Railway Station which becomes convenient for the people living on the East as well as West of Wadala. Redkar the branch manager proposed the vote of thanks.

Outreach Program by BCS Wadala Unit



The Bombay Catholic Sabha, St. Dominic Savio Church Parish Unit, Wadala (E) had Organized an Outreach Program of Distribution of Food (Lunch) with ice cream to over 70 Leprosy Patients at Ackworth Hospital, Wadala (W) on Saturday 26th October 2019 Rev. Fr. Cleophas Braganza Administrator of St. Dominic Savio Church blessed the food amidst Rev. Deacon Clarence, Ms. Antoniet D'Souza, Ms. Theresa D'Souza, Stephen Fernandes and myself. While we wished the patients A Very Happy Divali and distributed food to them one could see the radiant smile and hap-



piness on their faces. It was a thrilling experience to see such people without their family members around on the occasion of their festival. But our presence and chat with them, they forgot all their blues and gave us God's blessings for what we did. Whoever is kind to the poor lends to the Lord and He will reward them for what they have done. Herbert D. Barretto Chairman: St. Dominic Savio Church Parish Unit, Wadala (W) Central Council Member and Executive Committee member of The Bombay Catholic Sabha, Mumbai.

A Fond Farewell To Monsignor Willie Nazareth

The year 2019 has been very significant for Monsignor Willie Nazareth because it is in this year that he scored a Century on 8th September and then on 10th October was called upon by the Almighty to receive the trophy from His hands.

Life is an alternation of meeting and partings. When those who have walked with us alone the journey, bid us goodbye, it does make us sad.

The main Celebrant for the Eucharist which was celebrated on 12th October at the Cathedral was Bishop Dominic Savio. He was joined by Bishops Percival, Barthol, John, Felix and several priests. The Gospel passage on "The Beatitudes" was read by Bishop Percival. In his homily, Bishop Dominic Savio said, "Blessed are the poor in spirit for theirs is the kingdom of heaven. Poor in spirit are those who depend on God. Fr. Willie was not attached to worldly things. He was a man of discipline in his prayer life and spirituals life. He was punctual for Mass, office work and walk, so much so that some would adjust their watch at the time they saw him taking a stroll. He believed in forgiveness, not gossip. He worked as a Judge at the Marriage Tribunal and delivered justice with mercy. Having been ordained in 1947, a significant year for us Indians, he served as a priest for 72 years of which 60 years were spent at the Holy Cathedral. He was a Chancellor, Judicial Vicar, Vicar General, Episcopal Vicar, Professor of Canon Law and what have you? He had a terrific memory. He had once memorized a Marathi Sermon of 15 minutes and delivered the same, He has written a book 'How to live a good married life'. Whenever he assigned a task to anyone, he would tell them, 'take your time' and then would get back to see whether the task was completed but very soon everyone realized that his three golden words meant that the task had to be completed without further delay. He would use phrases and



Cardinal Oswald Gracias and Msgr. Willie Nazareth

words that were typical of him one such word being 'Wonderful' He was a living testimony of the Beatitudes."

Bishop Felix Machado had this to say. "Monsignor Willie was a holy, dedicated and exemplary priest. He had a unique Pastoral Ministry at Nandheklal. His contribution consisted in building up the people of Vasai. Three years ago, he was invited for a commemoration that was being held for Fr. Frank Lobo and he did attend.

Bishop Dabre's words of appreciation were read by Fr. Neil Santos wherein he said that "Monsignor Willie was a good preacher who had a sense of humour". He also mentioned about the great respect displayed by him towards himself, though he was 25 years younger.

When his niece was called upon to pay tribute, she said, "Just last month, we had gathered in this very Cathedral to celebrate Uncle Willie's 100 healthy years and today we have gathered here to thank God for taking him to Himself without much suffering. Even in the midst of a family get together, he would step aside to spend time with the Lord. He never missed his personal prayer and Rosary. Though he had so many responsibilities, he believed that the life of the Church is in the Sacraments. I sincerely thank

Cardinal Ivan, Cardinal Simon and Cardinal Oswald for permitting him to continue with his work because that is what kept him alive and also for keeping him in Archbishop's House because that meant a lot to him. Thanks to Bishops Dominic Savio and Barthol for being his hands and feet, to Fr. Neil Santos for his commitment, love and care especially when things got rough, to the boys of Mary's clan, to Sr. Elaine and the office and support staff of St. Elizabeth's Nursing Home and to Fr. Gerry and the efficient staff of Holy Name".

I'd like to end by saying Your qualities Monsignor Willie, we would like to imbibe, You scored many runs before you retired at 95, The cases cleared by you towards the end were 45, Many appreciated you for being up and alive.

Kitle pauti, kitle pauti, baptism dilai,
Kitle pauti, kitle pauti, cumsar aiklai,
Kitle pauti, kitle pauti, missan mulai,
Kitle pauti, kitle pauti, inter kelai.
Monsignor Willie, tujea interac,igroz
boran lokanin, tujea oslo bhagivont
padre favo zalo mun, Devac zaiti
argam dilim.

— By Patricia and Kamla De Souza

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Add beetroot raita to your menu today



Ingredients :

- Beetroot - 1 medium size
- Yogurt - 1 cup
- Roasted cumin powder - 1 tsp
- Black salt - 1/4 tsp
- Green chillies - 1 small piece
- Few mint leaves - for garnishing

Method :

- Peel and boil the beetroot in pressure cooker for 10 minutes.
- Cut the beetroot in small dices and keep aside. You can even grate the beetroot if you like.
- Finely chop the green chillies.
- Take yogurt or curd in a bowl and whisk well.
- Add 1 tbsp roasted cumin powder, 1/4 tsp black salt and finely chopped green chillies.
- Mix well the yogurt and spices together.
- Add beetroot dices in yogurt and give a gentle mix.
- Beetroot raita is ready to serve.

How to freeze apple slices

There are two different ways to freeze apple slices depending on how you want to use the slices at a later date.

Things you'll need

4 cups water, saucepan, 2 1/2 cups sugar, lemon juice shallow bowl, 3 apple, knife and zipper bags and sheets.

In syrup :

- Warm 4 cups of water to lukewarm temperature in a saucepan.
- Stir in the sugar into the water until fully dissolved. Chill the sugar solution until cold.
- Slice the apples into 1/4 inch slices. You can peel the apples first or leave the peels on the fruit.
- Fill shallow bowl with lemon juice and dip the slices into the juice. This will prevent discolouration of the apple slices.
- Place the apple slices into the chilled syrup. Transfer the slices, in the prevent discolouration of the apple slices.
- Place the apple slices into the chilled syrup. Transfer the slices, in the syrup, into zipper type bags and freeze.

Without syrup :

- Pour 1 inch of lemon juice into a shallow bowl.
- Peel and core the apples. Slice into 1/4 inch slices.
- Dip each slice into the lemon juice, ensuring that the slice is completely covered. This will prevent browning of the slices.
- Arrange the apple slices in a single layer on cookie sheets.
- Place the cookie sheets in the freezer and freeze the slices for 4 to 6 hours. Slide the frozen slices into freezer bags, label and place back into the freezer to store.

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	Colour	B/W
Favours granted minimum i.e. 15 words + 1 block(1 photo of saint)	Rs. 800	Rs. 400
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Prayer to St. Expedite for solving a financial crisis



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

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

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

Amen. (Promise Publication)

—A Devotee

Save Fuel

Turn on the gas flame only after keeping all the ingredients ready to cook a dish. Boil water before boiling rice or vegetables. Reduce the flame after the water has boiled well and then add rice or vegetables. Soak lentils or pulses before cooking to save fuel. Clean the burners of the stove using soap or soda powder at least once a week. The tube of the gas cylinder should be replaced every year. A vessel full of water could be heated by placing it over the vessel in which something is being cooked on the stove. Do not reheat the food items right after it has been taken out of the fridge as it may consume more fuel while reheating. Allow it to sit in room temperature for a while before reheating to save fuel.

Almond oil: A perfect element for health



Almond oil can be used in a variety of ways from massage to moisturising skin and providing internal and external benefits alike. Here's a look at some of the tried-and-true benefits of almond oil along with some other positive effects that have been seen in studies.

Exfoliating dead skin :

Sweet almond oil is often found in organic beauty and skin care products because of the oil's antioxidant and hydrating qualities, protecting against cellular damage and restoring needed moisture. You can use the oil as a liquid base for a home made exfoliating treatment by combining between a fourth and a half of a cup of almond oil with a couple of tablespoons of brown sugar and a drop of essential lavender oil.

Helping treat psoriasis and eczema :

Almond oil has historically been used to treat dry skin conditions like psoriasis and eczema. If you deal with such a skin condition, you may want to talk with a medical professional about using almond oil before you straight-away integrate the substance as part of your ongoing treatment efforts.

To strengthen your hair :

Almond oil provides essential minerals for healthy hair growth. Through regular application of the oil, your hair will naturally grows thicker and stronger. It also promotes a lustrous and attractive shine.

Treat cradle cap in infants :

Cradle cap is a skin condition involving brownish yellow patches on the scalp. It is caused by excess secretion of sebum. Hydrating the scalp is key. You can achieve this for your baby by applying a thick layer of the oil.

Natural remedies to get rid of hiccups

WHILE EATING FOOD or doing any other activity, hiccups are the frustrating moment for us. It is an involuntary contraction of diaphragm. If you are trying to get rid of this problem, we've brought you a list of few remedies



A hiccup is an involuntary contraction of the diaphragm. Once the contraction occurs, it causes an intake of breath that is suddenly stopped by the vocal cords closing off. The closure of the vocal cards then produces a 'hic' type of sound. It can last anywhere from a couple of minutes to a few hours but they can be stopped by using these effective natural home remedies.

Swallow a teaspoon of sugar :

The grainy texture of the sugar can change nerve impulses on your tongue and help irritate the esophagus. The vagus nerve is then stimulated and your hiccups will get rid off completely.

Try a little hot sauce :

Hot sauce helps by distracting you from hiccuping. The hot spicy flavour burns inside your mouth and digestive tract long enough to help you forget about that terrible hiccuping situation.

Chew on some dill :

Chewing on a teaspoon of dill seeds helps to stimulate with the vagus nerve, which should put an end to your hiccuping nightmare once and for all! Dill seeds can also be mixed with tea as an alternative to stop your hiccups.

The brown paper bag method :

Breathing slowly and deeply into a

small paper bag increases the carbon dioxide level in the blood. This process allows the diaphragm to contract deeper to bring more oxygen in. The hiccups should end after a few deep breaths.

Powdered chocolate :

Take a spoonful of powdered cocoa or Oval tine mix and swallow it right away. The difficult swallowing process of the cocoa can help put an end to the hiccups.

The paper towel method :

Put a single layer of a paper towel ove the top of a glass and then drink through the towel. The paper towel forces your diaphragm to work harder in order to drink the water. The hiccups should disappear after that.

Swallow something sour :

Drink half a teaspoon of either vinegar or pickle juice every 10 seconds until the hiccups go away.

Little peanut butter :

Peanut butter disrupts your swallowing and breathing patterns, which eliminates the hiccups. Besides, what other excuse do you need to eat a spoonful of peanut butter!

Have a teaspoon of honey :

A teaspoon of honey is all it takes to get rid of hiccups. Mix the teaspoon of honey in a glass of warm water and allow it to slide onto the back of your tongue before swallowing.

How to celebrate an eco-friendly Diwali.

Stand in the kitchen.

Taste the Diwali sweets your wife made.

Then say, "My mother makes sweets better than you."

Enjoy the fireworks.

The Judge said to the defendant, "I thought I told you I never wanted to see you in here again?"

"Your Honour," the criminal said, "that's what I tried to tell the police but they wouldn't listen."

Patient : Doctor, you must help me. I keep losing my temper with people.

Doctor : Tell me about your problem.

Patient : I just did, you stupid fool.

Government don't want an intelligent population because people who think critically can't be ruled. They want a public just smart enough to pay taxes and dumb enough to keep voting and electing corrupt politicians.

Behind every 'Successful businessman'

there is a Nationalised Bank!

Richard to Rahul : Earlier I was afraid that the 2,000 rupee note will be withdrawn all of a sudden. But now I am afraid that the bank won't be closed forever before the 2,000 rupee note gets banned.

People who saved money at home are tensed!
People who kept money in banks are tensed!
People who invested in stock market are tensed!
People who invested in real estate



are tensed!

Only the people who have borrowed money are happy!
Great Economy!

Women are so difficult always changing their mind

At 18, they want handsome men. At 25, they want matured men. At 30 they want successful men. At 40, they want established men. At 50, they want faithful men. At 60, they want helpful men.

Men are very simple. Never change their taste on any changing condition.

At 18, they like pretty young girls. At 25, they like pretty young girls At 30, they like pretty young girls.

At 40, they like pretty young girls. At 50, they still like pretty young girls. At 60, still they like pretty young girls.

Ever wondered

How come wrong numbers are never busy?

Do people in Australia call the rest of the world 'up over'?

Does killing time damage eternity?

Why is it called lipstick if you can still move your lips?

Why is it that night falls but day breaks?

Why is the third hand on the watch called a second hand?

Why is lemon juice made with artificial flavour and dishwashing liquid made with real lemons?

Do you think that when they asked George Washington for ID that he just whipped out a quarter?

The lucky message

Last year, at a time like this, a friend of mine sent me Rs. 10,000 as a Diwali gift, two weeks later, he got a promotion at his workplace! Another friend of mine bought me gift for Diwali, immediately after Diwali, he won a car through his bank! Another friend of mine bought me gift for Diwali, immediately after Diwali, he got Rs. 2,00,000 purchase order for his firm. Another one sent me shopping vouchers worth 50,000 and believe me, he won the US Green card!

You could be the next lucky friend you never know! Feel Free to try your luck! However, some friends ignored these good luck signs and only sent me sms greeting, their wives made them wash clothes and dishes for full one year. Don't ignore, act now for a lucky Diwali.

Husband came home all drunk and sloshed

Wife at door : How dare you come home drunk?

You promised me that you will not drink without any occasion, then why did you drink today?

Funny husband : Darling, the festival of crackers Diwali is on!

Wife : So what? What's new in that?

Husband : We need bottles to light rockets dear.

A man asked for a meal in a fancy restaurant. The waiter brought the food and put it on the table.

After a moment, the man called the waiter and said : "Waiter! Waiter!

There's a fly in my soup!"

"Please don't speak so loudly, sir," said the waiter, "or everyone will want one."

Inspiration!

If you believe in something, stand by it

TO BE YOURSELF in a world that is constantly trying to make you something else is the greatest accomplishment. It takes guts to express an unpopular view points it takes guts to say 'no' when it is so much easier to say 'yes' and it takes guts to risk losing a job, friends or opportunities because someone won't like our 'opinion.' However, the more you tap into your 'guts' the easier it gets and the more confident you will become hence, standing up by your opinion or beliefs can have a tremendously positive impact

Many times we are faced with situations that can cause us to consider compromising our opinions. For instance, maybe your beliefs are in the minority but, you don't want to become an out-cast as a result. Or, maybe you are too afraid to stand-up for what your boss's business practices but, you with these situations, it is sometimes difficult to stick to your guns. Unfortunately, the more we compromise our values, the more we continue to do so! On the other hand, when we stand-up for what we believe in, the benefits can be great:

It builds self-confidence :

When others dictate what we should think, feel and do, it eats away at our self-confidence. We begin to distrust our own instincts and lose the ability to decode what we really believe versus what everyone wants us to believe. Although it may be difficult at first, the more we stand-up for ourselves, the

more we build our self-confidence.

Develops strong sense of self :

If we bow to others and their opinions and do things their way, whether right or not, we start to lose our own identity and start to forget for what we truly stand. Further, the less you allow yourself to think freely, the more you become a follower without your own direction. On the other hand, the more authentic you are to your needs and view points, the more you will understand your sense of self.

It develops self-respect :

Would you respect someone who went against their own identity and start to forget for what we truly stand. Further, the less you allow yourself to think freely, the more you become a follower without your own direction. On other hand, the more authentic you are to needs and view points, the more you will understand your sense of self.

It develops self-respect :

Would you respect someone who went against their own values because it was convenient or because it was more popular? Probably not! Yet, if you encounter someone with a less popular opinion who stands their ground (assuming the opinion or belief is founded in ethical principles), you would most likely have great respect for them. Same goes for the way you perceive yourself. The more you stand up for your beliefs, the more self-respect you will develop. If you continually give in to what others want and compromise your own values in the process, you are going to lose respect for yourself.

It builds integrity :

In a time when so many individuals are dishonest, do things to better them-

selves at the expense of others, do what feels good in the moment without thinking about the consequences, is a characteristic that is especially

unique. Doing the right thing or standing -up for your beliefs may not be easy but when you do, you know that you will be able to look yourself in the mirror and feel good about yourself. You will know that you did the right thing and that you had integrity.

It helps you be independent :

There are two things to consider here: First, if you don't stand up for yourself or your opinion, then how can you expect others to? And second, the only person who you should always be able to count on to stand-up for you - no matter what is 'yourself'. What this means is that the more you stand-up for your beliefs, the less you will rely on others to validate them. You will reinforce your independence and ability to stand on your own two feet without anyone else to support you.

- Remember, remaining carefully neutral on everything won't get you far, so it's therefore better to just be yourself.
- You are never going to be right no matter what opinion you choose because the opposite side might have some valid points. Your side may have flaws but, all that matters is that you are willing to choose a 'side'.
- Expressing a personal opinion is a serious matter and most of us are so we prefer not to speak rather than to express it.

Test match

Edward took his girlfriend to a test match. Not only did she not understand the game, she was completely bored. After tea, a batsman hit a powerful six over the long on boundary. "Thank heavens! Now they got rid of the ball!" She shouted in delight. "Now we can all go home!"

Shopping For Ethnic Foodstuff In Canada

By Alan Saldanha

My local Vietnamese grocery store in Surrey, British Columbia has almost every variety of fruit and vegetable I can source in Russel Market, Bangalore, India or Byculla Market in Bombay.

You can purchase Seetaaphul (custard apple), star fruit, chikoo (sapota), bimbli, boraa, keerae (spinach), sopu, mango, avalaa, vaalchibhaji, jackfruit, paanmalaa and curry leaves, though I have yet to see Alphonso mangoes on the shelves; however, the last batch of Atulfo mangoes from Mexico were pretty good.

But, for the life of me, I cannot understand why they don't import Nagpur oranges when Pakistani oranges—a poor second cousin of the Nagpur orange—is available in Indian grocery stores. Incidentally, Alphonso mangoes came to the Chicago, U.S. market four years ago at a princely sum of three dollars a mango. However, Alphonso mango pulp is available in cans.

In Brampton, Ontario, or in Surrey, British Columbia, one can relish a made-to-order paan after a hearty meal and be very specific with the "tweed jacket" clad 'paan-wallah.'

"Choonaaakum... kuttaa... bus-bus... sopari... gulkund! (Ingredients for a triangular Indian beetle leaf roll) is what one may overhear.

You take one bite of your made to order "Paan" and wave your right hand like Ustaad Ghulam Ali. Either that, or you make a facial expression like Mr.Bean tasting a delicious tart. Then you chew for a while and dare not spit out.

With food like that you might think there is no word like "nostalgia" what? You would think that the ethnic minority in Canada is at home away from



home.

Well, to that the answer is "Yes" and "No."

Take for example the mutton, which they call 'goat meat' here. It tends to give off a slight whiff if it is New Zealand lamb. I have circumvented that problem with the leg of goat as supplied to me by my Libyan butcher. He almost always tries to impress me. He is hot-blooded and ebullient.

"I tell you my fren...this is so good ... so uuuhhh!" and then he makes a gesture as if he has short-listed for a blind date with a Bollywood actress.

The vegetables in chain department stores look picture perfect but they do not taste like their dwarf and skinny counterparts in India. I think it has to do with the manure in India.

The mackerel (bangdaa) from Taiwan is pretty close in taste to the bangda available on the Konkan coast of India. In Mapuca market bangadaa was recently eight for INR 100 whereas the rate is normally 6 for INR 200 from December to August.

Last month I bought kingfish -'Vanjaran' for Canadian \$15 per kg. That used to be small luxury in Chennai and the only people who bought the whole kingfish were from the Gulf. The prawns here are huge in size but quite tasteless. That is the disadvantage of not having them breed in murky offshore waters off the Gujarat coast. I still remember my time in Gujarat

when I see the black pomfret from Taiwan. It used to come from Veeraval in those days. A huge white pomfret in Bombay should now cost Rs. 1500 but here in Surrey one might have to cough up Can.\$ 30 if one plans on making Parsi "Paatraa ni Macchi."

Varieties of "Masala" packets on the shelves of Indian grocery stores are aplenty. As a matter of fact you can carry the equivalent of 'coals to Newcastle' in the form of masala packets when you go back to India, Pakistan or Sri Lanka in your next visit.

Remember what they used to say about Basmati rice in the old days in India? You get the best Basmati rice in the Gulf because it is for export. The same applies here.

The only thing I have not seen here is cashew fruit, but before we know it, there will be someone to import it from Brazil.

Incidentally, the last time the Canada Border Agency officer at YVR airport in Vancouver asked someone from India what the bottle of "Cashew feni" was, he replied it was cough medicine. It clears the cough, gives you a sting and makes you stink and order for boiled eggs!

And yet with such a wide variety and produce pleasing to the eye, something seems missing. It must be the soil nutrients and the manure because it does not seem to come anywhere near the taste of farm produce in India.

Secret To Changing The World

The world needs changing in all sorts of urgent ways: the great question is how to do it. Simple lifestyle changes to improve yourself and the world around you with little gestures can create or strengthen our sense of community and of shared humanity, lightening our burdens for just a moment and giving us something to smile about.

We all hold the capacity to change the world; but what does this really mean? There are so many ways we can shift the collective consciousness just by being genuine in all of our interactions and performing everything to the best of our ability. When we act out of love and authenticity, we invite others to do the same. When we are fully ourselves, boldly and gently; we become an example of stability and that invites others to do the same. We can start changing the world by having purposeful interactions in our daily lives.

If everyone suddenly woke up with a sense of urgency that the world needed to change, that passion would drive us to take immediate action. Passion is what moves us forward. He lays out 5 steps to, essentially change the world.

Passion:

Take a moment to think, what do I really love? What kind of subject, job, project, ideas am I attracted to? What makes them attractive? When you feel that driving force pushing you to take certain paths in your life, follow that feeling as it will bring the most amount of excitement to you.

Project:

A lot of our goals or dreams seem to be unreachable because of time, its 'too big' of a dream, a lack of money or support, etc. Our society is designed to lock us in a job so we can pay off everything else we've accu-

mulated. There isn't really a system in place that supports the very human desire to travel and live off the world in a sustainable manner. When we express our passions to each other, that's when we can really manifest them collectively. Share your ideas and you will attract people with a similar goal. When we focus and create a kind of project, program, community, etc. with like-minded people; that is changing the world.

Prepare:

It takes a lot of time and energy to put together programs whether it be an anxiety program, a farming/ cultivation program, a dance program; they all take work and creativity. Write out the steps needed to move forward with your projects and recognize the actions required to move it from the mental plane to reality.

Place your energy into learning the skills needed to keep manifesting your dreams. The more you explore and expand the awareness of what you're creating, the more real it becomes.

People:

We need people to change the world! We need to be at a level of awareness where we see the value in connection with each other and the Earth and have that desire push us all forward. We can blend and merge our proj-

ects, businesses, and communities to expand around the world and literally forge together to create a new reality.

If we all bought land around the world and spiraled out like a Fibonacci sequence, our locations would grow and merge with each other. The global shift we are all asking for would come into existence through deliberate action and loving intention.

Persistence:

It is so important that we keep being driven by our passions. When we shift into a higher consciousness, it's because we're staying in alignment with who we are. It is a constant ebb and flow of receiving and giving energy.

Luckily for everyone, existing in a state of joy is our innate way of living. When we design a global system that allows for everyone to thrive, the modern struggles of life cease to exist. The days of simply "getting by" will be long gone and we will support one another physically, mentally, emotionally, and spiritually. The current structure of society is, however not there yet so it's important to begin in your inner circle and as it expands, we reach new heights, together.

Start with yourself, follow your passions, and include others who are following a similar path. We will grow and ultimately, not be ignored.

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Royal Christian Family MATRIMONIALS - GROOMS

7104. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in August 1975), Ht. 5' 3", Wt. 95 kgs, Wheatish Complexion, Edn. H.S.C., working as a Office Assistant.

Contact email :
agnelo.nazareth1975@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

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**

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

jeny22_m@yahoo.co.in

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

ployed. Contact Email :
fredrick.dsouza0110@gmail.com

7097. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in October 1991), Ht. 5' 11", Wt. 97 kgs, Wheatish Complexion, Edn. B.Com., working as Sr. Account Recievable in private company. Contact email : dsouzadonald11@gmail.com

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

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

7096. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in April 1990), Ht. 5' 10", Wt. 81 kgs, Fair Complexion, Edn. B.E. Mechanical and PGDM in Project Management, working for very reputed MNC. Contact email : glo_2008@rediffmail.com

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

gerald-white@hotmail.com

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

joslyn.gomes@gmail.com

7079. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in December 1962), Ht. 5' 5", Wt. 67 kgs, Fair Complexion, Edn. B.Com., Inter

MBA, working as a Manager. Contact email : archielewis.al@gmail.com

6862. MUMBAI : Goan Roman Catholic Bachelor, (Born in February 1983), Ht. 5' 11", Wt. 72 kgs, Fair Complexion, Edn. B.Com., well

settled working in Mumbai. Contact email : keith_peter1983@yahoo.co.in

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

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

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

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

6956. DUBAI : Mangalorean Roman Catholic bachelor, (Born in October 1984), Ht. 5' 7", Wt. 63 kgs, Tan Complexion, Edn. SSLC - ITI Diesel, working in Medical Department. Contact email :

godwinclear@gmail.com

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7105. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in November 1991), Ht. 5' 5", Wt. 62 kgs, Wheatish Complexion, Edn. M.Sc., Microbiology, (Pursuing Ph.D.,) Assistant Professor. Contact email : 1991divine@gmail.com

7089. MUMBAI : Goan RC Spinster, (Born in January 1978), Ht. 5', Wt. 70 kgs, Fair Complexion, Edn. M.A., Government employee. Contact email : celinefernandes2014@gmail.com

7094. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in June 1991), Ht. 5' 3", Wt. 52 kgs, Wheatish Complexion, M.Com., working as a Business Analyst. Contact email : roschelle256@gmail.com

7087. DUBAI : Goan Roman Catholic Spinster, (Born in July 1983), Ht. 5' 3", Wt. 64 kgs, Wheatish Complexion, Edn. B.Com., working as a Customer Support in Dubai. Contact : escatravasso@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

7090. QATAR : Mangalorean RC Spinster, (Born in July 1988), Ht. 5' 3", Wt. 54 kgs, Wheatish Complexion, Edn. B.Com., worked for Bank in Mumbai, currently working as a H.R. in International School in Qatar.

Contact email : loretta6479@gmail.com

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

7009. MUMBAI : Goan Roman Catholic Spinster, (Born in September 1988), Ht. 5' 3", Wt. 54 kgs, Wheatish Complexion, Edn. MBA Finance, working as a Manager in Bank. Contact email : shirley0982@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

7053. MUMBAI : East Indian Roman Catholic Spinster, (Born in June 1987), Ht. 5' 2", Wt. 63 kgs, Wheatish Complexion, Edn. B.Sc., Home Science, working as a Jr. Officer in Bank. Contact email : ayesha18j@gmail.com

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

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

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

6995. NEWDELHI : Goan Roman Catholic Spinster, (Born in March 1992), Ht. 5' 3", Wt. 58 kgs, Wheatish Complexion, Edn. MBA, Real Estate Professional. Contact email : tanya2gomes@gmail.com

7051. NEWZEALAND : Mangalorean Roman Catholic Spinster, (Born in October 1991), Ht. 5' 5", Wt. 60 kgs, Fair Complexion, Edn. LLB., Mumbai University, studing and working towards Newzealand Lowyer Registration. Contact email : mjbnewzealand18@gmail.com

7082. MUMBAI : Tamilian Roman catholic Spinster, (Born in September 1985), Ht. 5', Wt. 50 kgs, Wheatish Complexion, Edn. 12th std., working as a sales girl in Big Store. Contact email : susanmoses1385@gmail.com

6945. GOA : Goan Roman Catholic Spinster, (Born in July 1982), Ht. 5' 7", Wt. 80 kgs, Wheatish Complexion, Edn. M.Arch., Architect by profession. Contact email : nishasoares82@gmail.com

6033 ABU-DHABI : Goan Roman Catholic Spinster, (Born in May 1979), Ht. 5' 2", Wt. 58 kgs, Wheatish Complexion, Edn. M.A. Eng., Literature, working as a Copy Editor. **Contact email : barretto.lorraine@gmail.com OR 9730454857**

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

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Uncovering the trouble with modern marriages

MARRIED LIFE HAS changed a lot. Marriage was looked at as a contract far more binding than it is now. When there was trouble, the couple focused on holding the marriage together. One of the issues that present marriage as an institution faces is the fact that we've become increasingly more approving of choosing to be in long term relationships with partners without getting married. Some couples are deciding to live together before marriage to get to know their spouse first. The issue approach to marriage is that it is leading to more divorces when avoiding divorce is the reason for cohabiting in the first place!

According to several studies the changes that have taken place with regard to our expectations for marriage may actually set the stage for many marriages to fail and for many remaining marriages to feel unsatisfying. Scholars and social commentators frequently argue that people are expecting more from their marriage than in the past. However, the overall quantity of marital expectations has not changed much whereas the nature of these expectations has changed considerably: Contemporary partners expect much less with regards to physiological and safety needs but much more in terms of esteem and self-expressive needs. These changing expectations have caused average marriages to become less satisfying. Here we highlight the key ways our modern world seems to be missing the mark when it comes to marriage. If we could correct our viewpoints and our actions in these areas, we're pretty convinced that modern marriages would instantly improve

We forget difference between marriage and wedding :

Engaged couples spend huge amounts of time and money to have a great wedding but almost no effort preparing for a great marriage. Weddings are big business, the dresses, the TV shows, the catering, the magazines and the list goes on. Weddings are wonderful but they are not point

of marriage. You must have seen fat too many couples have a dream wedding followed quickly by a nightmare marriage. The wedding lasts only one day but the marriage should last a lifetime, so make sure you're planning for more than a one-time party.

We mix up feelings and commitment :

We build marriage on our feelings instead of our commitment. There's nothing wrong with 'feelings', they're an important part of life but they were never intended to be our compass or our foundation because feelings are fickle. Marriage is far too important to be based on feelings. Instead, we need to build marriage upon our commitments even on those days when we're not feeling it. Our modern world worships feelings and is quick to quit on a marriage the moment the feelings change but the strongest couples have learned that marriage requires choosing to love each other even on those days when you struggle to like each other.

We view marriage as a 50-50 partnership :

Marriage certainly is a partnership but in our modern world, we've divided everything into 'his' and 'hers' in a dangerous way. When we look at marriage as 50-50 we'll always be keeping score and measuring our spouse's efforts against our own (and almost always scoring ourselves higher than we're scoring him or her). We'll be tempted to give less effort so we're never doing more than our share. This eventually creates a climate in the marriage where neither person wants to do anything and entitlement ultimately replaces love. Instead of seeing the relationship as 50-50, see it as 100-100. Give the best of yourself 100 percent of the time.

We ignore marriage for our kids :

We think the happiness of our kids should be a bigger priority than the health of our marriage. Obviously, our kids need to be a huge priority and we would do anything for our

children but our modern world has mistakenly viewed children's happiness as a greater priority than marital health. It's not our job to raise happy kids; it's our job to raise responsible adults. When all the focus is on the children's temporary happiness, we end up harming the kids and harming the marriage at the same time. We also end up with an empty nest and an empty marriage. One of the greatest gifts you can give your children is the security that comes from living a unified home where their mom and dad are in a loving, committed marriage with each other.

We consider divorce as an option :

We think divorce will solve all our problems. There's a huge modern myth that divorce will solve the problems you're facing in your marriage but the reality is, divorce usually creates more problems than it solves. Instead of being so quick to jump ship when struggles come, let's resolve to work through our issues. Let's create solutions instead of creating excuses. Let's fight for each other instead of fighting against each other!

MARRIAGE TODAY IS HARD

Too many of us set ourselves up for disappointment and divorce. But there is hope. We have the power to change the way we view and treat modern marriage by shifting our attitude and our actions towards our relationship. When we understand the challenges facing modern marriages, we are better able to combat any issues when they arise.

One way we can combat this issue is by reducing our expectations. When we get married, many of us expect one person to meet an impossible volume of needs. We're convinced that marriage will solve all our problems, our partners will meet all our needs and we'll live happily ever after. When the marriage or the partner fails to live up to our ideals, we don't recognise that our expectations were much too high. Instead, we blame our partner. We think that maybe if we had a different spouse, it would be better.



EXTRAORDINARY MISSIONARY MONTH

October 2019

Baptized and Sent

by Sr. Tessy Jacob SSPS
Jharsuguda, Orissa

The specialty of extra ordinary Missionary Month, made me ponder on my own life as a Missionary. From childhood I had the imagery of a Missionary- a Priest or Nun going about in villages, doing simple things with great love, many kids thronging around them, or sitting and listening to some elderly folks. Or at other times, going about treating patients medically. All the while they have a simple bag hanging on the shoulder, and clad in simple attire. It was a utopian feel. Seeing from the other side!

Having this beautiful imagination in mind and with the ardent desire to do so much good deeds always, I joined a missionary congregation. And in the past 21 years, I hardly took a cloth bag on my shoulder and wandered about in the villages, saving souls.

Missionary Sisters Servants of the Holy Spirit (SSpS), my congregation, we work in 51 countries. And every year a Sister is sent out into other country as Overseas Missionary. A Mission Cross ceremony is conducted, prior to leaving for the country. We call them Missionary; and when I go to my native place, I hear them calling me Missionary!

Who are missionaries? In India there are more than 1.5Lakh Religious, spread across the country. Most of us are Religious missionaries while

some other are contemplatives or semi contemplatives. However everybody is a missionary. After all every baptized member is a missionary. But the question is – What mission work are all these 1.5Lk men and Women are doing? Yes that's the whole point. Out of 1.5Lk, less than 1k falls in my imaginary category of Missionaries, a bag on the shoulder and clad in simple attire, sleeping under a tree.....

A Missionary Congregation is a huge net work of activities. Hundreds or Thousands of individuals, work as one unit, even though varied in its nature. It's the 'Charism' of the congregation that binds everyone to work together. Like the organs in the body, everyone has a different role to play. Nobody is least, nor great. All are interdependent.

Few months before, I took up a journey visiting our other Convents to take photographs for documentation. Although I set out for one house, I decided to visit other Houses too. It was a very long lonely journey, going through totally unknown places. With my equipments, my hands were full, and I was so preoccupied with handling them with care. It was a local bus. At every stop someone would get down and few others would board in. at one point, I thought to myself, me a Keralite, what am I doing here in this interiors of Orissa? For whom

am I making this trip? Is it a Mission Work?

I didn't find a convincing answer, until recently while I was sitting with one of the sisters who is engaged with administration of the Province. She burns many nights oil, just to make sure that all the Mission activities of other sisters go smoothly in terms of legally and financially. She is vested with that responsibility, to help others function properly. There is another sister, who spent most part of her life, stitching Religious Habits for other sisters. She was a blessed tailor, and willingly did her best; thus on those important days of one's life, a Sister could dress well. There are sisters heading the well established prestigious schools. But ever since they take up the responsibility, hardly they enjoy seven hours of peaceful night. We may have associates at our beck and call; but individual responsibility that makes all our activities fruitful. A sister may be in charge of the Kitchen, or a farm, or secretarial work, or in charge of a house, or even just leading a prayer life, even then essentially all are Missionaries.

Missionary Life is –“doing small things with great love”. Our life is never stagnated; it's recycled. Ultimately we are on constant move. Therefore transfers are inevitable in our life. It's moving by doing. Never to get tired. When done sufficiently in one place, it's time to pack up and go to a new place and start all over again.

Jesus says, “when you did it all to the least of your brother you did it unto me”. So much of mission work is waiting in the world. From caring for the planet to the unborn baby. Every corner is seeking our attention, asking for a helping hand. Do we see it?

The theme for the extra ordinary month awakens our call and responsibility. In this life we have a duty to reach out to the other, however simple way it is. Let's be a Missionary either at home or away from home.

Thanksgiving

My prayer for family peace and personal problems solving with Holy Family gained fruits.

Thanks for the favours granted

Pray to holy Family for any favours

—Peter H. D'Costa, Mumbai



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