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A NATIONAL FAMILY WEEKLY

*There's more to life
than being happy*



(Read on page 19)

Ryan Pinto, CEO, Ryan Group awarded among the brightest young Entrepreneurs by Business World 40 under 40

Mumbai, Nov. 06: Ryan Pinto, CEO, Ryan International Group of Institutions was awarded among India's brightest young entrepreneurs and most definitive young achievers by Businessworld 40 under 40. The award was presented by Dr. Annurag Batra, Chairman & Editor-in-Chief – Business World during the 3rd Edition of BW Businessworld 40 under 40 Awards in association with BW Disrupt on 23rd October 2019 at Delhi. The awards recognized and felicitated 40 brightest young entrepreneurs, innovators, and change-makers.

BW 40 under 40 is a quest for the most influential leaders of the year to acknowledge their exceptional contribution in their respective field. All the winners who were selected for the awards have demonstrated exceptional contribution in their work and personal growth. 40 awards and 3 special mentions were awarded after a rigorous jury process. The entries ranged from various categories of



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business and others who showcased outstanding elevator pitch, organization USP, growth parameters, vision and faith, and conviction. Ryan Pinto was also on the Panel of a session titled, "Growing Traditional Businesses in the Age of Disruption". The panel consisted of leaders from education, publishing, restaurants and media.

Ryan Pinto one of India's youngest entrepreneurs in the K-12 education sector, while receiving the award said, "I want to give all the glory to my Lord Jesus Christ for all His blessings & favor. I dedicate this award to my amazing parents, Dr. A F Pinto & Madam Grace Pinto for the opportunity they have given me, my family for their support, my dedicated team for all their hard work & to the lakhs of parents

that have put their trust in us. I am grateful to the entire team of Business World and the eminent jury for this prestigious recognition. It is truly humbling to receive this honour. We the Ryan Group continue to remain committed to serving the nation in giving access to quality education & empowering the youth".

Dr. Annurag Batra Chairman and Editor in Chief BW Business world, said "BW Business world 40 under 40 is a process led, jury driven and editorial knowledge driven list of young achievers list, these achievers are the future of the country and will make India better and in some way is an encouragement to build on the good work they have already done."

— Ronida

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An Anecdote Our Parents

By Don Aguiar

While we're busy making a living, we're gradually forgetting about making a life. We're so occupied within ourselves that we often overlook the fact that the clock is ticking. And with each passing moment, our parents are growing and, although they may be in good health overall, I can see that they have become smaller and frailer in the few months since I was last there.

It reminds me about the importance of spending our time wisely and, frankly speaking, it's not the years in your life but the life in your years that count. Families don't always agree on everything and sometimes we clash, but we never know what's around the corner and if we don't do our best to keep in touch with our parents, families, children and friends, we will surely live to regret it. The last shirt you wear has no pockets and words are empty, especially when those we love are no longer around to hear them.

I dislike some of the double standards that prevail when many people pay their final respects at the church. Where were they when the person was alive? Do their unheard words matter more when presented along with a huge bouquet? When the person was alive, perhaps that would have been the right time to give them just a flower or make a phone call to say hello and ask how they are. Naturally, of course, we all grieve and handle sad things in life differently, but I believe in making gestures when people are around, not when they no longer are. Failing to do when someone is still with us and then over-doing it when it's too late of that is often just for show.

On Nov 3, 2005, as a morning ritual, I called home to speak to my Mom and Dad. Dad was super excited for 2 reasons, Serena Williams was playing Finals for Australian Open and Mercedes had signed me up for their association. He told me that it was his dream and would be proud to drive his son's Merc, although he had his. I laughingly said that why didn't you tell me before, he joked and said: "you had never asked." Then in one of his do good moods went on to relate an anecdote that he said would do good for me

A farmer in ancient China had a neighbour who was a hunter, and who owned

(Contd.. on p. 4)

(Contd.. from p. 3)

ferocious and poorly trained hunting dogs. They jumped over the fence frequently and chased the farmer's lambs. The farmer asked his neighbour to keep his dogs in check, but this fell on deaf ears.

One day the dogs again jumped the fence, attacked and severely injured several of the lambs. The farmer had had enough, and went to town to consult a judge who listened carefully to the story and said: "I could punish the hunter and instruct him to keep his dogs chained or lock them up. But you would lose a friend and gain an enemy. Which would you rather have, friend or foe for a neighbour?"

The farmer replied that he preferred a friend.

"Alright, I will offer you a solution that keeps your lambs safe, and which will keep your neighbour a friend."

Having heard the judge's solution, the farmer agreed.

Once at home, the farmer immediately put the judge's suggestions to the test. He took three of his best lambs and presented them to his neighbour's three small sons, who were beside themselves with joy and began to play with them. To protect his son's newly acquired playthings, the hunter built a strong kennel for his dogs. Since then, the dogs never again bothered the farmer's lambs.

Out of gratitude for the farmer's generosity toward his sons, the hunter often shared the game he had hunted with the farmer. The farmer reciprocated by sending the hunter the cheese he had made. Within a short time the neighbours became good friends.

A Saying in Old China went something like this, "One can win over and influence people the best with gestures of kindness and compassion."

A similar Western Saying: "One catches more flies with honey than with vinegar."

He said that I had come a long way from being a mischievous, teasing little boy.... And must now ensure that I spread the above anecdote to one and all in order to make the world a better place... And went back to an incident that happened when I was in class 7 and used to ask a lot of questions.....! One day I asked my English teacher "Why do we ignore some letters in pronunciation e.g. the letter H.... in Hour, Honour... etc...?"

My teacher said, "We are not ignoring them: they're considered silent"... (I was more confused...)

During the lunch break, my teacher gave me her packed lunch and asked me to heat it in the Cafeteria. I ate all the food and returned her the empty container.....!!!!

My English teacher: What happened? I told you to go and HEAT my food, you are returning me an empty container.

I replied, "Madam, I thought "H" was silent.

We then laughed as usual and disconnected.

Late morning on the same day, he passed away. No child can ever be ready for this loss; it leaves a hole in your heart. Makes you feel empty, betrayed by Gods and unprotected to the World.

I still wonder about the line he said: "you had never asked."

So many times since that unfortunate day, I wish I could have done more for him, made him proud, and fulfil all his wishes.

Life lesson - Don't wait for a single more moment. Our parents might never ask for anything and just give all their lives to us.

Surprise them, spoil them, hug them, ask them about their dreams, and love them. Because one day you might be

able to buy a fleet of cars, but you can't buy time.

We all wish that we could reverse time and bring our loved ones back. But can we? Unfortunately, no!

So don't wait.....just fulfil their wish NOW..... no point feeding the poor or giving a decent donation ... after their demise..... better feed your parents with their favourites And be blessed!

You are living because they gave you birth, now it's your Turn.... Give them everything so that they feel proud of bringing you in to this world.

For them you are their World.

Let us make an effort to make a pact that we will be polite when we speak and not make rude and sarcastic remarks at every opportunity we get, especially with Our Parents, Families, Friends and Colleagues.

Prayer & Thanksgiving Prayer to the Sacred Heart



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

Sacred Heart of Jesus, I trust in you.

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

Sacred Heart of Jesus, Your kingdom come.

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

—Sujata, Kurla



Save precious lives of PMC bank depositors

Yet another depositor of the scam-tainted PMC bank has succumbed to the clampdown by the Reserve Bank of India (RBI) on the withdrawals from bank accounts and Fixed deposits, taking the death toll to 9, in a short span of around 45 days. Although the RBI-appointed administrator has moved swiftly by asking the Economic Offense Wing (EOW) and Enforcement Directorate (ED) to release the attached assets of the scamster-owners of RDIL and auction their properties to pay back their loans to PMC and the depositors their money, past experience has shown that the process is a lengthy one, as attached properties are withheld for years before being auctioned. It would therefore be prudent for the RBI to relax the restrictions on withdrawals to relieve thousands of depositors of their sufferings and misery. For a start, withdrawals not exceeding Rs 5-lakh per month would be reasonable without putting a burden on the bank. If the PMC has adequate reserves, then why not? Rs 50,000/ will hardly serve to address the woes of depositors who have their life savings in Fixed deposits.

—A. F. Nazareth
Alto Porvorim

Miracles

We read in the article captioned “Do I believe in miracles”

— The Secular Citizen 4-10 November— that “Most of the Christians take it for granted that Jesus is the Son of God, without going through his earthly pilgrimage and actually walking in his footsteps” Everything con-

cerning religion is taken for granted on the basis of our faith. The following are some passages from the Gospel that mentions Jesus as the Son of God.

1. Mathew 16:15-17
2. Mathew. 3:16-17
3. John 20:31
- 4 John 3:16

Chotebhai says that he has experienced the power of God, signs, portents and wonders several times in his life. I too have such instances and the latest happened in last May— most unexpected thing happened to save my life. But these are personal and the hearer may have his own interpretations. In our retreat centres I do not know how some preachers announce miracle happening. It is difficult for me to appreciate the way it is announced. However the late Fr C. J. Varkey (a devoted priest in Kozhikode) wrote in an article that he used to get sometimes the vision of some persons, like name, disease and healing during retreats. I am unable to comment on this.

The Catholic Church has certain measurable factors and conditions to elevate a person to sainthood. I believe that the authorities satisfy all the parameters, though I may not be able to certify hundred percent accuracy. Are we the faithful to act as auditors in such fields

—K. C. Thomas.
Navi Mumbai

On decorating graves

Every year on All Souls' Day November 2, we see graves decorated and lit up in all Catholic cemeteries as a mark of respect to the deceased members of our family. However, it is difficult to understand why the church still encourages this practice and has

not stepped in to stop this wasteful expenditure, knowing very well that the status quo of the deceased soul doesn't undergo any change by decorating the grave. The biblical poor man Lazarus died by the wayside and was taken to heaven, while the rich man who must have been buried with pomp and pageantry went down to Hell. So, instead of splurging on decorating the graves, it would be better if only a candle or a diya is lit and a few prayers said for the repose of the soul. Secondly, by offering masses for the dead, we are only feeding the priests without any benefit for the soul. This was the practice followed by the corrupt clergy by selling indulgences, which was condemned by Martin Luther during the Reformation in his '95 Theses', where he stated “When the pennies keep jingling in the church coffers, the souls keep flying out of Purgatory”. Today Martin Luther is regarded as a saint in many church circles.

—A. F. Nazareth, Alto Porvorim

Potholes contribute to the Economy!

The much-maligned pothole is a huge source of income and employment and should be given its due place in our economy. Potholes are to be found not just in Mumbai and Goa. They are equitably distributed across the country with every city and town reaping its economic benefits. The contribution of potholes to the GDP (Gross Damage Potential) is humongous. Potholes provide livelihood for road contractors, PWD employees, auto-mechanic, road-side tyre-puncture-wallas, orthopaedic surgeons and even undertakers.

As potholes play such a vital role in our economy the govt must create a separate ministry for potholes headed by a minister of cabinet rank. Scholars should be encouraged to write research papers on the "Contribution of Potholes to the Indian Economy". Who knows, we may even land another Nobel Prize for Economics!

—Prof Robert Castellino
Mumbai

The Verdict: is There Closure?

The long-awaited verdict on the contentious issue of the disputed land in Ayodhya was finally delivered by the Supreme Court on 9 November 2019. The judgement has come after a 70-year old conflict filled with acrimony, divisiveness, hate and violence between sections of the Hindus and Muslims of the country. At the core of the issue was the Ram Mandir – Babri Masjid dispute: was there a temple on the place where the Masjid was built? To whom should the land be given to?



BY FR. CEDRIC PRAKASH SJ

For the five-member Constitution bench headed by the Chief Justice of India Ranjan Gogoi and comprising Justices S. A. Bobde, D.Y.Chandrachud , Ashok Bhushan and S. Abdul Nazeer delivering the verdict was not an easy task- given the fact that the dispute has been one of the longest in the country's history and secondly, it has always been a very emotional issue between the country's majority community: the Hindus and the largest minority community : the Muslims. The verdict was a unanimous one, relying on the findings of the Archaeological Survey of India (ASI)

Some of the key points of the 1054pages landmark judgement include that:

- the entire disputed land of 2.77 acres in Ayodhya must be handed over for the construction of a Ram Mandir
- the Central Government has been directed to formulate a scheme in this regard within three months. A Board of Trustees must be set up for construction of temple
- the findings of ASI report cannot be brushed aside as conjecture
- ASI reports indicate that the Babri Masjid was not built on a vacant land. The underlying structure was not of Islamic origin. The faith of Hindus that the place is birth place of Lord Ram is undisputed.
- an alternate suitable plot land of 5

acres in the town must be allotted to the Sunni Waqf Board for construction of a mosque

- the destruction of Babri Masjid in 1992 was a blatant violation of law
- the rights of Ram Lalla to the disputed property is subject to maintenance of law and order and communal harmony
 - the suit by Nirmohi Akhara was time barred
 - the Ram Janmabhoomi has no juristic personality. But Ram Lalla, the deity has juristic personality
 - the Suit by Sunni Waqf Board is maintainable and not barred by limitation
 - the Sunni Waqf Board has not been able to prove adverse possession. There is evidence to show that the Hindus had been visiting the premises prior to 1857
- there is evidence to show that Hindus worshiped in the outer courtyard of the disputed site. As regards the inner court yard, there is no evidence in the suit by Sunni Board to show exclusive possession prior to 1857

In order to understand this judgement, which is bound to have far-reaching implications, one needs to briefly go through the way the dispute has evolved over the years. The Babri Masjid was apparently built in Ayodhya in 1528. Some Hindu groups claim it was built after a temple was demolished; though the ASI has found some remains of and from a previously built structure, there is no conclusive evidence that it was in fact a temple. The first recorded communal clashes over the site took place in 1853. Some years later in 1859, the British administration put a fence around the site marking separate areas of worship for Hindus and Muslims; this lasted for almost ninety years. In 1949, for the very first time, the dispute on the property went to court, after idols of Lord Ram were found placed inside the mosque.

Some Hindu groups formed a committee, in 1984, to begin the construction of a Ram temple. Three years later, a district court ordered the gates of the mosque to be opened after almost five decades and allowed Hindus to worship inside the "disputed structure." A Babri Mosque Action Committee was formed by Muslim groups. In 1989, the foundations of a temple were laid on land adjacent to the "disputed structure".

A watershed year was 1990, when the then BJP president LK Advani took out a cross-country rath yatra to garner support to build a Ram temple at the site. This yatra polarised a good section of the Hindu community. An immediate result was that some volunteers of the Vishwa Hindu Parishad (VHP) stormed the disputed area and partially damaged the Babri masjid. December 6, 1992 will certainly go down in the history of the country as one of its blackest days! On that infamous day members of right-wing Hindu groups, took law and order in their own hands and demolished the mosque! Communal violence followed all over the country, in which hundreds of people lost their lives and widespread destruction.

The then Congress Government at the Centre immediately set up the Liberhan Commission was set to probe the demolition of the mosque. Strangely, only seventeen years later in June 2009, the Commission submitted the report of its inquiry, naming LK Advani, Atal Bihari Vajpayee and other BJP leaders as those responsible for the demolition. Earlier, in September 2003, a court ruled that seven Hindu leaders, including some prominent BJP leaders, should stand trial for inciting the destruction of the Babri Mosque. But no charges were brought against Mr Advani who was then the Deputy Prime Minister of the country under Vajpayee. A year later, an Uttar Pradesh court ruled that the

(Contd.. on p. 7)

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order which exonerated him should be reviewed. The case against the BJP leaders, including Murli Manohar Joshi and Uma Bharti as well, is being heard by a trial court in Lucknow. In July this year, the Supreme Court extended the tenure of the judge hearing the case and set a nine-month deadline for the verdict.

Writing in 'The Wire' (9 November 2019), well-known writer and political analyst Siddharth Varadarajan says, *"The court acknowledged the manner in which Ram idols were planted in the mosque was illegal and that the mosque's demolition in 1992 was "an egregious violation of the rule of law". Yet, the forces responsible for the demolition now find themselves in legal possession of the land. The site will be managed by a trust that the government will now set up. And the government and ruling party have in their ranks individuals who have actually been charge sheeted for conspiring to demolish the mosque"*. Whether the cause of justice, on this matter, will ultimately be served, is at this moment, anybody's guess!

In April 2002, a three-judge Lucknow bench of the Allahabad High Court began hearings on determining who owned the site. In September 2010, the Allahabad High Court pronounced the verdict. The verdict said the site of the Babri Masjid is to be divided into three parts, each going to Nirmohi Akhara, Ram Lalla and the Sunni Central Waqf Board of Uttar Pradesh; in no time, both Hindu groups and Muslim groups moved the Supreme Court challenging the High Court verdict. The Supreme Court, in 2010, stayed the Allahabad High Court order; earlier, the top court had said the Allahabad High Court verdict was "strange and surprising". The Supreme Court in an attempt to resolve the issue appointed a three-member commission to work towards a mediation; however, this group too failed to arrive at an amicable solution, despite being given extensions to do so.

Finally, a five-judge Constitution

bench began daily hearings from various stake-holders on 6 August this year; the hearings went on for forty days till 16 October. After mediation proceedings by a Supreme Court-appointed three-member team failed to find an amicable solution to the dispute earlier this year, a five-judge constitution bench began day-to-day hearings on August 6. The daily hearings at the Supreme Court came to an end after 40 days on October 16. The verdict was reserved and set to be declared before November 17 (the day on which Chief Justice Ranjan Gogoi, who is due to retire). Finally, the verdict was delivered today 9 November 2019.

The verdict has obviously drawn mixed reactions: a good percentage of the country will breathe a sigh of 'relief' that after years there is some kind of 'end' to an age-old problem. There were enough indications since the last few days, that many if not some, seemed to have an inkling or guessed what the 'final order' would be like. The posturing and utterances of several key leaders from the BJP/VHP/RSS combine, that *"there should be no celebrations"* is indicative enough of this. True, there have been no big 'celebrations'; but in keeping with their DNA some right-wing leaders have been making unnecessary statements and were even distributing sweets. At the time of writing this, there are no reported cases of violence. However, in some areas of Ahmedabad, where a sizeable section of Muslims lives, like Naroda Patiya – these areas had a deserted look; people had locked their houses and gone away. They are afraid that they witness a repeat of the Gujarat Carnage of 2002!

Most Muslim groups on the other hand, are not happy with the verdict; some of them have gone on record, to say that they may consider a review petition. Finally, we do have a verdict on a vexatious issue...but, one wonders if we, the people of India are confident that there is a closure too!!!

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

Babri Masjid 2019 Secular Politics.

—Don Aguiar.

If the public opinion turns majoritarian, how long can we expect the court to be untouched by its shadow? Can we depend upon courts to fight the battle of ideas that we have lost on the streets and dhabas?

The SC recent verdict leaves much to be desired. While the Supreme Court observed that demolition of Babri Masjid by a mob was an unlawful act yet its verdict appears to legitimise that act. While the Supreme Court has acknowledged that neither party has legitimate claim on the disputed land, yet it offered it to one of the parties. No doubt the Court attempted to craft a compromise but does not appear fair or consistent with the court's own reasoning.

The Waqf Board and many other activists are not happy with the compromise offered by the court and with good reason. There is an apprehension that the majoritarian sentiment may have cast its shadows on the Supreme Court as well.

This is a moment to reflect for all of us. This is a moment to introspect for those who frequently asserted that faith is above law and they will not accept a judicial verdict. This is also a moment of secular politics to reflect about its inherent weakness that brought the situation to this impasse. This is the moment to rethink and revitalise secular politics.

#AIRPOCALYPSE!

Hundreds of furious Delhiites demonstrated on Tuesday, 05 November 2019, demanding urgent action to tackle “air pollution”! – saying it’s #AIRPOCALYPSE! They also carried a banner, #BullShitNoMore! (*The Bombay Times, 07 Nov. 2019*).

But now a publication in BioScience has revealed, “11,258 scientists from 153 countries (69 from India) declare a ‘Climate Emergency!’” Their suggestions are: “End destruction of nature by restoring forests and mangroves which absorb CO2 and release oxygen; Use energy more efficiently by applying carbon taxes to cut fossil fuel use; Stabilize global population through reproductive health and family planning; Educate and empower girls towards equality; Eat plants and less meat!”

The ‘Report’ warned, “untold suffering is inevitable without deep and lasting shifts in human activities and lifestyles, which contribute towards greenhouse gas emissions related to adverse ‘climate change!’”

However, on 28 October 2019, the *Pontifical Academy of Sciences (PAS)* on similar lines expressed, “14 Pledg-

es”, together with Pan-Amazonia and United Nations, to find ways of achieving the *Sustainable Development Goals!*- Some of which are:

“Combating poverty; Achieving ‘triple health’ spiritual, mental and physical; Educating females towards equality; Tackling climate change by 2030; Committing towards a green economy; Protecting local cultures thriving on land and forest; Zeroing on illegal deforestation; and, Controlling Companies by limiting their supply chains, and by avoiding new forms of slavery!”

The PAS has promoted 13 conferences on environmental issues since 2013; often with groups opposed to key Church teachings on ‘reproductive health’ (abortion, contraception, and family planning).

We are all dependent on a viable and hygienic environment; and should be responsive in mind and heart as Jesus advised: “First clean the inside of your cup and plate, so that the outside also may become clean” (*Matthew 23:26*).

----- #

—Dr. Trevor Colaso, *Bandra(W), Mumbai*

Do you know that?

The CHURCH is our college.

HEAVEN is our university.

JESUS is our Principal.

The HOLY SPIRIT is our teacher.

ANGELS are our classmates.

The BIBLE is our study book.

TRIALS and TEMPTATION are our exams.

WINNING SOULS is our assignment.

PRAYER is our attendance.

The CROWN of LIFE is our degree.

PRAISE and WORSHIP is our first classwork.

‘coz we are children of GOD.

— Jubel D’Cruz,
Mumbai

Thanksgiving



Thanks to Divine Mercy, St. Jude, Sacred Heart, Mother Mary and Fr. Agnel for the favours granted

—Clarista, *Pune*

The Butterfly Sisters!

“Not until the half of our population represented by women and girls can live free from fear, violence and insecurity, can we truly say we live in a fair and equal world” - *UN Secretary-General, Antonio Guterras.*

A day was set aside by the United Nations in 1993, which declared 25 November as *International Day for the Elimination of Violence against Women!* It defines violence against women as, “Any act of gender-based violence that results in, or likely to result in physical, sexual or psychological harm or suffering to women; including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public domain or in private life.”

Participants are encouraged to wear a touch of orange in solidarity, symbolizing a bright future – *#OrangeUr-World: #HearMeToo!* The date (see below), marks the launch of 16 day of activism that will conclude on 10 December, the *International Human Rights Day!*

The Butterfly Sisters! On 25 November 1960, the three brave *Mirabal sisters*, Patria, Maria-Teresa and Minerva were released from prison. Their car was stopped on the highway, and the three sisters and their driver were brutally beaten to death, and thrown into a ravine to simulate an accident.

They were affectionately called *Las Mariposas – The Butterflies!* For more details refer Julia Alvarez’s historical novel, *In the Time of the Butterflies.* A forth sister, Dede Mirabal is founder and director of the *Mirabel Museum.*

The 31 years of dictator Rafael Trujillo’s cruel ironclad rule (1930 to 1961) was characterized by severe repression of labor and trade union movements, of leftist and youth organizations, and of his opponents and dissidents. It is estimated that his

despotic regime killed more than fifty thousand Dominicans and thousands more of Haitians, specific targets in October 1937, now referred to as the *Parsley Massacre!*

With the idea of defending democracy and freedom, the Mirabal sisters joined the underground political group, “*June 14!*” In 1960 their faction bore the brunt of Trujillo’s reign of terror! The Mirabal sisters were detained on several occasions, tortured in clandestine sites, and raped by Trujillo’s soldiers.

As the daughter of one of the murdered butterfly sisters wrote: “If they kill me, I shall reach my arms out of the grave, and I shall be stronger! Let there be thousands of arms to fight against the so called weaker sex. Let it honor the legacy of the ‘Butterfly sisters!’”

Some Sombre Statistics: Violence against women and girls is one of the most widespread, persistent and devastating human rights violations in our world today. It remains largely unreported due to the stigma and shame surrounding it.

* 1 in 3 women and girls experience physical or sexual abuse in their lifetime; and most frequently from an intimate partner. * Only 52% of married women or in a consensual relationship make their own decisions about sexual relations and contraceptive use. * Globally, almost 750 million women and girls were married before their 18th birthday; and 200 million of them have undergone the illegal and brutal Female Genital Mutilation (FGM). * 1 in 2 women was murdered by their partners or family in 2012. Dowry was also an issue. * 71% of all human trafficking victims were females. * Violence against women is as serious a cause of death in their reproductive age as cancer; *and a greater cause

of ill health than traffic accidents and malaria combined.

Biblical Briefings: The Apostle Paul gives guidelines for chaste sexual behavior, both for the married and the unmarried: “Anyone united to the Lord becomes one spirit with Him. So shun fornication, because the fornicator sins against one’s own body. Do you not know that your body is the temple of the Holy Spirit! You are not your own. You were bought with a price; therefore, glorify God in your body. // It is indeed well for a man not to touch a woman; but because of sexual immorality, each should have their own spouse, with each their conjugal rights and authority. Devote yourselves to prayer, so that Satan may not tempt you because of your lack of self-control” (*1 Corinthians 6:17-20 // 7:1-5*).

The Book of Hebrews enthrones marriage as a sacred Sacrament: “Let marriage be held in honor by all, and let the marriage bed be kept undefiled; for God will judge fornicators and adulterers” (13:4).

—*Dr Trevor Colaso, Banda (W), Mumbai.*

Dr. Trevor is a Pro-life activist, and was a core member of the International Divine Mercy Apostolate!



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Youth and tech can change the world



Youth and technology have become a perfect mate in today's date. This is a blend, which can change the world and below we will discuss it how is it possible?

At least one thing is true of youth in every country; give them access to technology and a bit of guidance and they're capable of changing the world for the better. Today, youth actively contribute to the creation of new jobs, economic empowerment of vulnerable groups, the promotion of better health systems and access to inclusive and quality education. Here are few ways where avantgarde technology, creative ideas and young and passionate visionaries intertwine to give life to development initiatives that can change the world.

Motivating good deeds :

Just as technology can build connections between young people and the help they need, it can also connect them to helping others. Job shortages in a community don't imply a shortage of work that needs to be done. So plenty of community-based organiza-

tions have begun to ask how technology might inspire unoccupied youth to provide the help. Here, technology is being used to message volunteer opportunities to young people as well as ways to develop their insight and skills.

Matching youth to livelihoods:

Technology also can play a role in matching youth to economic opportunity. Job-seekers also often fall short on qualifications when they do apply. Ubiquitous cell-phone technology can play a role here—both connecting youth to job opportunities through a mobile, web-based platform, and also allowing youth to build more basic online profiles, using just their mobile phone to do so.

Breaking stigmas:

Many young people in poor communities, like the one where I grew up, need psychological, emotional and practical help to kick habits, cope with family dysfunction and discover and embrace their unique gifts. Technology can put that help in their hands. Texting, it turns out, is a route to young people's hearts and minds

with built-in camouflage, because most youth are on their phones all the time. And when things that are good for youth are filtered through their fixation on texts, they become acceptable to many, while allowing those faint of heart to fly under the social radar.

Creative expression:

Internet, few people got the chance to widely distribute their creative work. These days, creative expression is one of the obvious benefits of technology. Anyone with a tech gadgets, can produce and share work online. Thousands of people can potentially see it your novel, short story, photography, film, or other visual art.

Technology is career option:

Youth are tech savy. They love to get surrounded by various gadgets and mobile applications. More the apps. more will be the job scopei in this sector. Daviating from various traditional courses, youth are opting each careers., which is redefining the world in a new manner. Jobs in the field like Artificial Intelligence (AI) and others are increasing and becoming the necessity of future.

Let Us Purify Ourselves For His Coming

In this season of Advent the global Christian community have a single target in mind: to be focused, patient and prepared. The Messiah will soon arrive.

We hear his prophets and apostles guiding us through successive generations to keep our minds and hearts open to their message, showing the mystical patterned canvas of divine grace in action.

We have gained something precious. Today, we will try to purify ourselves for the Lord's coming. The prophet Isaiah once said: "Rejoice for the sake of thy servants, the tribes of thy heritage" (Is.63:17).

We have an obligation to prepare and be prepared for his arrival and to be joyful in the spirit. We, the people of God should not be taken by surprise. His coming is charged with the poignant message of "redemption and salvation" through his birth and resurrection.

St. Paul in his first letter to the Corinthians gave thanks to God on our behalf "that in every way you were enriched in Him with all speech and all knowledge." (1Cor.1:9).

The birth of our Lord in a lowly manger will be our happiness, for He has come to us and all mankind. Down the centuries the prophets in the Old Testament paved the golden bricks of trust, expectation and faith in the Messiah. The Psalmist cried out, "Help us, O God of our salvation, for the glory of thy name; deliver us, and forgive our sins, for thy name's sake!" (Ps.79:9).

The Holy Bible, is the word of God written by inspired men. We read the



BY MELVYN BROWN

Bible to learn and to know the love and power of God and how he sent His only Son to redeem humanity. Soon across the world he will come and all Christians will rejoice.

The faithful have also been warned not to be unprepared, by the apostle Mark. "Lest he come suddenly and find you asleep. And what I say to you I say to all: watch." (Mk.13:36-37).

This Advent, make it a routine, a habit, a tradition in your family to read a chapter and verse from the Bible once-a-day. Do what the psalmist advised: "To you, O Lord, I lift up my soul." (Ps.25:1). Now, is as good a time as any to lift up our hearts and our voices, to tell the world of His coming.

Advent expects us to unite in this grand experience of togetherness and to announce the birth of Jesus Christ.

The pursuit of prayer at Advent is amazing and powerful. It helps in monitoring man to his maker. Advent paves the path to meeting the Lord. And prayers are always the foundation for celebration and hope.

In the Second book of Chronicles, the Lord had heard the prayer of Solomon. "Then the Lord appeared to Solomon in the night and said to him: I have heard your prayer, and have chosen this place for myself as

a house of sacrifice." (2 Ch.7:12). The faithfulness of God is further shown when the prayers of the Levites arose and they blessed the people.... Their voice was heard, and their prayer came to his holy habitation in heaven". (2 ch.30:27). During the season of Advent, prayer shares a holy bond with heaven.

In the Old Testament the Lord had spoken to Eliphaz the Temanite, when he said, "...my servant Job shall pray for you, for I will accept his prayer not to deal with you according to your folly..." (Job.42:8).

During Advent remember the power of prayer is further attributed to ones sincere desire to ask for forgiveness from retribution, to pray for want, or peace and joy. St. Mark in his Gospel wrote: "And he said to them, "This kind cannot be driven out by anything but prayer and fasting." (Mk.9:29).

To wait, watch and pray for His coming is entrenched in the spiritual psyche of the human Christian soul. St. Paul was the apostle to the Gentiles. The conversion of Paul took place on the road to Damascus when he heard the voice of God saying, "Saul, why do you persecute me?" Thousands heard of his conversion and there was great joy.

Today, we hear the inner voice of the Spirit telling us of this coming of Jesus. We praise God for this special gift He as given to all on earth.

"Take heed, watch and pray; for you do not know when the time will come." (Mk.13:33).

Profile of Lawrence Fernandes,

Vice President, Bombay Catholic Sabha

Have over 18 years of active service as a Sabhaite, which involved taking active part in activities and programmes at the unit, deanery and centre. I have had personal as well career growth and have received acknowledgement in church and society. I have attempted to highlight a few of these activities/ accomplishments:

• At the Parish Unit:

Began my career in BCS in 2001 as a Unit Secretary, St Joseph's Church, Umerkhandi.

Revived the Our Lady of Remedies Church Unit, Painsur, Kandivali (W) in 2010.

As a foot soldier and Unit Chairperson and with the support of my managing committee members have spearheaded my church's fight with the BMC to challenge the builder – politician nexus. A BMC road widening notice was served to our church in 2012, since then we have been taking the BMC head-on by objecting, conducting silent protests, agitating on the streets. The fight continues as the matter is now in court and we have along with the Archdiocese of Mumbai have picked up one the best lawyer to represent us.

• At the Deanery: Councillor - Borivali Deanery (2011-2016)

was Deanery Councillor - Borivali Deanery for two terms and with reasonable pride we may say that we as a team of units from the Borivali Deanery has achieved fair amount of success and the work done is visible.

• Member of the Executive Council & Head of Youth Activities Forum (2010-2016)

Organised Career Guidance Programs for Youth & School Children in BCS Units across the Archdiocese of Bombay.

• At the Centre: Vice President (2016-2019)

Convenor of 'Careers in Civil Services Awareness Program: Workshops conducted at various deaneries that benefitted over 1600 youth, thanks to the support of Sabhaite.Spear-head-



ed the protests against the disrespect shown to our religion through social pub décor by involving all the Borivali deanery units.

Led the BCS Morcha to Gopal Shetty's Office when he questioned the contribution of Christians in the freedom movement of India.

- First BCS member to graduate The IMFE: Institute for Ministry of Faith Enrichment – A Graduate Course for Lay Ministries. Official designation as "Lay Ministers" is given only to those who have graduated from the one-year intense course for ministry, the IMFE.
- Co-convenor of Sabha Day 2011
- Vice President of the PPC – Our Lady of Remedy Church, Painsur for two consecutive terms (2013 -2019)
- Deanery Coordinator for the Borivali Deanery at the Archdiocesan Pastoral Council (APC), Archdiocese of Mumbai. (2016 -2019)

Qualification:

MBA - Marketing – University of Mumbai. Currently pursuing Phd from University of Mumbai

Work Exp.:

Currently Director – Retail Learning & Membership at the Retailers Association of India (RAI), work closely with the Retail Industry & Central & State Govt. Skill Missions.

Have 27 years of Work Experience in Hospitality, FMCG & Retail

Bento Lobo

Vice President BCS



Mr Bento Lobo is a Business man by profession. He has a Degree in Bachelors of Commerce from the Mumbai university. He graduated from St Andrews college Bandra, with leadership skills, for which he was elected as A class representative, he also pursued law for one year from National law college Bandra. He has entrepreneurship skills across manufacturing, training, retailing and currently holds a position as a property consultant .The leadership skills in him resurfaced in 2012, when he joined the family cell of our lady of victories parish by heading it. He was elected to the parish council from his community from 2013 to 2016. He was elected a Vice-president of the parish council of Our lady of victories church from 2016-to 2019. To reach out to people from our community and help them in their different needs lead him to join The Bombay catholic Sabha in 2012. Under his leadership as chairman of the unit, it reached a new peak by winning the best unit award 4 years in a row. He was elected as The North Bombay Deanery councillor and came into the executive committee after which he was elected into the executive committee in 2016. After the sad demise of late Anand Castelino in 2017, he was appointed as the Secretary General of The Bombay Catholic Sabha, the role which led him to take up challenging tasks of stabilizing the Sabha, with full commitment and also took the Sabha forward to the next level. In 2019 he contested for the post of Vice-president and was elected as the vice-president for the term 2019-2022.

Robert D'Souza Vice President BCS



The newly elected Vice President of the Central unit of BCS is a man of action with courage.

Robert D'Souza is heading the St. Joseph's Church, Vikhroli unit of Bombay Catholic Sabha. This unit under his leadership has been popular in activities and has addressed successfully several issues of public interest specially in Vikhroli area. His unit has won several awards and appreciation within the Sabha and even from various organisations as well as media.

Citizens Have No One To Hear Them

The Bombay Catholic Sabha, Vikhroli unit under the leadership of Robert Dsouza VP n Mario Rodrigues Unit chairman took the initiative of exposing the corrupt auto-rickshaws at Vikhroli West. Also Anna Ambrose Vice Chairperson was there to assist in this matter. The same was high lighted in various dailies.

The Bombay Catholic Sabha Vikhroli Unit organised the students facilitation program for the 10th standard, 12th standard, Degree who have passed for the academic year 2018-19.

Robert and his team took initiative in the construction of Road over Bridge from East to West near Vikhroli station

Bombay Catholic Sabha

The Bombay Catholic Sabha (BCS) was founded on January 20, 1989 as a non-political organisation registered as a Public Trust, under the Bombay Public Trusts Act 1950. The BCS is a recognised lay association of the Archdiocese of Bombay, affiliated to the All India Catholic Union (AICU) that is in turn recognised by the Catholic Bishops' Conference of India.

The Bombay Catholic Sabha is one of the largest Christian organization in the country with a membership of over 52,000 with units and presence in four districts ...

The Bombay Catholic Sabha is an officially recognized Church Association of the Archdiocese of Bombay that works for the empowerment of the laity in Civic, ...

Vision:

"The vision of the BCS is "To Create a Just Society through Involvement in Socio, Civic & Political Affairs." It is also involved in Human Rights, Inter-religious Dialogue and Environment Issues. Its objective is to work for the empowerment of the community in particular and society in general in the civic, political, social, economic, and educational sectors. "

Aims & Objectives of the Sabha are as follows :

To promote the social, economic, political, cultural, educational and general welfare of Catholics in particular and Christians in general.

To promote fraternal solidarity among Catholics in the Archdiocese of Bombay, to establish units in all the Parishes and to co-ordinate their activities.

To foster in particular civic, social, political and national consciousness among all citizens and more particularly among Catholics, to help

them to play a useful and effective role in public life and to contribute to national integration and welfare.

To be an exponent of Catholic opinion and to spread the influence of Christian ideals, values and principles in public life.

To safeguard the legitimate rights, liberties and interest of the Christian community and to make representation to public and private authorities and bodies in all matters affecting Christians.

To undertake humanitarian work, projects or schemes for the needy, irrespective of race, caste, creed or community and to do charitable work in general.

To affiliate to the All India Catholic Union and other regional, national or international Catholic organizations and to co-operate with Christian and other bodies having aims and objectives similar to those of the Sabha.

To promote renewal within the Church and to foster good relationships through dialogue, collaboration and service between the Church and Society, in keeping with the policy and programs of the Catholic Church.

To raise, borrow and to spend funds, to receive or use any gift, donation or foundation in cash or kind. to own and dispose of moveable or immoveable properties and to own and manage institutions for the fulfilment of the objectives of the Sabha.

To take all other measures necessary for or incidental and conducive to the attainment or advancement of the aims and objectives of the Sabha.

The Sabha derives its overall strength from its Parish Units. The Parish units of the Bombay Catholic Sabha are indeed the flag bearers for the organization.

Amazing Celery substitutes

LOVE IT OR hate it, celery is one those ubiquitous kitchen Staples everyone keeps around. But what if you don't find one of those flavourful stalks while preparing your dish? Follow the list of substitutes here

Celery is best used for soups, stews and stocks and its inimitable crunch is ever important in stir-fries, not to mention pasta, chicken and green salads.

What do you do, though, if your loved ones can't stand the taste or you accidentally run out of the green? Where do you turn for that one-of-a-kind crunch? And what will you do when (if ever) you want the taste but not the texture? Here are a few celery substitutes to try on your own!

Carrot :

Carrots can provide the classic crunch of celery - without the celery -in cooked and raw dishes. For a standard mirepoix substitute (mirepoix -2 parts onion, 1 part carrot and 1 part celery, rough-chopped), simply double the amount of carrots you use.

Green apple :

For those who enjoy their veggies juiced, green apple can easily fill the place of celery in your morning green machine and it'll taste tart and light to boot.

Cucumber :

Cucumber don't taste much like celery but their cool, crunchy texture is perfect in place of celery for cold summer salads.

Fennel stalk :

While most people are more familiar with fennel as an herb- an aromatic with a taste similar to a mild anise - when cooked, its flavor mellows and becomes very fresh, like celery. The stalks, often disused in kitchens, are great as a celery substitute in cooked dishes, especially when preparing fish. In terms of texture, you're not going to get closer to celery than this.

Celery seeds :

If what you're looking for is celery flavor, celery seed makes a perfect alternative when the fresh vegetable isn't available. Celery seeds has also been used for centuries for its medicinal properties.

Instead, there are three key elements when it comes to the best way to store celery. Keep it whole, wrap it in aluminium foil and store it in the crisper drawer of the refrigerator. The vegetable will lose less moisture when kept whole for as long as possible and the foil should be tight enough that moisture can't escape but not so tight that it crumples the stalks.

Bok choy :

Also known as Chinese cabbage, this crunchy, cruciferous Chi-



Ingredients:

350 grams prawns
1 small brinjal
2 drumsticks
1 medium-sized onion, cut thick
A few pumpkin pieces, cut into squares
3 cups rice kanji water
2 tsp tamarind juice

Recipe:

Masala to grind:

1 bunch fresh coriander leaves
5 flakes garlic
¼ inch ginger
4 green chillies
¼ tsp jeera
¼ tsp dry coriander seeds

Method:

Cut the vegetables. Wash and place them in a vessel with the slice onions and prawns.

Add 3 cups of rice kanji water. Let it cook. When nearly cooked, put the ground masala, tamarind juice and let it boil for some time. Put down from the fire and serve warm with white rice.



nese vegetable resembles Romantic lettuce on top and celery at the bottom. It's actually a member of the turnip family, related to the cabbage, broccoli and cauliflower of Western cuisines. With a light flavor and satisfying crunch, bok choy can be used as a good substitute and raw dishes. It's also rich in calcium, magnesium, potassium, iron and vitamins A, C and K.

WATER CHESTNUTS

These are common ingredients in Chinese cuisine, as well as. Water chestnuts are another great celery substitutes because of both texture and flavour. You can compare the texture to an apple or a pear, so you're sure to get the similar crunch.

Health hazards of fast food

Health is wealth. The sale of junk and fast food should be banned completely in schools and colleges, as these food items have no nutritional value in them. They lack vitamins, iron, minerals and dietary fibres.

Junk food is also the source of constipation and other sicknesses like diabetes, heart ailments, clogged arteries, heart attacks and strokes.

Regular intake of junk and fast food causes obesity and many other health related problems to children and young adults in the future too.

The main cause for the increase in the sale of junk and fast food is its increased availability and misguidance of nutritional value.

Fast food has become popular today because the food is inexpensive, convenient and tastes good. However, fast food is often made with cheaper ingredients such as high fat meat, refined grains, and added sugar and fats, instead of nutritious ingredients such as lean meat, whole grains, fresh fruits and vegetables. Manufacturers process the raw ingredients, often adding hydrogenated oils, trans fats and monosodium glutamate to enhance taste and prolong the shelf life of the product. A high in-

take of trans fat can raise low density cholesterol levels and increase the risk for cardiovascular disease.

Foods commonly considered as junk foods include salted snack foods, candy, sweet desserts, fried fast food, and sugary carbonated beverages.

Not only people consume junk food, but they also consume soft drinks which are an added unhealthy intake.

Teenagers are the heaviest consumers of junk and fast food. They obtain around 25 to 40 percent of their total energy from them.

Fast food and vended snacks have become a popular choice for youngsters today who need readily available food when they feel hungry, and food which can be consumed easily and quickly. This increasingly popular fast food and snack items are the main factors which leads to obesity in young people, especially children.

So children must stop eating junk food and eat only what their mother cooks in the kitchen.

—Jubel D'Cruz,
Mumbai

Ultimate tips to stay healthy for night shift workers

Being the night owl for creative purposes is a comforting story but for some of us living in the real world, working a night shift becomes a necessity. Your body goes through a lot of changes when you start working night shifts and some of them take a turn for the worse. Realising the pitfalls you must take care of your health following these measures.

Consume protein foods :

Eat high protein foods (vegetables, peanut butter on crackers, fruit and other stuffs) to keep you alert. If you simply must eat some sweets, which tend to make you sleepy, do so at the end of your shift.

Avoid alcohol :

Avoid drinking alcoholic beverages before bedtime. Although the sedative effect helps you fall asleep, it tends to wear off in two to three hours and causes disturbed sleep in the latter half of night.

Avoid caffeine :

Avoid coffee, tea, colas, all other caffeine drinks, which interfere with sleep. On a coffee break, drink orange juice (protein) and walk around. Physical activity promotes wakefulness.

Sneak in power naps :

If your work allows it, you can sneak in a power nap so that your productivity doesn't suffer during the rest of the night. This'll also help make sure you sleep better when you do get home. Polyphasic sleep cycles are another option that works very well with power naps.

Benefits of coriander seeds you might have not heard of

Coriander seeds come from the same plant as cilantro. They are common ingredients in curries. The seeds look small and round, are kelly green or yellowish brown and have a lemony citrus flavour.

Aid diabetes treatment :

Coriander seeds can help lower blood sugar levels. They achieve this by improving the function of the pancreatic beta cells (cells that release insulin and regulate blood sugar levels).

Enhance digestion :

Coriander seeds have long been used as digestive stimulants. The seeds may stimulate the liver to produce

and secrete concentrated bile acids. These acids play an important role in digestion and absorption.

May relieve arthritis symptoms :

Coriander seeds can relieve arthritis pain by fighting the activity of pro inflammatory cytokines in the synovium (a membrane that lines the inner surface of a joint) Pro-inflammatory cytokines are compounds in the human system that promote inflammation.

Though coriander seeds are common ingredients, not many are aware of their benefits. Now that you are aware, you can include more of these seeds in other dishes and try out new recipes.

A woman had eight children, all of them boys. So one day a magazine sent a journalist to her house for an interview. He asked her about the boys and what their names were. She said 'Kevin'. 'Right', he said, 'what about that boy over there?' 'Kevin', she said. 'Oh and the tall one with the freckles?' 'Kevin', she said 'Well, and the little chubby one with the baseball cap?' 'Kevin', she said, 'Are all your boys called Kevin?' he asked, 'isn't that terribly complicated?' 'Not at all', she said, 'it makes everything very easy, actually. When I shout: Kevin, tea is ready! they all come. When I say; Kevin, it's time for bed!, they all go to bed.' 'I see. But what if you want only one of them?' 'No problem.' she answers. 'Then I call them by their surnames.'

There is only one perfect child in the world and every mother has it. There is only one perfect wife in the world and she agrees with me.

The nurse handed over the new born to the mother and said, "Congratulations, it is a baby boy!"

The mother silently handed over the kid to her husband. The husband placed the boy in his sister's hands. She gave the kid to her husband. He handed over the kid to his parents. They in turn gave to the kid's grandparents. The grandparents handed over the kid to a visitor there. The visitor returned the child back to the mother in bed.

The new born child was worried. "What is happening, mama?", he enquired. "What to do, they all are addicted to this WhatsApp habit. Forwarding as soon as they receive", mother said.

Santa to Banta : My wife and I always compromise. I admit I'm wrong and she agrees with me.

Parent and referee

Having one child makes you a parent. Having two makes you a referee.



Two men are trying to get in a quick eighteen holes but there two women golfers in front of them who are taking quite a long time to play each hole. The first guy says, "Why don't you go over and ask if we can play through?" The second guy gets about halfway there, turns and comes back. The first guy says, "What's wrong?" The second guy says "One of them is my wife and the other is my mistress." The first guy says, "That could be a problem. I'll go over." He gets about halfway there and he turns and comes back, too. The second guy says, "What's wrong?" The first guy says, "Small world!"

Two cannibals, a father and son, were elected by the tribe to go out and get something to eat. They walked deep into the jungle and waited by a path. Before long, along came this little old man. The son said, "Oh dad, there's one." "No," said the father. "There's not enough meat on that one to feed the dogs. We'll just wait." Well, a little while later, along came this really fat woman. The son said, "She's plenty big enough." "No," the father said. "We'd all die of a heart attack from the fat in that one. We'll just wait." About an hour later, here comes this absolutely gorgeous woman. The son said, "Now there's nothing wrong with that one dad. Let's eat her." "No," said the father. We'll not eat her either." "Why not?" asked the son. "Because, we're going to take her back alive and eat your mother."

A policeman is walking down the street one day when he notices a very small boy trying to press a doorbell on a house across the street. However, the boy is very small and the doorbell is

too high for him to touch. After watching the boy's efforts for some time, the policeman moves closer to the boy's position. He steps smartly across the street, walks up behind the little fellow and, placing his hand kindly on the child's shoulder leans over and gives the doorbell a solid ring. Crouching down to the child's level, the policeman smiles benevolently and asks, "And now what, my little man?" To which the boy replies, "Now we run!"

Driving in the city now is like video game. Difficulty level keeps increasing.

Level 1 : Metro construction

Level 2 : Metro + rains and potholes

Level 3 : Metro + rains and potholes + petrol at 90

Level 4 : Metro + RP + petrol at 90 + festive processions.

Bonus round - Bharat Bandh

Wife, "Tell me who is stupid? You or me?" Husband (calmly), "Dear everyone knows that. you are so intelligent, you will never marry a stupid person." What a smart way of coming out a tricky situation!

Little Johnny's math teacher asks the class, "If you have a dollar and you ask your father for another one, how much would you have?" "One dollar," yells Little Johnny from the back of the class. "Oh, come on", says the teacher. "Surely someone your age knows how to count, Jonny!" "It isn't that I don't know how to count," replies Jonny. "It is that I know my dad a lot better than you do!"

The newlywed wife and said to her husband when he returned from work. "I have great news for you. Pretty soon, we're going to be three in this house instead of two." Her husband ran to her with a smile on his face and delight in his eyes. He was glowing with happiness and kissing his wife then she said: "I glad that you feel this way since tomorrow morning, my mother moves in with us."

Inspiration!

Look out for self-esteem not 'likes'

HAVE YOU NOTICED how posting on social media sites can be addictive? It starts off seeming like something fun and harmless. You post a few images of yourself on the beach and suddenly dozens of your friends have liked or shared them. Feels good, isn't it? However, in time, we can get caught in a vicious cycle of continuously needing positive feedback on our posts. If the likes and shares are missing - a part of us feels missing too. However, what's missing isn't others' approval, its self-esteem

Becoming dependent on social media 'likes' and 'shares' for our happiness is a difficult addiction to break. Your mobile device holds your attention - and often holds you hostage. The first step in learning to escape is to understand that needing constant likes and share is usually a symptom of low self-esteem. And if you have low self-esteem, you may feel inferior and worthless. However, with high self-esteem, you will have the opposite qualities: Confidence and value . Here's how!

Don't overdose on likes, find real love :

Though we believe the more attention we get, the happier we will feel, it's really just challenged with something, the less sensitive you become. The more and more likes we get, the less fulfilled we are. One day, you will wake up and the 100 likes you used to get excited over will not be enough. Soon you will need 1,000. After that, nothing will ever seem truly important or real and you will go low on your self-esteem.

Never expect perfection :

Have you noticed that when you constantly seek perfection - life often disappoints you? While it's certainly a good idea to aim high, don't get caught in the 'perfection trap'. It can prevent you from taking advantage of new opportunities, as well as blocking your ability to finish things. As an example, think of a time when you were seeking a new job. You may have overlooked the ideal role simply because it didn't tick all your preconceived boxes.

Focus on what you do well :

If you look around at others, you will instantly see that they can do many things better than you. If you allow this comparison, you'll inevitably feel weak and inferior. However, you don't need to think like this. Every one of us is unique. This means that we also have unique talents. Your boss may be great at decision making, whereas you might excel at customer service. The trick is to find what you're good at and focus on this. Don't try to be a jack of all trades!

Stop following your posts, constantly :

Imagine this scenario: You post a photo or a status and every hour (or more), you scroll through your list of people who liked it. There's nothing wrong with posting things on social media but, there's a lot wrong with obsessing over whether or not people approve of what you post. Who cares if someone 'liked' your status or not? Who cares if you don't get as many 'likes' for your default photo as your friend? Insecure people are always seeking some kind of approval for the things they do but, in reality, it shouldn't matter if someone likes something you posted. Being confident means, being able to post things without seeking an approval.

Do what you love and have fun :

Low self-esteem can be associated with anxiety and even depression. Don't get dragged down into these 'joy-killers'. Instead, make an effort to have fun- and lighten up your life! Focus less on how many likes and shares you've received today and instead, focus on the things that really matter in life. As you rise-up your self-esteem, you will find new energy and purpose. Life is a journey. Just make sure you are travelling in the right direction.

- Didn't your mother tell you not to snack before dinner? You will ruin your appetite. Likes are a lot like those empty calories. They fill us for the moment, only to keep us from enjoying the healthy meal, the real thing.

The first step in learning to escape is to understand that needing constant likes and shares is usually a symptom of low self-esteem.

The Media Saint

(Bl. James Alberione)

By *F.M. Britto*

In this age of media, God inspired a man to raise followers to evangelize the world through the modern means of communication. That is James Alberione.

He was born in a peasant family on April 4, 1884 in San Lorenzo di Fossano, in the province of Cuneo, Italy. He was the fourth of six children of Michael and Teresa Alocco. Financially supported by his uncle (god-father), the sixteen years old Alberione went to join the diocesan seminary at Alba by an ox-cart. Here he met his spiritual father Canon Francesco Chiesa, now a Venerable, who continued to be his guide, father and model till the end of his life.

Ordained a priest on the feast day of Sts. Peter & Paul (June 29) in 1907, Alberione got his doctorate in theology on the following year. He was then posted as assistant parish priest in Narzole. Then he served as the spiritual director and teacher at both the major and minor seminaries at Alba, besides catechising and preaching in the parishes.

On the night of Dec 31, 1900 when Brother Alberione spent five hours praying before the Blessed Sacrament, the Lord inspired him to use the modern technology in the coming 20th century to preach the gospel to all nations like St. Paul to better the society. He had been also influenced by Pope Leo XIII's encyclical "Tametsi Futura".

On August 20, 1914 Father Alberione began with two teenagers the "Little Printing School of Typography" which later became "The Society of St. Paul". The seed has grown today to become

the great tree of the Pauline family of ten religious congregations, aggregated institutes and lay co-operators. Their goal is to live and give "Jesus the Way, the Truth and the Life" through the modern media of press, cinema, television, radio and other media. He called this the 'Pauline Family', naming after his model St Paul.

With the help of Mother Tecla Merlo (now Venerable) and a few girls, Alberione founded then the Daughters of St. Paul, the female counter part of the Society of St. Paul, in 1915. Then in 1924 he founded the contemplative wing "The Pious Disciples of the Divine Master". Then in 1938 the pastoral "The Sisters of Jesus the Good Shepherd", to pray for vocations ; "The Sisters of Mary Queen of the Apostles" in 1957, for the lay men "The Institute of St. Gabriel the Archangel" (1958), for the lay women "The Institute of Mary of the Annunciation" (1958), for the diocesan clergy to adopt the Pauline spirituality "The Institute of Jesus the priest" (1959), for married couples "The Institute of the Holy Family" (1960) and the Association of Pauline Co-operators in 1918. Thus Alberione has become the founder of ten religious congregations, aggregated institutes and lay co-operators.

"The first concern of the Pauline Family should be holiness of life; the second, holiness of doctrine," he said. He taught his followers to dedicate themselves to Jesus (Master and Shepherd, Way and Truth and Life), Mary (Mother, Teacher and Queen of the apostles) and St. Paul the Apostle. He often said, "The works of God are performed by persons of God." He took great efforts to train them.

Printing and popularising the Bible and various periodicals, Alberione spread the message of Jesus and

the Church. To attract the youngsters, he also began a children's weekly, "Il Giornalino" (The little Newspaper). Over the years he made many foundations in Italy and abroad. He also built the magnificent Church of St. Paul in Alba, two churches of the Divine Master at Alba and Rome and the Sanctuary of the Queen of the Apostles in Rome. He also served as a theological expert in the Vatican II, participating in the private sessions during which the Council decrees were formed.

When he was 40, he fell very ill which halted his works. But he recovered, which he attributed it as miracle of St. Paul. He also got the Lord's assurance, which continues to inspire the Pauline Family in their chapels, "Do not be afraid. I am with you. From here I want to enlighten. Be sorry for sin."

Alberione died on Nov 26, 1971 at the ripe age of 87 in Rome and was buried in the sub-crypt of the Basilica of Mary Queen of the Apostles. Manifesting his admiration, Pope Paul VI made a personal visit to him an hour before his death.

The pope then remarked: "Here he is humble, silent, tireless, always vigilant, ever recollected in his thoughts that run from prayer to action; always attentive to the 'signs of the times' that is, the most ingenious ways to reach souls." The pope continued, "Our Father Alberione has given the church new instruments to express herself... and of the possibilities of her mission in the modern world and with modern means." And the pope rejoiced "in his long, faithful and untiring labour and in the fruits produced by it for God's glory and the good of the church."

On June 25, 1996 Pope John Paul II declared Alberione a Venerable and he beatified him on April 27, 2003.

There's more to life than being happy

So in the meantime, don't just seek a life of happiness but keep yourself busy with your purpose. Wake up every day like you mean it, sacrifice inconvenience for kindness; surround yourself with good people. Cry when you must, look for inspiration where you must. Never fall into any extreme; be truthful, be loyal, be a person of class no matter your status. Love more than you think is possible; forgive always. Be willing to sacrifice for what is good. And when you are tired, rest.

There are a plethora of get-happy-quick schemes out there. As a culture, we seem to be obsessed with being happy at all costs. And yet, with all our creature comforts; with all our gadgets and toys and things-things-things designed to make us happy, we are generally a miserably unhealthy people living in an unsustainably lost culture. Also, life has its ups and downs, and yet what many of us strive for is a feeling of happiness. But what if striving for 'happiness' was the wrong way of going about it? What if, instead, we should be searching for meaning in our lives? Here are five things we ought to make primary over happiness in order to achieve an optimal healthy evolution for our species.

Meaning first then happiness:

The pursuit of meaning is unique to humans in the animal kingdom. It's what sets us apart from others. So it stands to reason that in order to be happier

Your continuous focus on happiness is likely to lead you to selfishness and take you further away from happiness. Whereas a focus on meaning, purpose and passion leads to deeper fulfillment and so some level of happiness. The pursuit of happiness may be a natural right, but it's also self-centered. The pursuit of happiness may be a natural right, but it's also self-centered. What we want to tell you is that we need to have a shift from this elusive 'happiness mind-set', this shift is really all about finding meaning and purpose in your life and about doing what you are passionate about and want to do, as opposed to have to do. So, let's find about a couple of things out there, which according to us are more life than happiness.

we discover our own meaning. Discovering our own meaning, especially in the face of meaninglessness, is the act of un-wrapping our gift for the cosmos. When we un-wrap this gift we are revealing our soul-signature, our life's purpose. We are proving to the world that being a free, independent person who struggles is far superior than being an unfree, codependent person who is comfortable.

In other words, we are declaring to the world that meaning (purpose, no matter how painful) is primary to happiness (comfort, no matter how pleasurable). True meaning can only be discovered through freedom, and freedom is expensive to say the least. And so it is always preferable to be an unsatisfied free person than a satisfied slave. The satisfied (happy) free person is the one who has discovered their purpose and brought meaning to the meaninglessness.

Choose healthiness over happiness:

True happiness comes from healthiness. Like Aristotle said, "Happiness,

whether consisting in pleasure or virtue, or both, is more often found with those who are highly cultivated in their minds and in their character, and have only a moderate share of external goods." The question of our culture being unsustainable is the question of where to draw the line between scarcity and abundance. The problem isn't comfort; it's too much comfort. The problem isn't cities; it's too many cities. The problem isn't roads; it's too many roads. The problem is if you have too many unhealthy people it makes the world unhealthy for healthy people to live in. Extremism is the bane of health. The solution is sacrificing comfort and extremism, which means making healthiness primary to happiness.

Some people might ask: what's the point? The point is to have a healthy process so that one is able to ask: what's the point. A healthier process might "hurt" more in the short run, but in the long run the happiness gained is not only more abundant but more rewarding.

Gifting goes beyond happiness:

It feels good to give; really good. And radical generosity is even more profound. We each have a connection to the universe that is unique to us. We each have the capacity to learn from this connection: a particular flavor of knowledge that cannot be gained in any other way than through us.

The happiness gained from giving what's needed -as opposed to what's wanted- is happiness unlike any other: a prestigious happiness, a righteous happiness, a sacred and divine happiness that feels good in the soul. And there is perhaps no greater gift than the personal development of our own soul.

If everyone gave the gift of personal development, personal flourishing, personal health, personal awareness

(Contd.. on p. 22)

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26 pilgrimages to Velankanni....on foot

Walking pilgrimages purely on foot are unusual among Catholics in most parts of India, pilgrims travel to holy places these days by modern modes of transport...the Holy Land and European shrines are very popular, locally Kerala, Velankanni and so on. The attendant hi-life, holiday culture on such 'pilgrimages' is today of big value. While, holy places just around the corner are not known - deeper

(Contd.. from p. 19)

of how everything is connected, it would change the world more profoundly than any other gift could.

Wholeness insurances happiness:

The joy of being human goes beyond the conditioned walls of culture. It goes beyond what we're indoctrinated into believing is the case. It goes beyond right and wrong, good and evil, happy or sad.

Human joy cannot be contained, except in the sense that it can be felt and then let go of. It can be found within the most excruciatingly painful ordeals. It can be found in the darkest places. It can even be taught by the shadow. The human spirit cannot be bound except by the individual who allows it to be bound. The entire cosmos is a continuous process of initiation.

Splitting the sack of culture and sticking our heads out is precisely an act of independence that has the potential to lead to an enlightened state of interdependence. So what if you're "happier" in the "comfort" of your "home." So what if your job is keeping you "safe" and "secure." So what if your friends will "disapprove" of you if you are "irresponsible" according to their outdated, culturally-prescribed notions of right and wrong. Leave home anyway. Quit your job anyway. Disappoint your friends anyway. Get out into nature. Discover a

awareness of the 'holy land' around us is a need of the times.

It is wonderful to know of this 'walking pilgrimage' to Velankanni, for last 26 years, since 1993, starting from Chennai, indeed they 'walk the talk'. The leader here with very supportive dedicated mates of 26 vintage voyages is Russell Lowe, his younger son Kenneth Lowe, in Australia, gave details and here adapted to inspire esteemed

spiritual adventure. Discover a journey of the most high. Become holistic. Meditate. Witness the world with "over-eyes." See beyond your preconditioned state. Reach beyond your comfort zone. Shatter the all-too-precious glasshouse paradigm where your Codependency lies curled-up in abject fear and cowardice of being "unhappy."

Cultivate art, happiness will follow:

One of the most empowering ways we have to bring meaning (and as a result, happiness) into our lives is to create art, especially art imprinted with our own soul-signature. Art transubstantiates the world. It brings nature to life in a human way.

It is a human-nature/cosmic-nature union creating a seismic synergy that can stand the test of time. Objectively, art is alive in a way forbidden natural objects and, subjectively, in a way subsuming the subjects who create them. Indeed, Art is a species-wide immortality project that trumps, no tramples, happiness under its never-ending hooves of creativity.

When you take up an art the result is happiness that transcends the pain, jealousy, anger, or grief, precisely because we have taught ourselves how to turn the tables on our feelings, we have picked the lock of our emotional prisons and broken free into a new way of being human: becoming a hero in the world instead of a victim of it.

readers of Secular Citizen Weekly.

Capt Russell :

Russell Lowe is an amazing personality now in his mid 60s, the group of walkers fondly call him "Captain", this incredible feat by "The Madhavaram Group" (it is an area in North Chennai), is Godly love, immeasurable. This 'Captain' has devoutly organised the pilgrimages to Velankanni Shrine from Chennai (one way - outward) covering 317 kms in 10 days at a battle pace of more than 30 kms a day. Calculating for 26 trips are equivalent to the distance of 8,242 kms.

Capt. Russell and his wife Carol have two sons - first Gary and second Kenneth, both in Australia. They said that mom Carol's role in this is big, praying, offering words of wisdom and is one 'power house' for Dad Russell's commitment at all times; despite his polio stricken right leg, he never showed physical and mental strains of walking on pilgrimage. It will be hard to forget the 'Captain and crew' that helped shape this voyage of devotion for those that follow on.

Our protagonist Russell Lowe served for decades in FCI's (Food Corporation of India) supply chain operations for South India. To smoothen the many sharp nitty gritty and ease human struggles on such walking challenges with travel kits, guides and planned arranged food stops, night shelter, prayers and Mass at pre-marked checkpoints were indeed God sent.

The crew :

The dear Crew of men only, on the road to Velankanni express their views, volumes said can not fit in print here, an overview:

Dr. Theo Rodrigues one of Russell's oldest friends, a medical doctor, observed that after years of walking with Russell on this rare pilgrimage, a look

(Contd.. on p. 23)



(Contd.. from p. 22)

at his polio stricken leg, gave courage and never allowed drop outs..... Russell has been an inspiration to so many, an administrator and divine strategist. Another crew mate is the other Russell - Russell Vanderputt - who is all praise for his namesake and 'Capt' over the years, for having planned every year the walk to make it an experience in prayer and blessings.

Brendon Gozmao who was a member on the very first walk, stressed "Uncle Russell is a Good Shepherd, caring for all the sheep not only on pilgrimage, but consistently. Food is always organised and Auntie Carol's amazing off scene contribution and support is unbelievable." Russell stated that Brendon managed to land in India from Australia a bit late for the 25th walk in Aug 2018, but he caught up midway and his devotion was doubled.

Another walking pilgrim to the feet of our Lady of Velankanni, is Kennedy Philbert, he explained that this blessing for him first came about in the year 2003. 'Capt' Russell always encouraged youngsters to join the group saying it was the only way to make sure the glorious tradition continues in future too. Barrington Jude Rosario, one of the members of the group, made his first walk in 2006 and it became the experience of a lifetime, and then became regular.



Voyaging on :

I am told that everyone one who took any part in this pilgrim walk of 10 days, experienced faith, hope, charity, humility, affection, happiness....

and more - just observing places, people and situations. They walked according to a plan and rested at earmarked places with basic facilities..... it was a joy and test at all times.

Russell Lowe is a towering figure, spiritually and humanly too, meticulously planning the walk, virtually every step of was praise and prayer..... No, doubt all the positive care, concern, joviality continues to equip all of this group for deep service and good work for God and Country.

*By -Ivan Saldanha-Shet,
inputs from Kenneth Lowe.*



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