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# THE SECULAR CITIZEN

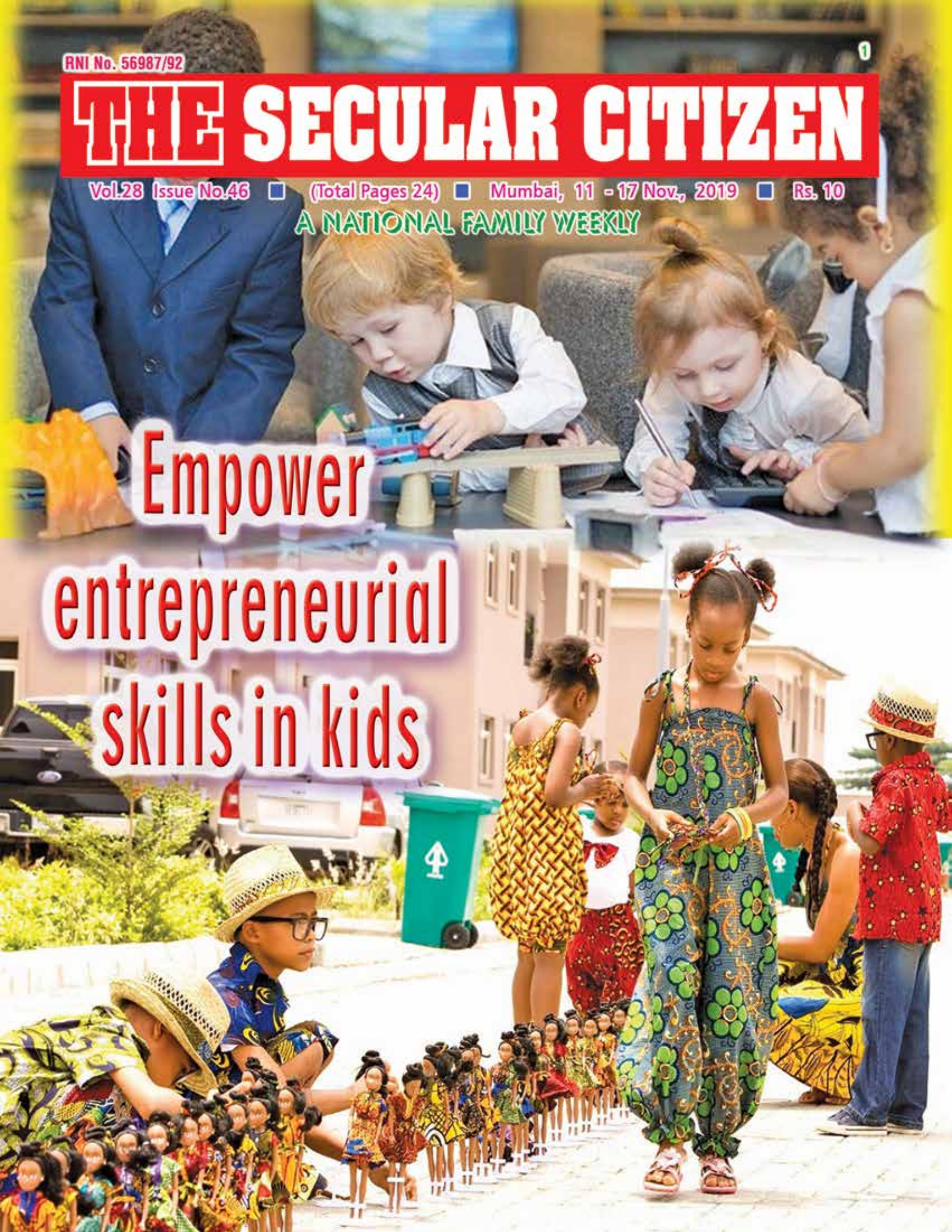
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# Newly Elected President Of The Bombay Catholic Sabha

**Adv Raphael D'Souza, the newly elected President is a well known lawyer having his practice at the High Court of Mumbai. He handles matters of Salsette Catholic Cooperative Housing Society, the St. Sebastian Homes Cooperative Society and the St. Anthony's Cooperative Society, among other reputed clients.**

Prior to his election to the Post of President, he was Vice President for a three year term between 2013 to 2016. He was instrumental in bringing out positive changes in the constitution of the Sabha. He has also organized a lot of Inter religious programs at the parish level and is a very known personality in the community and in the city.

Adv. Raphael was State President, All India Catholic Union Maharashtra State for two year term be-



*Adv Raphael D'Souza,*

tween 2016-2018 and at the end of the term he was awarded of late George Menezes Award for Outstanding Contribution as member of the AICU Working Committee at the Annual General Meeting of AICU held at Velakani in August, 2018. Currently he is the National Secretary AICU (Public Affairs) for the term 2018-2020.

He is member of the Archdiocesan Grievance Redressal Cell, a convenor with Christian Chamber of Commerce and Industry and a member of Dimensions, a networking group of Christian businessmen, entrepreneur and professionals.

Adv. Raphael D'Souza comes from a small hamlet called Panjirme in village Muchuru, in the then South Kanara District (now a part of Managluru District). He is the sixth child to his parents of 11 children. Having lost his father at a very young of 13 it is struggle and sheer hard work that he could complete his graduation supported by Archdiocese of Jamshdepur from the prestigious St. Aloysius College, Mangalore.

Coming over to the city of Opportunities, Mumbai (then Bombay) he had to struggle to find a job and ultimately after three months of 'apply, apply no reply' he got into Accounts with a graduation in Arts. His acumen in accounts and administration saw him make progress and he worked as Deputy Manager Accounts and Administration for a Limited Company before he joined a social organisation for the youth, now called as "JCI India" to be its Secretary General with head quarter in Delhi until he was 40, the age limit for members in JCI India.

While in Delhi he was part of Kanara Konkani Association, Delhi and was elected as its Secretary. He was also actively involved in the building of Holy Spirit Church at Kal-kaji. New Delhi.

Having come back to Bombay in 1990 he completed his LL.B. from New Law College, Matunga and enrolled as an Advocate of the Bar Council of India and Goa and has been in practice since then.

He became member of the Sabha in 2001 and was thrust upon the Chairmanship of St. John Bosco Parish unit, in 2002. Eversince he has been a part of the organisation and today he is destined to lead the same.

His watch words is "a voluntary organisation is voluntary for you until you decide to hold post; once there it does not remain voluntary but compulsory to perform".

He believes in achieving by working together and the path he wants to tread is to practice the quote Ratan Tata " If you want to walk fast, walk alone. If you want to walk far, walk together". His call to Sabhaites is "lets walk together to take the Sabha to greater heights.



*BCS President Adv Raphael D'Souza being felicitated on 3rd Nov. 2019 by St John Bosco Parish Priest Rev. Fr. Solomon Rapol at the 8am mass. Father congratulated him and blessed him to take BCS to greater heights*

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## If Scientists & We the People don't speak out today....

By Don Aguiar

At IIT Bombay's recent 2019 convocation ceremony our Union Minister has once again made pseudoscientific claims about a fictitious past and **used, a platform that is meant to celebrate achievers in education and hijacked it by proponents of dubious claims about a fictitious past based on the RSS ideology resulting in the propagation of a Hindu rashtra.**

Two major claims that featured in the speech made by Ramesh Pokhriyal, the Union minister for human resource development.

**He declared, "NASA is saying a computer that uses spoken language ... can survive only because of Sanskrit".** What is the basis of such a claim? Has there been a press release from the space agency? A personal communique to the minister himself? You know this as well as anybody that it was neither.

In their zeal to establish India as the source of all knowledge known to humankind, the ruling establishment has shown they will go to any lengths. This time, it relates to a paper from 1985 authored by a Rick Briggs, who worked at the NASA Ames Research Centre, California. While the author discusses how a natural language could also be useful as an artificial language – a language for computers – nowhere does he assert the sort of thing that the minister has said.

It is more likely that the words in the minister's speech are inspired by a misinterpreted take on the original article by a Ratnesh Dwivedi, who wrote a few lines on the subject in 2010 for an outlet known only as the "Internet Society" based out of Colorado, as far as anyone can tell. There are additional treasure troves on the internet, found without much difficulty, that make the same claims. One, called sanskritdocuments.org, even intermixes text from Briggs's paper with sanctimonious praise for Sanskrit. Some of the text from this page matches Dwivedi's, but seeing as there is no named author or date of publication, who copied from whom is anyone's guess.

(Contd.. on p. 4)

If one were to perform a Google search for queries like "sanskrit", "nasa", the first page of results is full of links like the aforementioned ones. This could easily lead an unsuspecting soul to believe the lies spewed from the podium. However, we expect better from the scientist and the director of IIT Bombay, as esteemed scientist. We expect them to be vocal about ideas proposed in an original publication versus those from a concocted internet document.

**A second claim made by the minister** – giving the credit of the “discovery” of atoms and molecules to an ancient medical practitioner – is as bizarre as it is unfounded. Atomism is the theory that atoms are the smallest building blocks and that they cannot be divided further. Though there were atomists in ancient India, as in ancient Greece, none of these actually discovered the atom. They surmised that when matter was repeatedly divided, a stage would be reached where it would be no longer divisible. Assuming that there could be such a state is not the same as discovering the atom itself.

Many scientists working across many countries – as science is often undertaken – produced the first evidence of the existence of atoms many centuries later. A politician making such a claim may be forgiven for not being aware of the process of scientific discoveries, but his claims should not go unchallenged for those in the know, which includes scientists as well as the director of IIT Bombay.

**Yes, it may seem reactionary to respond to such statements. But it is well worth bearing in mind the biggest supporter of such incidents is the quiet scientist and we the people who knowingly swallows the metaphorical fly and, in so doing, stamps their approval** on these outlandish claims. And many pay the price of this quiet approval. A pertinent example here is HIV/AIDS de-

nialism in South Africa, promoted by the political class and ignored by the scientific community, resulting in over 300,000 avoidable deaths and over 35,000 new cases.

**What cost will India pay for the scientist community's and we the people's silence today?**

We live in times when it is not sufficient for scientists to limit themselves to publishing in high-impact-factor journals. We need to recognise that science, and scientists, do not exist in a vacuum. The only way to do that is by speaking to the people and to policymakers, by speaking out in favour of the evidence and letting it lead the way, and by demarcating the lines between opinions and facts.

**There is no such thing as 'harmless' when it comes to pseudoscience. If scientists don't speak out today, there won't be any sane voices left**

**to defend science tomorrow.**

The stalwarts of our independence movement have long gone. We must re-assemble as a nation and redefine ourselves. We can choose an India in which our freedom are fully defended and everyone is provided with an equal opportunity to achieve his best. Or we can build walls between our scientific community, our mohalla and our religions and ultimately be forced to fight an endless war with every unhappy Indian.

There is not much of a choice about this any longer. The insistent calls for Hindu rashtra by the RSS cannot be ignored. This poisonous ideology must be called out for what it is – the biggest anti-national project in independent India. The demand for Hindu rashtra is nothing less than the demand for the end of free India.

The people of India must rise and bring this project to a halt.

## E-Cigarettes

There is a new trend hitting the market known as e-cigarettes (electronic cigarettes), or vaping. Many people believe that e-cigarettes (electronic cigarettes) are better than the traditional cigarettes. But research shows just how unhealthy and harmful e-cigarettes are for everyone. Besides nicotine, e-cigarettes contain harmful and potentially harmful ingredients, including ultra-fine particles that can be inhaled deep into the lungs.

The government of India has taken a very bold step in banning the manufacture, sale, import and export of e-cigarettes in the country. This decision taken by the government is to be lauded. By why ban just e-cigarettes? What about the other tobacco products like the regular cigarettes, gutkha and beedis? These too should be banned.

Life is precious and the youth of our country should know that cigarette smoking is injuries to health which leads to cancer of the lungs and several other health related diseases.

— Jubel D'Cruz,  
Mumbai





## Goats may ease Delhi's pollution problem

A team of 500 goats helped save the Ronald Reagan Library from wildfires that have ravaged parts of California. The library deployed the goats during the spring in order to munch their way through 13 acres of land around the library that could've provided fodder for the wildfire. This action created a fire-break between the library and the fire in Simi Valley near Los Angeles and saved the library. The goats were sourced from a firm which supply goats for such purposes. The company charges clients \$1000 per acre, for the service.

Much of Delhi's pollution is attributable to stubble burning. The govt may consider using goats to eat the stubble. The govts of Punjab, Haryana and Delhi may curate the scheme to suit their needs. Moreover, there is a very good market for mutton in the country. Farmers and small scale business men may find it very profitable to set up small goat farms in these three states.

—Prof Robert Castellino  
Mumbai

## Curb annulments and divorces

With reference to A F Nazareth's letter titled : Church annulments no longer legal in The Secular Citizen dated 4 November 2019 marriage is for life and no marriage is a bed of roses so mandatory and regular and continuous marriage counselling both before

and after marriage can help address problems faced by married couples and help them to address them amicably and tactfully rather than resorting to annulments and divorces that are used to break up a marriage and destroy family life and have unknown and unwanted consequences .

Subjects like human relationships and community and inter community living must be introduced at the school level to help children grow up into mature adults .

Thus we see the need to curb annulments and divorces at all times and at all places .

—Peter Castellino

## The importance of miracles

With reference Chhotebhai's extremely interesting article titled : Do I Believe In Miracles ? in The Secular Citizen dated 4 November 2019 a miracle is a wonderful supernatural event and keeping this in mind and in this regard there are several miracles that just cannot be explained by science.

Science is the systematic study and knowledge of natural and physical phenomena and religion is the system of belief in and worship of a supernatural power or god and magic is the supposed art of invoking supernatural powers to entertain or conjuring tricks done to entertain or mysterious quality or power and existential means of or relating to human existence and existentialism is a philosophical movement stressing the personal experience and responsibility of the individual who is seen as a free agent .

Thus religion cannot and should not be judge by science since it is not

based on scientific facts .

Religion helps to promote ethics and morals and thus helps us to lead a good life in all aspects.

People who believe miracles without being excessively sceptical about them have faith and trust in their religion.

Magic which is interesting and entertaining is used by Indian godmen and god women who have no right to call them god men and god women since they are not gods and the term god can and must only be used for god to lure /entice gullible people to follow them and to usurp their hard earned money and movable and immovable property but despite these facts people flock to them as they want something that soothes them and provides relaxation to them .

Thus we see the importance of miracles .

—Peter Castellino.

## Save Aarey forest

As a resident of Mumbai for the last 60 years, I am not against the Metro car shed being constructed at the Aarey colony site in Goregaon because we all know how vastly it would improve our transport system. However, all I want is to stop the trees in the forest area from being cut down because it has been there for hundreds of years and a lot of tribal people (Adivasis) who worship the trees live there.

Felling of trees for the sake of constructing a car shed is not a wise move. The trees must be saved by all means because like the cow, it is sacred to some people.

—Jubel D'Cruz,  
Mumbai

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# Women can be parish in-charge:

## Cardinal Gracias

By Christopher White

Rome, October 24, 2019: Catholic bishops are not fully utilizing Church law to maximize the role of women in decision making capacities, Cardinal Oswald Gracias said on October 23.

While acknowledging that women are unable to hear confession, say Mass, or administer confirmation, “she can do practically everything else,” said Gracias. “Women can even be in charge of a parish according to Church law.”

The cardinal’s remarks came during a press briefing as the Synod of Bishops on the Amazon nears its final conclusion this week, where the role of women in the Church has been a repeated theme as the Church considers how to better respond to the pastoral needs of the Amazon region.

“We must use all of this,” Cardinal Gracias added, noting that Pope Francis “very [much] wants decentralization,” and for bishops to enact changes where they can already do so without the permission of the Holy See.

In addition to being the archbishop of Mumbai, Cardinal Gracias serves on Pope Francis’s Council of Cardinal Advisers.

The role of women in the Church dominated much of the press conference with several of the other representatives from the Amazon speaking for the need for concrete and tangible action, while steering clear of addressing the question of women’s ordination to the diaconate, which is anticipated to be addressed in some

form in the Synod’s final document.

Bishop Ricardo Ernesto Centellas Guzmán of Potosí, Bolivia, who heads the country’s bishops’ conference, also called for a change in “mindset” when it comes to women in the Church.



“We all have to change our mentality to make sure participation of women becomes authentic and that is equitable and fair,” he said.

At present, he said the role of women who are involved in decision-making power is “very low,” adding that in some places it is “almost invisible.”

“Things must change by starting with the smaller things,” he said, noting that work in the parish level and local communities is the place to start. He specifically called out pastoral councils that only give women consultation status, without any real decision making abilities.

A walking Church, he said, included “walking together and deciding together,” adding “otherwise we will be limping together, not walking.”

Sister Roselei Bertoldo, a nun from Brazil who works in human trafficking, echoed his words, telling reporters that the structure of the Church is often focused on men when it comes to questions of authority.

“We want to become the protagonist in this process,” she said. “We will not keep silent. We want space, and we will start building a space.”

Also a part of the discussion on October 23 was the theme of inculturation and how to best adapt the practices of the faith to the Amazon region in a specific way that is mindful of local customs and traditions.

Inculturation, said Cardinal Gracias, “flows from the Incarnation. Our Lord became incarnated.”

Historically, he said when discussion of inculturation has been raised, the focus has been on questions of liturgy, which he deemed to be a “mistake” in its singular scope.

He argued for the need for greater consideration of question of inculturation when it comes to priestly formation, seminaries, and their staffs.

The Synod of Bishops on the Amazon is set to conclude with a Mass on October 27.

On October 26, the bishops will vote on the final document, which on October 23, Jesuit Father Giacomo Costa, said would not be the end result of the Synod, but rather a “tool” that “everyone can use to take steps forward.”

Source: [cruxnow.com](http://cruxnow.com)  
Matters India

# Invigorate Banking System And Curb Bank Scams

With reference to Prof. Robert Castellino's extremely interesting letter titled: RBI must instil confidence in the banking system in The Secular Citizen dated Oct. 28, 2019 the RBI must act swiftly and fairly and pay back the depositors their hard earned money from the assets seized by the ED rather than hoard it or use it for other purposes or use for themselves as it is sufficient to cover their losses rather than let the depositors who lost their assets continue to die of a heart attack due to the scare brought about by the PMC bank scam. - and if this is not done the depositors must greatly intensify their stir and means to get back their hard earned money by conducting indefinite fasts unto death outside all banks and the RBI head office and RBI branches and must even jointly and unitedly file court cases in fast track courts that deliver fast track and fair and transparent judgments so that that they can get back and recover their deposits which is their hard earned money immediately without fail.

The RBI must keep a reserve fund for crisis situations which it can and must use as and when the situation warrants its use.

Before merging the PMC bank with the SBI bank and carrying out any more mergers in the future the RBI must take an extremely careful and detailed look at the plus points and the minus points of the merging banks and use the plus points of both the banks and convert the minus points of the banks into plus points so that it can also be used to modernise the banks which are merging.

Ethics and etiquette courses and finishing held once a month every year must be made mandatory for all bank employees and managers and directors of banks and the RBI head office and branches employees and man-

agers and directors.

All banks including the RBI and its branches must have unbiased PRO's and deputy PRO's who can attend and address bank depositors woes and problems and thereby make the banks even more popular by ensuring good and quick services.

All banks including the RBI and its branches must also have suggestion boxes where bank customers can put their suggestions which can and must be acted upon immediately.

Since all banks are closed on the second and fourth Saturday of every month they must be compelled to extend their working hours by three hours every day to make up for the inconvenience caused to their customers.

All bank ATM machines must be equipped with dongles to ensure that they can work at all times especially when there is no net or network service and even after five money withdrawals from ATM bank machines the money provided must be tax free instead of burdening the hapless customer with unnecessary taxes which are most often misused by being used to fill our greedy and dishonest politicians pockets.

It must be made mandatory for all banks to exchange torn and mutilated notes at all their branches even if the person does not have a bank account with them rather than make the person waste his precious time and energy by having to do at the RBI or through private money exchangers who charge a fee for doing so.- the banks should and must understand that their loss is somebody else's gain and they are foolishly losing out on it.

Banks must increase the interest that they pay to their customers who have deposited their money with them rath-

er than let invest their deposits in foreign banks which give a much higher interest and also provide quicker and more efficient services despite the fact that they have very few branches.

The RBI must introduce plastic / plastic coated notes which cannot be mutilated or torn and non fadable and have the RBI holograph which can eliminate the nuisance of having bogus notes which is a long standing customer demand and one just cannot understand why the RBI is dilly dallying about it - is it due to red or some other reason - what ever be the reason it must be made known so that the problem is solved quickly and efficiently rather than let it get worse and besides this the RBI must introduce coins in different colours and shapes which are easily recognizable both in the day and night.

In these ways one can definitely re-invigorate the banking system and curb bank scams.

—PETER CASTELLINO

## Thanksgiving

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



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

—N. M. J.,  
Parel



# We Need To Emulate Rupert Mayer

Not many in India (and for that matter in most parts of the world) would have heard of 'Rupert Mayer'; whenever his name crops up, the spontaneous response invariably is "Rupert who?" In a nutshell, Rupert Mayer was a great German Jesuit, who demonstrated unflinching courage to take on Hitler and the Nazi regime, at the height of their power! Today he is a 'Blessed' of the Catholic Church and also regarded as the Apostle of Munich.



BY FR. CEDRIC PRAKASH SJ

Rupert was born in 1876, into a well-to-do family of Stuttgart, Germany. He joined the Society of Jesus as a Diocesan Priest in 1900. The Spiritual Exercises of St. Ignatius Loyola influenced him greatly. After much prayer and discernment, he wrote, "now I know my purpose, and the next step is to translate my conviction into action and to put all possible effort into educating myself for my calling."

He was a Jesuit 'par excellence', deeply embedded in the Jesuit way of proceeding and totally committed to the responsibilities entrusted to him. He suffered a great deal; but he never complained about the pain he went through. He was a brilliant speaker and a prolific writer, wedded to the pursuit of justice and truth; he used both the pulpit (and public fora too) and the pen to speak truth to power. He minced no words when it came to show that he had the courage of his convictions!

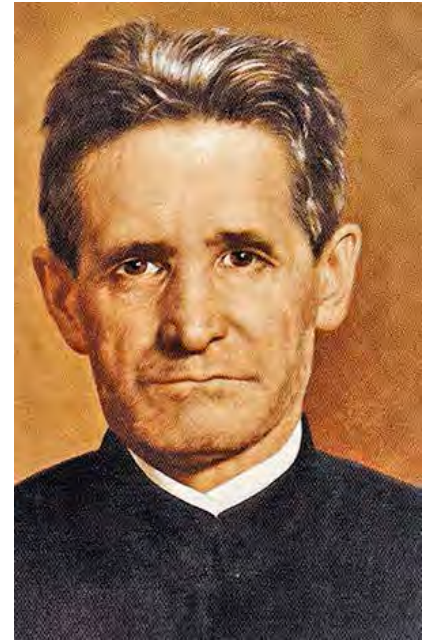
Long before the Universal Declaration of Human Rights was promulgated,

Rupert Mayer was passionate about the rights of all particularly when the Nazi regime denied the ordinary people freedom of speech and freedom of religion/belief.

In 1923, he accepted an invitation to address a fledgling group of national socialists on the theme 'Can a Catholic be a national socialist?' He accepted the invitation as a challenge totally prepared to go into a den of lions. Those who invited him felt that they had an unsuspecting 'victim' to be mauled, so when he stood up to address them, the huge crowd gave him a tremendous applause. Mayer began "I am afraid, gentlemen that your applause has come a little too soon. My answer to your question can only be a negative one: **NO!** A

Catholic cannot be a Nazi!" The early 'applause' of the crowd immediately turned to 'boos' but Rupert Mayer had made his point! He was convinced that a disciple of Jesus could not subscribe to the Nazi ideology and had to stand up to every form of hate, violence, discrimination and divisiveness.

Mayer was a strong, blunt and vocal critic of the Nazi regime. The Nazis did not take his criticism lightly and he was imprisoned from 1937 till 1945, either in a concentration camp or in exile outside Munich. The solitary confinement did not break his spirit. It was an occasion to deepen his spirituality. This is evident in a letter which he wrote to his mother "In these last weeks in solitude I believe I have come into far closer contact with God Almighty in my own self and in the same measure I have become more detached and withdrawn from earthly things. So, I feel not the least worry or anxiety about my future. I place all that in God's good hands. In myself I am completely contended and at peace."



Rupert Mayer

Though Mayer suffered greatly at the hands of the Nazi regime, he did not compromise. For him, soft-peddling the brutality of the Nazis or even in engaging with them with diplomatic niceties was abhorrent to anyone who believed and lived the Gospel of Jesus. His resolute courage also earned him the admiration of his detractors; so much so that they were afraid to allow him to die a martyr's death in a concentration camp and sent him to live in exile in a monastery at the fag-end of his life.

There is an unbelievable similarity between Mayer's Germany and the India of today. The parallels are too striking to be overlooked. Today, vast sections of India's population particularly the minorities, the Adivasis, the Dalits and other vulnerable communities, are at the mercy of a fascist regime. The National Register of Citizens and the way the Kashmiri people are treated, are blatant violations of human rights. Freedom of speech and religion is almost a thing of the past. Those who take a stand have false cases foisted on them; they are hounded and harassed, sent to prison and even killed.

(Contd.. on p. 9)



(Contd.. from p. 8)

The economy is in a shamble; poverty and unemployment are on the rise; a miniscule corrupt few amass huge wealth. Lies and false promises are dished out in exactly the same manner done by Hitler.

Fear rules the roost: most people are afraid to come out and take a stand. Even when the RSS Supremo denigrates Jesus and twists facts from the Bible, the Church prefers to stay silent; there are consistent attacks on Church personnel and properties. When millions of people are excluded from the mainstream or made voiceless, there is hardly a whimper of protest. India desperately needs today the likes of a Rupert Mayer, who is rooted in the person and message of Jesus and is not afraid to take on a regime which is becoming more and more despotic.

The courage and commitment of Mayer is epitomized in this prayer which he wrote in 1941 and sent to a nun with the following addendum written by hand: *"This pray brought me much comfort in most difficult times. I hope that it will give you also some joy"*.

*Lord, as you will, so let it be for me;  
And as you will, so will I walk that road;  
Help me only to know your will!  
Lord whenever you will, then is the time;  
And whenever you will, then I am ready,  
today and always.  
Lord, whatever you will, that I accept,  
And whatever you will, is gain for me;  
Enough, that I belong to you.  
Lord, because you will it, it is good;  
And because you will it, I have courage,  
My heart rests safely in your hands!*

Every 3 November we celebrate the Feast of Blessed Rupert Mayer; as we do so once again, let us pray that in some small way each one of us, may emulate his courage and his commitment, in every possible way

*\*(Fr. Cedric Prakash SJ  
is a human rights & peace activist/writer.  
Contact: cedricprakash@gmail.com)*

# Nothing Has Changed

By Alan Saldanha

I felt a tap on my shoulder outside Terminal 3 at Toronto's Lester Pearson airport. I had just arrived from Vancouver on a West Jet flight. I had come to meet an old friend. It was icy cold and windy on Jan.9, 2008. My teeth were beginning to chatter in the sub-zero temperature. But in the brief moments of meeting an old friend the gelid feeling was gone. I felt the comforting hand of someone I have known for thirty- five years. My wife even tells me he is the best friend I ever had. We have been friends from way back in Ahmedabad in the seventies.

*"Khemchae?"* (How are you? In Gujarati) he enquired affectionately.

*"Saras! Tamae khemcho?"* (Fine, how are you?) I asked him.

*"Arraeyaar, majaa! Kaie- peenaemoj!"* His reply briefly translates to- Eat, drink and make Merry!

This man is easily the most incurable optimist I have broken roti with. Try to tell him anything negative and he will promptly spray rose water on it. His daughter-in-law, who I was seeing for the first time, touched my feet and greeted me: "Jai Swaminaryan!"

When I reached his house his grand children were advised to do so accordingly. "Chulbaetaa, Uncle nae Jai Swaminaryankoh!"

It mattered little that in religion I was born into, deities and greetings are different. We were one family and in a sense re-united!

The purpose of relating this incident is to tell you what that nothing has changed. The inside of their house in North York, Toronto looks pretty much the same as in their bungalow near Kankariya Lake in Ahmedabad.

The sights and the sounds are the



same. The food is the same except that there is a lot more juice and milk products in the refrigerator and they treat old friends and acquaintances the same. Nothing has changed. The mind-set is the same. It always will be. Chances are they will never feel having being uprooted.

They live in an enclave and yet, they go out in the day and contribute to society as Canadians of Indian ethnicity. Canadians promote this as a multi-cultural society; whereas in the US they call it a 'melting pot.'

You are not going to change very much after having spent the formative years of your life in India. Sometimes you come across old Punjabi people who see frozen in time. They think of India as a place they left in the sixties and seventies. You might not want to wear that psyche either.

India has progressed though some people seek a devilish pleasure in raking up cultural differences. It makes them feel secure to win elections and impose themselves. That might not prevail for long though.

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# Triumphant age and noble life

The world over light and joy, is measured and blessed by thoughts going out to the aged, sick and weak who have spent 80, 90, 100 years triumphantly in this world of uncertainty. Many heroic real life accounts, held up to reason, will astonish and amaze. Christine Fernandes nee' Nazareth, now past 90 years, her heroic life

will 'cheer and educate', all readers. 'Mai Christine' with the Supreme and her near and dear and specially her 13 wonderful children, give her care unlimited; her knowledge and great love for reading attracts attention, she read a lot and liked to travel far and near.

Over 90 years ago in 1929, Christine was born near Shirva, in greater South Kanara district, in the British ruled Madras Presidency. Young Christine studied up to primary school and was then forced to discontinue - but, she used every opportunity to learn 'informally' which made her an enlightened person in those times. As was the practice then she was married off in May 1945, just 16 years old to Raymond Fernandes, an able youth of Mudarangady. Christine soon became a vital member of the Fernandes household and shared in the hard work in the paddy fields, cattle rearing along with domestic affairs; as was the trend in a joint family then. Anthony her husband active in the village as a social catalyst and Catherine accepted multi tasks and responsibilities apart from her duties as a mother of 13 children, this young lady was a wonder.

The crowning glory, of this blessed couple Catherine & Raymond, are their 13 lovely children - now between 75 and 40 with all doing well, today an unimaginable enterprise with blessings of the Almighty. Between 1947 and 1975 the Birth of 13 lucky children in their home was nothing but bliss and gratitude for God's favour. The children of Raymond & Christine Fernandes will be a proud asset to any family- well educated, equipped and productive in the communities where they are settled. Among the children are two religious sisters, gifted to God's service - Sr Jyothi and Sr Ivy, (3rd & 4th of the children), both Ursuline Franciscans (UFS) of Mysore region, a large hearted gesture of their parents. Two post graduate reputed medical (Allopathy) doctors - Dr Hilda, the 10th child, (Fr Muller's Mangaluru) and Dr Nancy, the last of the lucky 13, (United Kingdom), one engineer- Janet (Germany), two post graduates- Concepta (Mangaluru) and Charles (Dubai). Two teachers - Catherine (Nakre) and Rosa (Mumbai) both now

## Increasing number of divorces are becoming threat to our culture

THE INCREASED DIVORCE rates have raised concerns for one part of the society who sees it as an erosion of our cultural values. The other side, however, considers it a sign that our country is becoming more progressive

As the number of young couples seeking legal separation and divorces increase, so does a sense of concern. Many people, especially from the older age group see it as a shift towards the 'western' culture. The impatience and ego of the young generation is considered the prime cause of marriages falling apart.

Several marriage counsellors observe that these days couples do not seek counselling as a way of reconciliation but to convince their partner or family that separation is the wise choice. This ideology is seen as a new entrant to our society. Marriages have been breaking down with much the same regularity over the years. But couples have been continuing with the marriage to keep up appearances. The growing rate of divorce is an indication that the stigma associated with it is on the wane.

The reasoning is, it is not that some sudden westernisation has created faults in the institution of marriage. People had problems even before. It's merely that with changed times, they now have the courage to come forward and talk openly about the issues. Our culture might refer to matrimony as a bond that does not

mean a permanent consent to being unhappy and modern day couples realise that well. While stating causes of divorces, people also mention women empowerment. Today, an average woman is more likely to be working, and hence financially independent. Earlier, when women had no means of sustenance other than the husband, they found it difficult to get out of a marriage. Not to mention, the alienation faced by a divorced woman used to be and still is more than what a divorced man has to go through. Statistics show that the instances of women remarrying are less frequent than that for men.

If indeed women empowerment is a cause for our increased divorce rates, then that is something we should be happy about. It is of no glory to supposedly preserve a 'sacred' institution if the cost we pay is the liberty of women or any gender, for that matter.

There are unhappy, broken marriages in the country. Spouses suffer through the toxicity for years because the prospect of a divorce is still unacceptable to many.

'What will the society think?' takes away so many people's chance at a happier life. If disregarding that question means stepping away from our country's culture, then perhaps it's worth it. The actual solution lies in valuing a relationship. So give your relationship some time instead of resorting to divorce immediately.

(Contd.. on p. 11)





(Contd.. from p. 10)

retired. Pascal retired from the services of a well known multinational in Mumbai. Angeline (Mudarangady), Vincent (Kuwait), and Jacintha (Mumbai) are doing well in their respective professions. The sons-in-law have made a name in their respective fields - George Castelino (Nakre), Gregory D'Souza (Mumbai), Ignatius Castelino (Mudarangady), Dr Clement D'Souza (Fr Muller's, Mangaluru),

Engineer Srikanth (Germany), Dr Jaiprakash (UK) and Harry Alva from Pangala, the source of all this information. Daughters-in-law are Philomena (Mumbai), Deena (Mudarangady) and Thelma (Dubai). Raymond-Christine are blessed with 19 grandchildren and four great grandchildren. Grand old man, Raymond, passed away in 1998, and glories in his descendants.

Son-in-law, Harold Alva, explained he shares a special deep reason to rejoice in Mai, having lost his mother at a tender age of 3 years and 3 months, he was deprived of a 'Mai' (Mummy) and could not call anyone so. Only after his marriage with Concepta, 9th daughter of Christine, did he get the opportunity to call Christine.... 'Mai'. His deep feelings of pain and loss of a mother were compensated. Regarding Mai's passion for reading daughter Concepta highlighted : "Mai has retained the same enthusiasm for reading and printed matter even today. My grandfather was one of the early subscribers of Rakno weekly which started in 1938 and our family has never missed a single issue since then. Even today Mai is a subscriber. Divo (sister publication of SC) is another favourite of hers." Concepta continues, "It is due to Mai's support and encouragement that we 13 sib-

lings, developed regular reading habits and because of Baab's (Father's) determination all children have done well in academics and in life too. Our parents knowledge is vast in several fields including Konkani literature, religion and even politics, not to mention local remedies for many ailments and were consulted regularly by many. A systematic teaching know-how of which not only the family and children, but many many more gained from."

Until very recently, Catherine Bai visited her children and relatives in Mangaluru city, Nakre and elsewhere. Mai had visited Dubai in 2005 and UK in 2008. There too she was such a voracious reader, adapting herself to reading online Kannada newspapers on laptop, scrolling the pages with real elan. Even young people are amazed and surprised to see how comfortably she uses her cell phone. Asked, she stresses that faith, hope and trust in God are the very basis of a successful and joyful life, whatever trials and troubles you encounter in life - all good and bad are part of God's care for all humans... always, everywhere.

-Compiled/Adapted By :  
**Ivan Saldanha-Shet.**

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# Empower entrepreneurial skills in kids



**AS PARENTS, ITS easy to give criticism and praise for things that are tied to a grade but, it's important to encourage children in the activities that they choose to pursue out of their own ambition. Some children may not be born to be lawyers or doctors or to get good grades in a school but, they might have other skills that could lead them to be great entrepreneurs. Helping your child with an the value of money and instill a profitable moneymaking mentality that they will use for the rest of their lives**

As a parent, all of us want to give our children an edge and, help them learn important skills to lead a successful life. Well, have you ever wondered instilling business skills in your kids right from childhood? As the saying goes. "People with an entrepreneurial way of thinking see challenges as opportunities and confront them with great confidence to create value in the world." Kids can develop these key skills and behaviours to lead a successful life. In fact, they are more capable of learning them than adults because; they have fewer mental barriers to tear down in order to develop them. Here are few entrepreneurial skills you can teach your kids to help them lead a successful life:

## **Leverage failure as a learning opportunity :**

As a parent you influence your kid's willingness to try, experiment, learn and try again - an essential approach for any entrepreneur-to-be. First of all, allow your kids to make mistakes

and get bumps and bruises. It might sound hard for some parents but, your child can't develop in a protective bubble and can't grow up without realising that certain level of failure is inevitable. Instead of criticising, help your child to practice the skill or brainstorm what exactly they could do differently next time.

## **Stop buying them stuff for nothing :**

The next time your kid asks a few bucks for a new toy, don't give the money straight away. Instead, ask them to brainstorm some ways to create the money for the things they want. For instance, service like doing the dishes for a few days or setting up a crowd funding campaign among other family members! This will inspire creative thinking and will help kids grow up with the spirit of entrepreneurship rushing through their veins.

## **Foster a sense of mastery :**

Entrepreneurs take huge risks daily but, being comfortable with the uncertain doesn't happen overnight. Kids need to be have freedom for testing their boundaries and master fears while they're young. Let them take their own decisions and learn to face the consequences (positive or negative). This gives the child a sense of mastery. Gradually, you empower them to take risks and stay confident at the same time.

## **Teach them to set goals :**

Without a clear goal in mind no entrepreneur ever succeeded. Sit down together and write a top-10 list of goals your kid would like to accomplish this year. Let them choose the one major goal that would make the biggest positive impact in their life. Next, write down bite-sized, actionable steps necessary to achieve each goal and

encourage them to start taking action on those steps today. You can make it even more fun by drawing a visual scale of their progress and set-up some motivational rewards once each goal (or step towards it) is achieved.

## **Teach them to recognise opportunities :**

Most start-ups fail because they can't seize the opportunity or recognise a potentially profitable market at early stages. If you want your kids to succeed, teach them how to spot untapped opportunities and pursue them.

## **Start playing a long-term game :**

Each time your child points out small problems or setbacks in their or their friend's lives, like not being able to get stuff from the top shelf, praise them and brainstorm a solution together. This simple routine will teach them to focus on creating positive solutions, rather than focusing on the problem itself and allow them to create profitable ideas for their future companies.

## **BE THE CHEERLEADER**

- Does your child have an idea to improve something? Encourage them to draw up a plan and, help them find ways to pitch their idea.
- Does your child love to draw, paint or do other kinds of artwork and crafts? Help them choose their favourites and, enter them in a fair or gallery.
- Has your child written a story? Help them print or publish their writing and, distribute it to the right audience.



# Build the right thinking habit

GENY'S ARE surrounded by different mindset of people. Some favours them while some not. In this situation its difficult for youth to build their own mindset. Following these habits will make them thinking in the right direction.

Youth are often being criticised for not focusing on particular things. They get distract easily, as a result they fall into the pit of bad consequences. They lack in the proper guidance and approach of thinking in a right directions. In order to improve youth's mindset and thinking ability. Here are few suggestions which they should follow to build the habit of right thinking.

## Be curious :

Curiosity is an important trait of a genius. Curiosity is powerful. It makes you eager to find new ideas. It also helps you recognise the ideas when they come. Curiosity is a foundational attitude to have in building the thinking habit.

## Read diversity :

The quality of your output depends on the quality of your input. So, if you want to come up with good ideas, you need to feed your mind with good ideas. One way to do that is to read diversity. Why? Because it allows you to cross-pollinate the ideas in your mind. This will give you fresh, new ideas. Don't just read from the fields you are familiar with; read from other fields as well.

## Find humour :

Humour is a catalyst for positive emotions and expansive thought. Humour can be very helpful in many situations that lighten more productive thinking. Use humour on occasions to deal with stress.

## Think flexibly :

You could take special time just to think. Bill Gates did this by having a 'think week' twice a year while he was at Microsoft. This helped him navigate

the company through the fast changing technological landscape. While you might not be able to afford a full week of thinking, you can do something similar with a shorter amount of time.

## Experiment :

Ideas aren't good if they are just ideas. You need to put them into action. For this, you need to have the experiment mindset. Try things out without fearing failure. If an experiment works, you can then put more resources into it.

## Take risks :

In order to expand and grow as a person, we must be willing to take healthy risks. Risk taking doesn't have to be a complete gamble. Set goals that are realistic and believable but that are also meaningful and stretch your limits. Think big and bold but have a practical plan.



## Surround yourself with positivity :

Staying with positive thinkers will enable you to think in the right way. They will help you see the good aspect in every situation. Always be in the company of those, who have the same dreams as you. It will motivate you to succeed even beyond your expectations.

## KEEP AN IDEA JOURNAL

When you find a good idea, don't keep it in your mind. Instead, write it in an idea journal. Capture the idea. Otherwise the idea might be gone forever. Keeping an idea journal also makes you more alert to new ideas. You will quickly recognise them because you already have the habit of capturing ideas.

## How many megapixels is the human eye?

The average human retina has five million (50 lakh) cone receptors on it. Since the cones are responsible for colour vision, you might suppose that this equates to a five megapixel equivalent for human eye.

According to scientist and photographer Dr. Roger Clark, the resolution of the human eye is 576 megapixels. That's huge when you compare it to the 12 megapixels of an iPhone 7's camera. But what does this mean, really? Is the human eye really analogous to a camera?

A 576-megapixel resolution means that in order to create a screen with a picture so sharp and clear that you can't distinguish the individual pixels, you would have to pack 576 million pixels into an area



the size of your field of view. To get to his number, Dr Clark assumed optimal visual acuity across the field of view, that is, it assumes that you eyes are moving

around the scene before you. But in a single snapshot-length glance, the resolution drops to a fraction of that; around 5-15 megapixels.

That's because your eyes have a lot of flaws that wouldn't be acceptable in a camera. You only see high resolution in a very small area in the centre of your vision, called the fovea. You have a blind spot where your optic nerve meets up with your retina. You move your eyes around a scene not only to take in more information but to correct for these imperfections in your visual system.

**Haven't  
tried the lip  
smacking  
vellari yet?**



Vellari means 'cucumber' and as the name suggests this is a reddish hued curry. However, the redness actually stems due to the combination of several spices. So, fear not this recipe and feel free to moderate the spiciness according to your taste.

To make this curry, you need fenugreek seeds, whole dry kashmiri red chillies, coconut oil or any other refined oil, mustard seeds, turmeric powder, tamarind pulp, salt to taste and chopped yellow cucumber. First combine the fenugreek seeds and chillies in a small pan and dry roast on a slow flame till they release flavour, while stirring continuously. Keep aside. When cool, blend in a mixer to a coarse powder. Keep aside. Heat the oil in a kadhai and add the mustard seeds. When the seeds crackle, add turmeric powder, tamarind pulp, salt and 1 1/4 cups of water, mix well and simmer for a minute, while stirring continuously. Add the yellow cucumber, mix well and simmer. Serve hot.



## **Nawabi Biryani**

### **Required:**

800 gm. basmati rice; 750 gm. mutton or chicken; 250 gm. onions; 400 gm. curds; 1 cup milk; 100 gm. almonds or cashew nuts or groundnuts; 2 lemons; a few mint leaves; a little saffron; 8 green chillies; 2 -inch piece ginger; 1 tsp. turmeric powder; 8 cardamoms; 8 pieces cinnamon; 8 cloves; 6 flakes garlic; 250 gm. oil; 6 cups water; salt to taste.

### **Method :**

Wash, clean and cut mutton. Since onions, chop coriander finely, also chop mint. Grind ginger, garlic and red chillies to a fine paste. Soak mutton in curd mixed with masala for two hours. Heat oil and fry onions till golden brown and crisp. Keep aside. Put ground masala and mint in a pan and fry for some time. Add one cup water and cover it with a lid. Place on maximum heat and let cook. Reduce to medium heat for 10 minutes and remove the lid. Remove meat with masala. Put rice in a dekchi with six cups of water. Bring to full cooking pressure. Reduce medium heat and cook for two minutes. Remove rice and mix with powdered cloves, cinnamon, cardamon, coriander, mint, turmeric, salt and sprinkle over half the rice. In a dekchi put layers of rice, mutton and fried onions. Pour remaining milk over rice. Cover dekchi and seal edges with wheat flour paste. Put dekchi on tawa and cook on slow heat for half an hour.

## **Goodness of sesame oil**

Massaging of hair and scalp with sesame oil can help in preventing premature greying and helps in retaining the natural colour of hair for longer. In fact, sesame oil has hair darkening properties. Regular use of this oil can help in keeping hair dark and healthy and this good properties on health.

Helps in rheumatoid arthritis :  
Seeds are a powerhouse of vitamins and minerals. They are loaded with copper, zinc, magnesium, iron and calcium. While sesame oil may not contain as much nutrients as the seeds since some amounts of it are lost during the extraction process, they still retain most beneficial prop-

erties.

Helps in lowering of blood pressure :  
Sesame oil as edible oil lowers blood pressure, decreases lipid peroxidation and increases antioxidant status in hypertensive patients.

Helps to fight stress and depression :  
Sesame oil contains an amino acid known as tyrosine, which is directly connected to serotonin activity. Serotonin is a neurotransmitter which impacts our mood. An imbalance of it could lead to depression.



# Household items you need to replace

# Make your breath smell good all day

THERE ARE CERTAIN household items that require replacement after certain period of time. We're discussing few of those stuffs along with their duration of replacement



We don't usually give a second thought as to how long we've had a household item particularly if it is something like a pillow or a mattress. But while they may look clean on the surface, these seemingly innocent household items can actually harbour potentially harmful bacteria when used for too long. We've examined few household items and when you should actually throw them out!

## Towels :

Towels that are used often (even with frequent washing) take a beating. Overtime they become threadbare, meaning that they will no longer dry your body thoroughly. Its advisable to replace your towels after every two years.

## Cosmetics :

Eye makeup will keep for up to six months after opening as applicators used to apply mascara, liner and shadow are repeatedly exposed to bacteria in the air and on your lashes which can result in an infection. Make-up brushes should be washed regularly and replaced every two years. Liquid products that do not touch the eyes will also keep for two years.

## Running or walking shoes :

You should replace it after every three to four years. Whenever a running shoe becomes uncomfortable, take that as a sign to dispose of it. Another deciding factor is the foam-like material in the mid-sole of the shoe which stops bouncing back after some time, thus losing its shock-absorbing capacity. This can lead to heel and arch pain and also stress fractures.

## Wooden spoon :

Replace wooden spoons every five years of earlier if the wood cracks or any part has softened or darkened as this could mean that the wood is routing and retaining bacteria. Wood is also more porous than plastic or metal, making it more susceptible to carrying germs and bacteria.

## Toothbrushes :

Dentists recommend changing your toothbrush every three to four months because during that time frame, they develop frayed bristles which remove plaque a lot less effectively than a new brush does. Replacing your toothbrush on a regular basis will also help guard against harmful oral problems.

## Pillows :

Pillows should be washed regularly and should be replaced every two years. Dirt, hair, body oil and dead skin get trapped in your pillow's fabric, making it a breeding ground for odour causing bacteria and allergy triggering dust mites.

## Mattress :

A good mattress will last nine to ten years and flipping it and rotating it every year will help it last longer. But, if you have trouble sleeping, your mattress will need changing every five to seven years, as doing so will also result I less back pain. Mattresses also attract dirt and collect dust and allergens that cannot be removed so it is important to change yours at least once a decade.



Poor oral hygiene is the most common cause of bad breath, but even if you're on top of your dental care game, the occasional odour can still set in.

Here are some tips to help make your breathe smell good all day :

- Keep your teeth healthy by brushing with toothpaste twice a day for two minutes at a time.
- Floss once a day to remove any food particles stuck between your teeth.
- Brush after eating foods with especially strong odours, like garlic, onions or tuna.
- Drink a lot of water to avoid dry mouth, which can cause bad breath.
- Chew on fresh mint leaves for a natural bad breathe remedy.
- Keep sugar-free mints or gum on hand to use as needed.
- Baking soda is a natural antibacterial, and the peppermint oil helps freshen your breathe in a pinch if you run out of mouthwash.
- Onions and garlic are big offenders. But brushing after you eat them doesn't help. Don't eat them, or at least avoid them before you go to work.
- If your bad breath continues despite your best efforts, make an appointment with your doctor. He'll check to see if your problems are related to a medical condition.

## The options

Singapore Prime Minister Lee kuan Yew said there were two options for me. Either I get corrupted and I put my family in the Forbes list of the richest people in the world and leave my people in the world and leave my people with nothing. Or I serve my country, my people and let my county, my people and let my country be in the list of the best ten economies in the world. I chose the second option. Indian politicians said, "There were two options for us two but the second option was already taken by the Singapore prime Minister, we had no other choice."

\*\*\*\*\*

Effect of over flooded Diwali messages on WhatsApp. People reply even without reading at all, most of the time. One doctor received message from his friend, My husband is suffering from severe loose motions, what should I give?

Doctor replied : Wishing the same to you and to your entire family also. Enjoy the moments with full fun and have a blast.

\*\*\*\*\*

## The little boy and his grandma

A little boy greeted his grandmother with a hug and said, "I'm so happy to see you, Grandma. Now maybe Daddy will do the trick he has been promising us". The grandmother was curious. "What trick is that my dear?" she asked. The little boy replied, "I heard daddy tell mommy that he would climb the walls if you came to visit us again."

\*\*\*\*\*

Santa : My wife suffers from a drinking problem.

Banta: Oh is she an alcoholic?

Santa : No, I am but she's the one who suffers.

\*\*\*\*\*

A man, during his night prays, asks God, "Oh, Lord.... Why you've made women so beautiful?" God replies, "So you can love them, my child."



"Fine, but my Lord, why you've made them so stupid?"

"So that they can love you back, my child!"

\*\*\*\*\*

A lawyer, a priest and a young boy were in a plane that was going to crash, yet they only has two parachutes. The lawyer proclaimed that since he was the smartest man in the plane, that he deserved to survive. He took a chute and jumped. The priest looks at the young boy and reflecting back on his life, told the young boy to take the last parachute since he has already lived a wonderful and full life. The boy replied, "You can have the other chute because the smartest man on this plane just jumped out with my bookbag!"

\*\*\*\*\*

A little girl is sitting on her grandpa's lap and studying the wrinkles on his old face. She gets up the nerve to rub her fingers over the wrinkles. Then she touches her own face and looks more puzzled. Finally the little girl asks, "Grandpa, did God make you"? He sure did honey, a long time ago," replies her grandpa. "Well, did God make me?" asks the little girl, "Yes, he did and that wasn't too long ago," answers her grandpa. "Boy," says the little girl, "He's sure doing a lot better job these days isn't He?"

\*\*\*\*\*

A little boy was learning about God and he was talking to his mother about it. she not wanting to place prejudice in the little boy's mind, sat him and said : " God is man or women. and "God is not black or white." To which the child responded, "Well, then is God Michael Jackson?"

\*\*\*\*\*

Son : Mom, I love you so much!

Mother : I don't have any money, try it with your dad.

\*\*\*\*\*

Son : Dad, can you help me find the lowest common denominator in this problem please?

Dad : Don't tell me that they haven't found it yet, I remember looking for it when I was a boy!

\*\*\*\*\*

## For the past 25 years

A man took his wife to the doctor. After a short examination the doctor said, "Your wife's mind has completely gone!" To which the man replied "I'm not surprised. She's been giving a piece of it to me every day for the past 25 years!"

\*\*\*\*\*

A man visits his old aunt in the nursing home. It turns out that she is taking a nap, so he just sits down in a chair in her room, flips through a few magazines and munches on some peanuts sitting in a bowl on the table. Eventually, the aunt wakes up, and her nephew realises he's absentmindedly finished the entire bowl of peanuts. "I'm so sorry, auntle, I've eaten all of your peanuts!" "That's okay, dearie," the aunt replied. "After I've sucked the chocolate off, I don't care for them anyway."

\*\*\*\*\*

Two men are discussing their lives. One says, "I'm getting married. I'm tired of a messy apartment, dirty dishes and no clothes to wear." The other one says, "I'm getting divorced for the some reasons."

\*\*\*\*\*

A mother noticed her little daughter praying. "Please, God" the little girl kept saying. "Bless my father and my mother and make Melaka the capital city of Malaysia."

"Why did you make such a strange request?" the mother asked.

"Because that's what I wrote in my Geography test this morning!"

\*\*\*\*\*



# Inspiration!

if you're advising a friend in a similar position. This will help you think more clearly and objectively with less emotional influence. Detaching

## Defeat the decision dilemmas

**Every choice you make may have long lasting consequences. No matter how tough it is, a decision must be made.**

Being indecisive is detrimental to progress. If you are to move forward, you must know how to make a decision and take certain steps to implement it. However, a hard decision is not a walk in the park. It is a vital part of life and there are certain questions you should ask yourself to make a decision.

### **How long will it take me to decide?**

An important question to consider in decision-making is timing. There is a particular time for any action in life. If you take too long to make a decision, the opportunity might pass you by, and a similar occasion may not happen again for a long time.

To get ahead of the ball, you have to maximize every opportunity. For example, you may have to decide between starting a new line of products and expanding the existing lineup. If you take too long to decide, it might affect profit in the long run. This does not mean you should make a decision based on the first option that comes your way. Every wise person must weigh their options before making a decision. Remember that decisions often have a deadline. This means that while decisions shouldn't be rushed, they should be well

**Making better decisions does not automatically come with age. Even though you mature, this does not mean you know exactly what to do. In fact, as you mature, you are exposed to more options and opportunities – yet, you still have to choose. You may be afraid to make a decision as often the consequences of our choices are unknown.**

thought out.

### **How important is this decision?**

The ripple effects of a decision differ depending on how important it is. Some decisions have the power to change the course of a person's life, while others only change the present and do not affect the grand scheme of things. Ask yourself, "Is the decision I am making now going to affect my bigger goal or picture?" For example, a high school graduate has to decide whether to go to college or not. This decision may affect the course of the student's life forever. The same goes for decisions like buying a house, getting hitched, getting separated, or moving to another country, no matter how trivial or significant. If you are a company or a team in a company, you have to ask "How important is this decision to the big picture of the company?"

### **If someone else were in my position, what would be my advice?**

Try looking from the outside in as

yourself from pressure will help you make a sound and rational decision. Recall the last time a friend asked you for advice. How did your perspective differ from theirs and what was their response to the feedback you had offered?

Try going through these same motions when you are faced with a difficult decision. Once you have your initial impulse, think what a knowledgeable friend would advise you to do to handle the issue.

### **What do I feel in my gut?**

Before making a decision, consider your gut feeling. Contrary to the popular notion, you shouldn't always go with your gut because our mind is filled with biases that overrule rational thinking.

To some extent, however, gut feelings can be trustworthy. All you have to do is inquire where the feeling comes from and if it is positive or negative. Once you have processed these thoughts, you can make a decision.

### **Conclusion**

When caught between a rock and a hard place, recognize which is softer. There is always a better option even in the face of two evils. No matter how hard the decision, if you make use of the above tips, you will be better prepared to make the right one.

Even if your decision turns out to be a bad one, find a way to work it out for the better. Life happens and the reward of experience comes even with a bad decision.

# Implement Your Love In Real Life

Love is a reality in life. It is a gift from God to bind the mystery of togetherness, partnership and growth. Love is not only for sensual gratification, procreation or a tool to cheat, bluff and deride a person, it is for much more as we will find.

The reality of love is trust and whole-hearted surrender. To be truly compassionate when someone is suffering, wanting advice or assistance, and to give it, is the language of love. Compassion is when you radiate a kind heart, and bolster the wound of a person's emotional hurt.

To implement your love is not an easy task, nor is it an impossible one. It should create an indissoluble bond of steadfast trust between a person and God. Making a deep active effort to achieve true love in relationships with those who are confused, frustrated, carrying scars of the past; it all comes out in the open through patience, tolerance and understanding.

Christians have inherited three gifts of faith to give hope and implement love: Prayer, Sacrifice and Forgiveness.

## PRAYER:

Prayer is the flame to burnish the soul in its thirst for love. We believe the breath of God is in every person; He resides in all of us, so our first act in prayer is to love everyone. In prayer we should be sensitive to the problems, sufferings and all mental and emotional traumas others bear silently.

To pray for others is love in action. It is your personal gift which you offer humanity in real life. The caring implementation of your love is true

love, found only in prayers for another.

## SACRIFICE:

Sacrifice is an offering to wrap your love in for family, friends and those in the chains of illness and poverty. Thomas, was the son of the neighborhood baker and he was twelve years old, delivered newspapers in the locality before he went to school. The daily income he received was only twenty rupees. With the money he would prepare three special meals for three poor boys in his class-room. No one knew of his sacrifice. Thomas never told anyone. This was truly a moving sacrifice made with love.



BY MELVYN BROWN

## FORGIVENESS:

Forgiveness is a divine virtue shared by the grace of God with humanity. Nurturing the habit of giving forgiveness with love becomes an example of universal compassion. Sometimes it is shown in a rare instance.

Simon had a business, buying and selling, which made for him a fortune. He was not a proud man, nor selfish, or arrogant. He always showed sympathy for human misery and always forgave others for their weakness in spirit.

One cold winter morning while on his way to the office, Simon saw a poor man beating his wife who was pleading for mercy and forgiveness. Simon rushed up to the destitute man and stopped the next blow he was about to give his wife.

"I told her never to beg on the streets, to manage the day's meals with whatever I could earn as an unregistered



'Cooli' at the railway station... You see, sir, I have to keep my pride..." The wretched man said.

Simon reacted spontaneously, turning to the woman he said, "Shall I call for the police and put him behind bars?"

"No Sir, no....I forgive him. I love my husband. It was my fault, as a mother I could not see my baby crying for food...and the tablets which the doctor had prescribed and we cannot afford it....I forgive him for beating me". Simon was moved by her words.

He turned to the man and extended a hand saying, "I, too, forgive you". It took Simon almost ten minutes when he turned to the poor couple and announced : "From tomorrow both of you will work for me in my business. I will employ a maid to care for your child".

The spirit of mercy in forgiveness had won. The love of charity and the wholeness of virtue was the hallmark of the Christian faith.

Pope St. John Paul II had stated:

"The love between a woman and a man is a beautiful gift of God. That is why we must approach it with a proper sense of responsibility."



# St. Cecilia, First Among Saints With Incorrupt Body

**Feast: 22 November**

*By Melvyn Brown*

Here is a testimony of faith as incredible as many others who suffered almost similar evil, but not as it is shown in the life of a virgin called Cecilia. The young woman came from a rich family in the city of Rome.

As a young and attractive woman there were many suitors who wished to marry her; but her parents had to decide on the right man before they made any decision. Friends and neighbors brought many proposals to no avail.

Cecilia, however, wished to remain a virgin till her death. She prayed to the saints, angels and to all the virgins who had died in the past. Cecilia even beseeched the angels to guard her virginity. She fasted, wore rough sackcloth and invoked God in her constant sacrifices for His unflinching protection.

The rising numbers of new Christians practiced their faith in hiding with the fear they might be found and executed. The Prefect of Rome was a bitter and frustrated man, who, for some unknown reason hated Christians. His name was Turcius Almachius. He had no regard for Pope Urban who had baptized hundreds of believers. On her part, St. Cecilia went about preaching the word of God, the hope of salvation, sin and forgiveness. She had converted over 400 of the faithful.

The threat of marriage could no longer be avoided by Cecilia's parents, as those around the family were all in favor of an early wedding. Suddenly, and unexpectedly one morning, Ce-

ilia was given in marriage to a youth called Valerian.

It is said that during the wedding ceremony the young Cecilia sang to God in her heart, and before the consummation of the nuptials she made it clear to her husband that she had taken a vow of virginity, and that an angel would protect her.

Valerian needed proof to see the angel. Cecilia told him that he must first journey to the third milestone on the Via Appia (The Appian Way), and needed to be baptized by Pope Urbanus. Valerian followed her instructions, returned and saw the angel sitting next to his wife. The angel rose and crowned Cecilia with a circle of roses and lilies.

The following week Valerian's brother, Tibertius was told of the angel and the baptism by Pope Urbanus. He joined his brother, became a Christian, and together they devoted their lives to the task of burying the saints murdered by the Prefect in the city of Rome.

For the brave act of preaching openly, converting and spreading the word of Christ, the Prefect put spies to gather facts of her movements in the city. Cecilia's husband and his brother were arrested for giving proper burials to the martyred Christians. Both brothers were executed for refusing to offer sacrifice to the gods. St. Cecilia buried them at her villa on the Appian Way.

It was not long when St. Cecilia was arrested and condemned to death



by suffocation in the baths. The room was locked and the heat was raised to the very maximum. Cecilia was unharmed. The Prefect was in a rage on hearing the news.

Rome's official executioner was called and ordered to cut off her head. Almachius swung the axe three times at the base of her neck and was not able to decapitate her. The executioner left her bleeding. Many came up to Cecilia and took her blood while she spoke to them and prayed with them.

Three days later St. Cecilia died and was buried by Pope Urban and his deacons.

In 1599 Church officials exhumed her body and discovered it incorrupt. She is the first among all incorrupt saints in the Church. From her coffin a fresh fragrance of flowers surrounds her burial place. In the same year the nephew of Pope Gregory XIV rebuilt the church of St. Cecilia.

# Royal Christian Family MATRIMONIALS - GROOMS

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**7084. MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in May 1956), Ht. 5' 7", Wt. 70 kgs, Wheatish Complexion, Edn. 9th std., working as a Machine Operator. Contact email : fern.gilbert54@gmail.com

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

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

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

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

godwinclear@gmail.com Watsapp No. 00918296851139

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**7034. MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in June 1988), Ht. 5' 11", Wt. 80 kgs, Wheatish Complexion, Edn. M.C.A., Software Engineer, working as an Software Engineer, Asst. Manager (IT), Only Sonm seeks alliance from Mangalorean RC Spinster, educated, working in Mumbai. Reply with full details & photofraph to email : ID : vivian1548@gmail.com Mobile : 9096141335

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**7056. MUMBAI :** Goan Roman Catholic Spinster, (Born in December 1988), Ht. 4' 11", Wt. 51 kgs, Wheatish Complexion, Edn. MBA in HR, working HR Field. Contact email : nancyfernandes9@gmail.com

**7085. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in January 1989), Ht. 5' 5", Wt. 47 kgs, Fair Complexion, Edn. MCA. working as a Banking service professional in private sector. Contact email : dorinbaretto27@gmail.com

**7021. MUMBAI :** Goan Roman Catholic Spinster, (Born in February 1988), Ht. 5' 5", Wt. 58 kgs, Fair Complexion, Edn. B.Com., working as a Sr. Sales Officer in Tatas. Contact email : ofira.afonso@gmail.com

**7023. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in October 1992), Ht. 5', Wt. 55 kgs, Fair Complexion, Edn. B.Tech - Biotechnology, working as a Biotechnologist. Contact email : seherarakel@gmail.com

**6985. MUMBAI :** Goan RC Divorcee, (Born in November 1984), Ht. 157 cms, Wt.68 kgs, Fair Complexion, Edn. B.Com., working as a Customer

## MATRIMONIAL

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**6959. MUMBAI :** Alliance invited from well settled RC Goan bachelors upto 30 years. for RC Goan Spinster (Born in November 1990), a B.A. graduate, done IATA, presently working in **DUBAI** in a travel company as a corporate travel officer, Ht. 5' 3", (preferable working overseas) Contact email : sabjf1963@gmail.com OR Cell No.: 8828998414

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**7012. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in April 1970), Ht. 5' 4", Wt.68 kgs, Fair Com-

plexion, Edn. B.Com., working as a Officer. Contact email : menezesvinet2014@gmail.com

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

**7006. DUBAI :** Mangalorean Roman Catholic Spinster, (Born in June 1987), Ht. 5' 4", Wt.68 kgs, Wheatish Complexion, Edn. B.Com., working for Bank. Contact email : liddydsouza@gmail.com

**6645. ABU DHABI :** RC East Indian Spinster Mumbai orgin,(Born October 1992), Ht. 5' 5", 59 kgs, Wheatish Complexion, pleasing personality MBA (Finance) U.K. working for a UK based MNC in Abu Dhabi, as Sales Executive. Family based in Abu Dhabi, UAE. Seek a RC bachelor, well qualified professional with good moral values and good family background settled/working abroad. Email : leteciaprisca@gmail.com

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# Stay positive during hard times

**BAD THINGS HAPPEN** both personally and professionally: Relationships end, significant others get unwell, promotions are given to someone else, clients leave, companies go through rounds of layoffs and what not! Experiencing challenges and problems are part of life. There is nobody alive who has been spared hardship. However, some people seem to cope with bad situations better than others. Their overall happiness does not seem as compromised when unfavourable things happen. How do these people manage to stay happy even when they are facing difficult times? Let's find out

It is a universal law that ups and lows are part of a life. What makes the difference is that how we stay positive and handle the hardship without giving up. However remaining positive is not very easy, especially at our difficult time, it is easier said than done! Well, to stay positive and happy is not a choice, it is the only way to live life. Even though it feels bad to not feel pity about your present situation and mull over the craziness you have to go through now, you really don't have a choice here. You just need to say enough is enough and should focus your energy on being positive and try to keep yourself happy. That said, there are several things you can do to help yourself cope with the bad times and stay happy

## **Know that this too shall pass :**

As the first attempt to stay positive, you need to develop a mind-set with the most powerful wordings of all time 'This too shall pass'. This means that, happiness or sadness will pass away soon and nothing is permanent in this life. Rich or poor, this rule of life never change. Your present life situation may be extremely difficult to cope up but please remember that it is going to end soon and happiness

is around the corner.

## **Try to control the things :**

The first is to be clear about what factors are under your control. Quite a bit of work shows that when times are bad, people are more resilient when they focus on things they can do to move forward rather than focusing on the ways that circumstances have conspired to put them in a bind. Focus on actions you can take that will make your situation better. As you engage in those actions, you will find that you feel better about your work and will also be more productive.

## **Look for an easy win :**

When you experience a loss in one aspect of your life, it can make you focus on the negatives across all of the facets of your existence. That is not a good time to embark on a long project that may not succeed. Instead, find something in your work life that you can complete quickly and successfully. That way, you can remind yourself that a significant setback is not a sign that you are cursed.

## **Learn from the situation :**

When bad things happen, they often present us with perfect opportunities to learn a valuable life lesson. For instance, if you get laid off, you can upgrade your education or skills and learn to become a more valuable employee. Or you could learn that you want to start your own business to become more independent. There are lessons to learn in almost any unfavourable situation. We just need to pay attention.

## **Your expectations can affect your happiness :**

When we have unrealistic expectations, we set ourselves up for disappointments, unhappiness and frustration. Life will not always go smoothly. When we expect both the good and

the bad, then we have a more balanced outlook in life and can avoid much of the heartache. The more unrealistic our expectations are, the more unhappy we will be.

## **Be present and mindful :**

Think about this: almost all our unhappiness is caused by something that has occurred in the past. When people are ruminating about a past event that they cannot change. The past is gone and what has been done cannot be undone. Yet so many people stay unhappy by focusing on the past. If you want to be happy, it is essential to focus on the present, on the here and now. After all, now this the only time we really have. We will never get the past back. By learning to focus on past, no matter how bad it may have been. Of course this is not an easy thing is not an easy thing to do but even if we succeed some of the time, it greatly alleviates our unhappiness. One way to become better at this is by learning to meditate.

## **Give others the benefits of the doubt :**

Finally, go out of your way to give a positive interpretation of the actions of others. When you think negative thoughts about other people, you can create a self-fulfilling prophecy. Your negative thoughts will influence the interpretation you give to their actions that can cause you to interact with them anger or mistrust.

## **QUICK TIPS TO STAY HAPPY IN TOUGH TIMES**

- Remain optimistic.
- See the big picture.
- Unwind with some form of entertainment.
- Go into 'survival mode' if necessary.
- Relax and get some fresh air.
- Remain focused on what really matters.
- Give to others in need.



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



—Jerome Pereira, Kurla

## Thanksgiving



Thanks to Divine Mercy, Our Lady of Vailankani, Our Lady of perpetual Succor and St. Anthony

—Sujita, Chembur

### 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)

—Felcie, Udupi

## Campus life vs corporate life

**JUMPING INTO THE** working world out of college is a wonderful and exciting time. It's a chance for you to put the things you learned in your courses into practical use. So, these are some key difference which differs in college and working culture

The two most important phases in life starts with the same letter 'C' (Corporate and College) but both these are poles apart. We can take them as two different parts of our life. After your school, college life is like a dream come true part as you anticipate lot of freedom in the college. On the contrary you feel the pressure of responsibility when you end your college days and enter in a corporate life. So once you cross the line of college life and enter corporate world, these differences you may observe.

### Attitude :

College campus life is open enough for every student to carry their own sets of attitude along with them. Corporate life is something where you sign up a bond stating that "Yes, I will carry a positive attitude along with team spirit and be careful with my words, ideas and thoughts". The transit of this changes the attitude from a student to an employee such as he or she must be working only for the company and be engaged in financially gainful activities.

### Future planning :

When you are in college, you are in that moment of fun and enjoyment. You live in the present and do not think so much about what is going to happen in the future. You are busy with your friends, studies and doing all kinds of fun activities that can be done only when you are in college. Once you get into a professional field, you have to start thinking about how you want your future to shape up. Several types of responsibilities might also surround you for which you have to prepare.

### Responsibility :

In college, if you stayed up late at night and were too tired to make your morning class, you could skip it and get the notes later from a friend. This same attitude won't go over well at work. At job, performance makes a difference in the company's success. Paying attention to instructions, following workplace etiquettes and being accountable are all important aspects of job.

### LOVE LIFE TAKES A BACKSEAT

Most of us get into relationships when we are in college. Despite our busy schedules, we manage to make time for our girlfriend or boyfriend. But, after getting into a job it gets really difficult to make a lot of time for your partner. You would not be able to watch movies, go out on dates or vacations as frequently as you used to when you were in college. Your partner has to be mature enough to understand and deal with this transition.

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