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A NATIONAL FAMILY WEEKLY



## Role of youth in the future





# Controversial nun's autobiography to bare it all

Kottayam, Dec 1, 2019: Sister Lucy Kalappura, who was expelled from the Franciscan Clarist Congregation, has written her autobiography that recounts sexual abuses and aberrations prevalent in convents.

Sister Kalappura, who has appealed to the Vatican for reconsider her expulsion, is among a few nuns who stood up against the alleged sexual atrocities of rape-accused Bishop Franco Mulakkal of Jalandhar.

The congregation reported acted against her after she took part in a protest in September last year seeking Bishop Mulakkal's arrest.

Sister Kalappura's book, with 36 chapters, will be out in the first week of December.

The instances of sexual abuse by priests Sister Kalappura recounts in the book are similar to incidents narrated in the autobiography of Sister Jesme, a former nun, titled, 'Amen: An autobiography of a nun.'

The book talks about consensual sexual relationships between priests and nuns in convents, and misuse of positions by priests and bishops to sexually abuse the nuns. Sister Lucy further writes that there are also cases where young nuns are subjected to homosexuality in convents by senior nuns

The nun narrates her life experiences and talks about sexual abuse and harassment of nuns in the book titled 'Karthavinte Naamathil (In The Name of The Lord)'.

According to the reports, the book reveals how Sister Lucy was a silent witness to many incidents where nuns have tried to give expression to their sexual desires. In the book, Sister Kalappura reveals that many nuns have 'unholy' relationships with priests who are in authority and added that the priests encourage such relationships.

The book also narrates how priests try to abuse nuns and young girls. Narrating an incident, she said once she had asked a friend's daughter to approach a priest to clear a few doubts with regard to her studies.

However, the priest had allegedly indulged in sexual harassment with the girl on the pretext of helping the young girl. The girl was shocked by the priest's conversation and complained to her mother. The priest was forced to apologize for his behavior, Sister Kalappura writes in her book.

She further writes in her book stating that one of her fellow nuns told her that a priest abused her inside a church. Sister Kalappura writes about the abuse young nuns face from priests and elder nuns. Further, she claims that homosexuality is rampant among nuns and priests.

Fighting the mental dilemma, nun victims have to silently carry these crosses within the four walls of their convents.



They are also constantly stalked by so-called 'counselors' who exploit their predicament, she adds.

In narrating another incident, she says, "There used to be a priest who taught at a college and resided near a convent.

He used to have a room for himself at the convent. The priest, who used to conduct counseling on safe sexual practices, did not restrict himself to mere counseling as far as the nuns were concerned. Fed up with his "practical" sessions, one of the nuns complained to her friend. But he too was helpless. The torture ended only when he retired and left the place."

"The experiences I know of, that some of my sisters have been through, are horrendous. I am aware of some convents, where young novice nuns are sent to priests for their 'pleasure' as a matter of practice. They were made to pose nude for the priests for hours. They wouldn't be permitted to leave even when they plead," writes the nun in the book.

Bishop Mulakkal was accused of raping a 44-year-old nun in a convent in Kuravilangad in May 2014 and subsequent sexual exploitations afterward. The nun had registered a complaint on June 27, 2018, and has also claimed that despite her complaints, the Church took no action on the bishop.

*By Matters India*



Konkani comedy drama from Dubai Troupe 'Vechogi Raavncho' staged at Jerimeri Mumbai by Maharashtra Konkani Association on 1st December 2019

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## That Being Clever and Cunning Makes You a Winner?

By Don Aguiar

I want to change my vote after election... can I? If not, how can leaders change their party after elections?

Well - You can't, they can. And you shouldn't complain, because you, probably, voted for the Great Game Changer, in 14 and 19. This disease has existed before the game changer, came about. We will continue to suffer this, and other, such diseases for many more years to come. It's not a disease. It's a rot.

The root of right governance is victorious inner-restraint, the root of victorious inner-restraint is humility.

In the early hours of Saturday, when the people of Maharashtra were fast asleep, the country awoke to strife and unfreedom.

News of the death of democracy – the tearing up of constitutional norms – was broken by the executioner-in-chief, Narendra Modi, through his preferred medium, Twitter.

Curiously, the morning newspapers had all led with the headline that the Shiv Sena's Uddhav Thackeray was going to be the Maharashtra chief Minister. Nationalist Congress Party leader Sharad Pawar had made this big announcement to reporters on Friday night after it was clear the Sena, the Nationalist Congress Party and the Congress had managed to sink their political differences and make common cause against the BJP.

For Prime Minister Modi and Union home minister Amit Shah, Pawar's announcement was a call for them to don protective gear and descend into the political sewers. The two leaders knew they could not afford to let the Maharashtra government out of their hands and had prepared the ground, from day one, to ensure the BJP returned to power. They had already played fast and loose with norms and principles; all that was required was a final act

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of brazenness, which they pulled off without any hesitation or embarrassment.

The Prime Minister, Home Minister and all of the BJP knew that the majority of the Shiv Sena-NCP-Congress is going to be proved, so they, BJP imposed presidential rule very FAST in the state, and the President's rule in the state cannot be withdrawn without the central approval.

If the Shiv Sena-NCP-Congress combined had proposed withdrawal of the presidential rule from Maharashtra, then the BJP would have rejected the proposal and applied the presidential rule for another next six months, in the state.

But Sharad Pawar is the father of all time politics. He already knew about this, so he made it happen.

Ended first the President's rule in the state, by asking Ajit Pawar to support with Fadnavis. Now Fadnavis will have to prove a majority in the assembly within next 5 days and Fadnavis will not be able to / cannot prove it! At that time, the Shiv Sena-NCP-Congress

will prove the majority and after 5 days the Shiv Sena will be the Chief Minister and Deputy Chief Minister to the NCP.

BJP needs to understand never to mess with the principle of the school you went to, Experience makes it all.

Are we seeing the assertion of Marathi pride by all the three parties in the Maha Vikas Aghadi over BJP's nationalist rhetoric?

We the people are the real betrayers! We who are watching this drama and enjoying it like a soap opera, even calling it, twist from the Game of Thrones! And we citizens as mute spectators looking down the drain.

We, who think that the bestowing of a Chanyaka title on someone is like making a hero out of that person instead of protesting about the treachery and betrayal, are sitting on fingers clenching the sides of our seats wondering what new scene tomorrow will bring while cheering and applauding their sinister chess-like moves!.

The real lesson from Maharashtra is not about any one political party's victory or defeat, but about the state of politics in the country and what it has done to all of us. Maharashtra exposes the fact as to how the practice of politics has corrupted everything and everyone that it has touched. No one is left with any right to speak. Everyone's greed and opportunism have helped cancel out everyone else's greed and opportunism.

All political parties in India have been quite adept at this kind of opportunistic promiscuity; it is only that the BJP has patented a particular formula that is proving to be more consistently effective than others have in the past. And, aided by a pliant and craven media, it has increasingly shown a willingness to be ever more brazen in its efforts to do what it takes to win. They also have no problems when politicians are widely known to be corrupt magically turn clean when they join the BJP.

We are now a nation run by compromised individuals and no rule of law - President, Prime Minister, Governor, Home Ministry..... None was spared. No institution stood up to be counted and no one is bothered. As the keepers of our constitution, even the SC didn't take cognizance...

A chameleon committed suicide and left a note behind stating that "I concede defeat. I cannot change my colours as fast as the Indian politicians"

We work hard and pay our taxes honestly.... so that all political parties can keep their MLAs safely in five star hotels..... Or It is necessary for the well-being of farmers..... countering the climate..... the ailing cooperative sector..... Infrastructure..... Reservation quota..... ideologies.....

And this is the price we must pay... for being thrust upon, with excessive freedom and democracy. Both of which were hard earned but ill deserved.

Time will tell what role the courts, the Election Commission and also NCP president Sharad Pawar will play in the unfolding drama. But one thing is clear. Future historians – if they are free to ply their craft – will speak of Narendra Modi and not Indira Gandhi as the prime minister who institutionalised venality and the debasement of institutions in politics.

I dread to think what our children are learning from what is happening today. That being clever and cunning makes you a winner? Oh sure, you may win the battle of immediate success but you will lose the war on character.

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## Weekend wedding masses should be held apart from regular masses

A couple of weeks ago I attended a Saturday evening mass which happened to be a nuptial mass. The bridal couple had arranged for their own priest who got carried away by the occasion. The homily was so long that even old faithfuls kept glancing at their wristwatches. As a general rule, I feel, nuptial masses should be held apart from regular masses, at around 4 pm.

The wedding mass is a very special occasion for the couple, a once-in-a-life-time affair... usually. The planning starts a year in advance with booking of the nuptial mass and the reception venue (compatibility of both more important than compatibility of the bridal couple!). Bridal couples these days are very choosy. They like the ceremony to be curated to their tastes. They may want their own celebrant; they may desire making a grand entry in the church to glare of flash lights and music. (Recently there was a wedding with 18 bridesmaids and 18 best men---a fallout of innumerable FB friends!); they may like to have their own choir and choice of hymns with the family Jim Reeves doing a solo etc. Undoubtedly all this fine tuning will be much appreciated by those who attend a special nuptial mass, but time consuming to others attending a regular mass. Moreover, the dress code of the bridal entourage and those attending a regular mass are at variance and sometimes a wee bit disconcerting for all, with the pretty bridesmaids struggling valiantly to look as inconspicuous as possible in

and around the church.

There are other advantages of having a special mass at 4 pm. The bridal couple will have more time after the mass for photo ops and greetings. Moreover the couple and entire bridal entourage will be able to reach the reception venue early. Considering the traffic problems in Mumbai this is a big plus point. Also people spend several hundred thousand rupees for the reception, which gets over even before the gentlemen have warmed up. An early start to the reception will be *paisa vasool!*

—Prof Robert Castellino  
Orlem

## Homes for Aged\_ in every Parish

As more and more youngsters are migrating abroad or shifting outside their home state for education or career prospects - the need for *\_elderly care\_* will only increase in years to come. Also, decreasing family size, women working outside their homes and hectic lifestyle makes *\_eldercare\_* a need for almost all homes or families.

So how about every parish taking care of their own *\_old & infirm\_* parishioners within their parish? Instead of sending seniors to far flung aged homes, how about making their own families & parish communities more responsible towards their elders - nearer home?

Being closer home will not alienate & displace elders from family, friends & neighbors.

Religious nuns, pastors and even lay persons under parish guidance can come forward for administration, management & service of such institutes locally. Part of the Sunday

church collections can be kept for *\_Social Security Care\_* of elders in such homes in each parish. We can have special collections too.

Instead of the present kind of competition among parishes - flaunting redevelopment of *\_exquisite\_* church buildings; money spent for Aged Homes will be more prudent.

Every family will face this old age predicament sooner or later and therefore will contribute whole heartedly towards making this much needed church project possible in 5 to 7 years time - in all parishes of Mumbai and other *\_dioceses\_* in India. *\_Also\_* religious bodies & Trusts of *\_other\_* faiths can follow.

Note: Under Section 33 (1 & 2) of the new DCR 2034, *\_adequate\_* additional FSI are granted to religious & educational institutions in Mumbai.

—Joseph M.

## Indian politics at all time low

Over the past fortnight, we have been witnessing the lowest and the dirtiest brand of politics being played out by politicians and political parties in Maharashtra. Call it cut-throat politics, back-stabbing, fraud, betrayal or by any other name, but what was witnessed on the intervening night of Friday-Saturday of November 23, was unprecedented in the history of Indian politics, when the nation woke up to find to their surprise Mr Fadnavis and Ajit Pawar already sworn in as Chief minister and Deputy minister respectively, of the new Maharashtra BJP govt, leaving the alliance partners of the Sena-NCP-Congress, shell shocked. It was undoubtedly a coup, masterminded by NCP legislature party leader Ajit Pawar who produced a fraudulent letter of support to the BJP by all 54 MLAs of the NCP. For some time it appeared that Maharashtra was going the Goa and Karnataka way, with rebellion brewing, horse trading and constitutional impropriety which paved the way for a BJP-led

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govt in these states. However, it was the political acumen and experience of NCP supremo Sharad Pawar that resurrected the Sena-NCP-Congress alliance by cobbling up the much needed majority and support of 162 MLAs, which spelt doom for the BJP. Needless to say it was the supreme court that drove the final nail for the BJP by ordering a 24-hour floor test to be conducted by a pro-tem speaker.

—A. F. Nazareth  
Alto Porvorim

## They are not criminals. Drop all charges against them

The 29 Aarey protesters who were arrested on October 4 and 5, 2019 and slapped with criminal charges by the Mumbai police under various sections are not criminals nor are they rioters. They were only peaceful protesters doing their duty to protect the environment from being damaged. Most of them arrested were college students who have only raised their voices to protect the environment from being damaged. The criminal charges slapped against them under various sections should be withdrawn immediately as they will not be able to apply for a job nor renew their passports or apply for a new one.

—Jubel D'Cruz,  
Mumbai

## Plight in Old age homes

Old age care has advanced as commercial money spinners and rapidly multiplying, the aged are seriously suffering, the whole service is unjust and lacking transparency. The aged and sick are too weak to raise voices or protest. Those responsible

for footing the bills fear lest the burden falls to them, so turn a Nelson's eye and pay up. In the bargain those running them are immoral kingmakers. The basic charges may appear reasonable, but the hidden charges are the scam. Agents for incompetent individual 'caregivers' are a huge mafia, fouling the atmosphere. Managements don't accept responsibility, accountability and discrimination and harassment are invisible.

It is shocking that no authority, protocol or watch dog body is delegated to check all the harassment and exploitation or charged with the duty. Medication, injections, diets and care are handled by casual untrained, under aged workers. Human dignity of aged is compromised today, they have lost their individual voice and rights and are helpless.

Infrastructure, facilities and conveniences are reserved and used only for the management, staff and those that offer blind support to them - they enjoy the ill gotten fruits. The fictitious trust rules, regulations and entitlements are kept secret, undocumented and never conveyed to the stakeholders. They are not recorded anywhere and unilaterally hurled verbally when questions arise, there is no over seeing. Social organisations are happy to get recognition for organising song, dance and game sessions. If this continues without regulation, there will be torture at life's sunset, it's best that the youth take up the challenge as their turn will arrive sooner than latter - for age spares none.

—Ivan Saldanha-Shet.

## All the best to new CM Uddhav

With Uddhav Thackeray becoming the CM of Maharashtra, let us all wish him and his team all the best. May the Shiv Sena govern Maharashtra with a sense of courage, commitment, sincerity and compassion for the next five years and even more. If Bala-

saheb Thackeray was alive today, he would have been very happy to see his son becoming the CM of the State.

—Jubel D'Cruz,  
Mumbai

## Time to instil fear in rapists

The gangrape and murder of a young doctor in Hyderabad is a clear indication that rapists in our country have no fear of the law. The time has come to instil real fear in the minds of would-be rapists.

Satutory warnings with gory images on cigarette packets have given salutary results. Some such campaign should be conceptualised for instilling fear in the minds of would-be rapists. I feel that only live telecast of the last hour of a rapist convicted to the gallows, will put the fear of god in rapists. The live telecast may end moments before the lever is actually pulled. (I may sound barbaric, so be it). A few such late night live telecasts will lead to a drastic fall in rapes.

—Prof Robert Castellino  
mumbai

## Shiv Sena serves vada pav/sausage pao cuisine in Goa

The Goa govt is unlikely to get the jitters with the vada pav/sausage pao cuisine being dished out by Sanjay Raut, the Shiv Sena spokesperson. Following a meeting with Vijay Sardesai, Goa Forward Party leader, Raut indicated that the Maharashtra experiment would soon be replicated in Goa. While this is unlikely to happen in the near future in Goa, it more likely that the Maharashtra experiment has sown the seeds of a nationwide anti-BJP front, that may gain more traction in days to come.

—Prof Robert Castellino  
mumbai

# From 'Fun Page' to "Scripture Sheet"!

**DR. TREVOR COLASO**

**Sir, Your 'FUN Page' on page 16 of The Secular Citizen, dated 25 Nov. – Dec. 01 2019, has inspired me to extend this 'Fun Page' towards a "Scripture Sheet" through some relevant Biblical quotations!**

You have rightly surmised that every husband is expected to give his wife 'six things': Sincerity, Affection, Love, Attention, Respect, and Yourself. Since it is difficult to remember these things in order, women have devised an 'acronym' which is simple to recollect: SALARY! Well, here are "Scriptural Quotations" to go with them – in meaning so identical, similar or closely connected that they could be accordingly proclaimed; as for example, in the very next word.

**Sincerity:** (Honesty)- As for the seeds that fell in good soil, these are the ones, when they hear the Word, hold it fast in an 'honest' and good heart, and bear fruit with patient endurance (Luke 8:15).

**Affection:** God shows His 'love (affection)' for us, in that while we still sinners, Christ died for us ...so we have now received reconciliation (Romans 5:8 ... 11).

**Love:** For God so 'loved' the world that He gave only Son, so that everyone who believes in Him may not perish but have eternal life (John 3:16).

**Attention:** We must pay greater 'at-

ention' to what we have heard, so that we do not drift /how can we escape if we neglect so great a salvation? (Hebrews 2:1/3).

**Respect:** Each one of you should love his wife as himself; and a wife should 'respect' her husband too. (Ephesians 5:33).

**Yourself:** A little yeast leavens the whole batch of dough. So I am confident about you in the Lord, that you 'yourself' will not think otherwise (Galatians 5:9-10).

This is the second section, wherein, every wife is reckoned to provide six things to make her devoted husband feel 'warm', happy and grateful. So, I also have conceived an 'acronym', reliable and faithful to animate an effusion of WARMTH! - through agencies of Wealth, Approval, Reward, Morals, Thought, and Holiness!

**Wealth:** No one can serve two masters; for a slave will either hate one and love the other, or be devoted to one and despise the other. You cannot serve God and 'wealth'! (Matthew 6:24).

**Approval:** Rulers are not a terror to good conduct, but to bad behavior. Do you wish to have no fear of the authorities? Then do what is good, and you will receive their 'approval' (Romans 13:3).

**Reward:** Truly I tell you, whoever gives you a cup of water to drink because you bear the name of Christ, you will not lose the 'reward' (Mark 9:41).

**Morals:** Do not be deceived; bad company ruins good 'morals'. So come to a sober and right mind, and sin no more (1 Corinthians 15:33-34).

**Thought:** We destroy arguments and every proud obstacle against the knowledge of God. And we take every 'thought' captive to obey Christ (2 Corinthians 10: 4-5).

**Holiness:** God swore an oath to our ancestor Abraham; that we might serve Him without fear, in 'holiness' and in righteousness, all the days (Luke 1:73; 75).

So, having received a 'suitable salary' and a 'worthy warmth', we could practice and proclaim 'truthful tasks'; so as to 'develop divinity' in Christ through His 'merciful love'! – "You are a chosen race, a royal priesthood, a holy nation, God's own people; to proclaim the mighty acts of God Who called you out of darkness into His marvelous light, so as to receive His 'Divine mercy'!" (1 Peter 2:9-10).

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# Maranatha Or Manna?

**Christmas is a time when devout Christians use the invocation “Maranatha”. It is the concluding line in the Bible that means “Come Lord Jesus” (Rev 22:20). It is most appropriate for Advent. This phrase is earlier used by St Paul in his benediction to the Corinthians (cf 1 Cor 16:22), where the expression means “Our lord has come”. Has Jesus already come, or is he yet to come? That is precisely the meaning of Christmas. He comes, ever comes.**

This Aramaic phrase was apparently in common usage, which is why St Paul used it to bless the Hellenists (Greek speaking) believers in Corinth. In the title I have also used the Hebrew word Manna. Devout Christians believe this to be the miraculous heavenly bread with which God sustained the chosen people during their 40-year sojourn in the desert (cf Ex 16:12ff).

But Manna does not mean bread. It was an exclamation “What is it?” as it was an inexplicable phenomenon. Exegetes tell us that it was actually a sweet resin exuded by a desert tree tamarix mannifera, when its bark was burrowed by the insect gossyparia manniparia. Coincidentally, the lime tree in my garden is displaying the same phenomenon at the time of writing. The Bedouin tribe in the Sinai peninsular (Arabs) called it Mann, and the correct Hebrew word is Manhu.

Devout Christians maybe shocked at this demythologising of a miraculous (divine intervention) event. Rather than weakening my faith it actually strengthens it. If both faith and science are seeking after truth then they must be pointed in the same direction. They are two sides of the same coin. Faith seeks to tell us WHY things

happen, while science tells us HOW things happen. They are complementary, not contradictory.

The problem arises when one encroaches on the competence of another, as with Darwin or Galileo. Science teaches us that for 20 billion years creation has been evolving, and still is. The Genesis account of creation is divided into seven days. That may be interpreted as seven stages of creation that are actually compatible with science – heat, light, gas, liquid, solid etc.



by chhotebhai \*

Unfortunately many learned people sometimes encroach on another's territory and use clever arguments to arrive at erroneous conclusions. Two such instances are Dan

Brown's Da Vinci Code and Stephen Hawking's A Brief History of Time. I have deconstructed both their hypotheses earlier, but will briefly touch on them here.

Brown at least admits that he is writing fiction, though his not so hidden target was to demythologise Jesus and more particularly the Catholic Church. I give two examples. He compares the apple in the Garden of Eden to Newton's theory of gravity. He uses da Vinci's painting of the Last Supper to “prove” that Jesus' “wife” Mary Magdalene was seated next to him.

Tough luck for Brown; because there is no reference to an apple in Eden, nor elsewhere in the Bible, as it is not a Mediterranean fruit. This common misconception may have crept in after St Jerome, the first exegete, translated the Bible into Latin, in the 4th century. The Latin word for evil, as in Genesis, is malum, as in malafide or malnutrition. The Latin botanical name for ap-

ple is malus pumila. Malum may have got corrupted to Malus in the course of time.

Da Vinci, who was born 1600 yers after the Last Supper, did a painting of it with a blue sky, golden locks and a dining table. How could there have been a blue sky at night? Semitics like Jesus sat on the ground to eat, unlike the Romans at table. Jesus, the Asian, did not have blonde hair!

On the other hand Hawking claimed that there was no beginning and end of time, therefore no creation nor Creator, because the universe was circular, not linear, and the sum total of all matter was zero. My counter argument was that a sphere has both linear and circular dimensions. A book of accounts may have both credit and debit entries, and yet have a zero balance. Hawking was using a thermometer to measure length and a tape to measure temperature. Having used the wrong tools he, but naturally, arrived at the wrong conclusions!

This brings me back to the two words – Maranatha and Manna. I have been party to some correspondence between a former priest/ editor, a leading Catholic theologian and a reformist Hindu swami. Some of the averments that they made were – that Jesus did not found a church, religion or priestly class, and that he was a prophet who rebelled against social injustice and the religious hypocrisy of his time. When I questioned one of them he sarcastically labelled me a “know all”. Another qualified his statement to say that the church and priesthood as they exist today are not what Jesus intended or instituted. To Maranatha they seemed to be saying, Manna (what is this?) or questioning some of the basic tenets of Christianity.

Rather than entering into a futile intellectual debate I thought of this ri-

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poste. Most of their contentions are based on renewed research in sacred scripture. I am a college dropout who has never studied scripture or theology, hence cannot counter their clever arguments.

I am an ordinary worker like Jesus the carpenter. He knew his profession and that of others like shepherds, farmers and fishermen. Hence he spoke their idiom, to which his listeners responded by saying "He taught them as one who had authority and not as their scribes" (Mat 7:29). A scribe is a writer, just as a cleric is; one who can read and write. Jesus reportedly wrote just once, that too in the dust (cf Jn 8:5). I too am not a scribe/cleric under a roof, but more like a scribbler on the roof! So I shall adopt Jesus' approach.

During one of my first gospel journeys in 1976 (with just a small cloth shoulder bag and no money) I had constantly experienced the power of God's word. When I landed up in Allahabad, Fr Dhiranand Bhatt, of revered memory, asked me to share my experiences with the seminarians. I was speaking of the power of the Word of God in my life. A young man in the last row kept asking me what I meant by that. On enquiry, Fr Bhatt later told me that he was the Professor of Sacred Scripture, freshly returned from Rome. It reminds me of what George Menezes wrote in the introduction to one of my books, that there is a difference between studying about the good shepherd, and actually knowing him.

Let me give another allegory. Though approaching 70, I am a "normal" man who is attracted to women, including their physical attributes. However, had I been a professor of anatomy, constantly dissecting women's cadavers, I may have developed a repulsion or insensitivity to the human body. Is this what happens to scripture scholars dissecting scripture?

Psychologists study the sub-conscious being. There are levels of con-

sciousness and resultant actions. It is sometimes compared to peeling an onion. There is always another layer below, finally leaving one with nothing. It would then be a fatal error to deny the very existence of the onion. Some existentialists who are always looking for proof, end up with nothing, as with Jeanne Paul Sartre, who eventually committed suicide.

It reminds me of the warning of the former Superior General of the Jesuits, Fr Pedro Arrupe. He had famously said that in the spiritual life there is no such thing as mathematical assurance. He came from a solid scientific background, besides experiencing the horrors of Hiroshima in World War II, so knew what he was talking about.

I revert to Jesus, the non-scribe/ non-cleric. He compared the kingdom of heaven to a small mustard seed that grew into a mighty tree (cf Lk 4:31 ff). Had he been born in India he would have given the illustration of the pipal tree. Its seed is tiny. Yet it grows without nutrients in the tiniest crack in a rock, and eventually splits it wide open. The seed and the tree are in inverse proportion, having no physical semblance to each other. The same may be said of the life and growth of the church, as an organised body. It may have little or no resemblance to the tiny seed planted in apostolic times. That doesn't disprove its DNA.

Another analogy. A human embryo has little or no resemblance to a grown up human being. Yet it has all those qualities, though not discernible to the naked eye. The same may again be said of the church. After 2000 years of its existence it would be an exercise in futility to turn the clock back to its embryonic stage. Nicodemus said as much to Jesus, "How can a grown man be born again? He certainly cannot enter his mother's womb and be born a second time" (Jn 3:4).

But Jesus talks of another rebirth, a spiritual one (cf Jn 3:6). As a married man I understand this. When I got married 35 years ago I was certain that I loved my wife. Now I cannot

say this with the same certitude. It is not that I do not love her. Rather it is because our love has grown, evolved and mutated. Love can never be static. It must keep evolving.

So too for faith. It cannot and should not remain static. John the Baptist warned the status quoists against taking pride in the faith of their ancient father Abraham (cf Mat 3:9). Even today there are many traditionalist/conservative Catholics who cannot digest the changes wrought by Vatican II. More recently they are up in arms against the just concluded Amazonian Synod that, among others, recommended a married clergy.

Faith, like love, must change, evolve, mutate. There is always the risk of going off on a tangent. That should not deter us from seeking constant research, reform and renewal, while also holding fast to the roots of our faith in Jesus and his eternal Word. In all humility, be we scribes or scribblers, we could learn from St Ephraem, one of the early church fathers. He said that the Word of God was like a deep well. Every time one visited it one found something new.

May that unquenchable thirst for truth, faith and love be our guiding light. As enlightened Christians we can approach this Christmas by saying with faith Maranatha, and with reason Manna.

*- This writer has developed these thoughts in greater detail in his books "The Trinity & Me", "Beyond 2000 - The Other Side" and "An Unfinished Symphony"*

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# Secularism: Theory and Practice!

**Dr. Trevor Colaso**

**On 28 November 2019, Maharashtra's new Chief Minister Uddhav Thackeray sidestepped a question of his Shiv Sena embracing 'Secularism'; saying that the party was only going by what is prescribed in the Constitution.**

The preamble of the Indian Constitution aims to constitute India into a Sovereign, Socialist, Democratic, Republic. The term Secular was added to it by the 42nd amendment in 1976 during Indira Gandhi's emergency.

Definition of Secularism: Secularism was a term used for the first time in 1846 by George Holyoake to describe that which seeks the development of the physical, moral and intellectual nature of man, as the immediate duty of life ... Secularism adds a great concern for the culture, social progress, and the improvement of the material conditions of life, especially for the working classes. It is the extension of free thought to ethics. Ethics seeks only the greatest good for the present life. It tends to substitute the piety of useful men for the usefulness of piety (Principles of Secularism, 17, 34 & 37).

The dictionaries thus define 'Secular-

ism' as: Indifference to, or the rejection, or the exclusion of religion or religious considerations (Merriam-Webster).// The belief that religion should not be religious, sacred or spiritual; and not subject to or be bound by religious rule or religious institutions (Oxford Dictionary).// A system of social organization and education where religion is not allowed to play a part in civil affairs (Collins).

Secularism in India and in the West: Emperor Asoka about 2,200 years ago had patronized different religions: "There should not be honor of one's own (religious) sect and the condemnation of others without any grounds" (Asoka Rock Edict XII, 250 BC).

In the West 'secular' implies three ideas: freedom of religion; equal citizenship regardless of one's religion, or no religion; and separation of religion and State.

In contrast, in India, the expression 'secular' does not denote separation of religion and State, although it does mean the equal treatment of all religions. India continues to assert its authority in matters of 'Personal Law'! Thus, the Indian structure has created incentives for various religious denominations to start and to maintain schools, to impart religious education, and to receive significant financial assistance from the Indian Government.

Amartya Sen's Views: The Indian Nobel Laureate had suggested that, Secularism in the political as opposed to ecclesiastical sense, can be interpreted in at least two ways: 1. That the State be equidistant from all religions, by refusing to take sides, and by having a neutral attitude towards them. 2. That the State must not have any relation at all with any religion. In both interpretations, secularism goes against giving any religion a privileged position in its activities of the State.

Sen argues that the first form is more suited for India. – Amartya Sen and the Aayatollahs of Secularism – Part 3, The Times of India, 24 July 2013.

The Catholic View: Secular Institutes are societies of either clerics or laity whose members profess the Evangelical Counsels, and who live in a secular condition for the sake of Christian perfection. –Pius XII's Provida Mater Ecclesia. One such Secular Institute is Madonna della Streda (Our Lady of the Way, Mumbai). It is a Pontifical Institute of self-supporting women.

The Catechism of the Catholic Church, 928-929, states: "A secular institute is an institute of consecrated life in which the Christian faithful living in the world strive for the perfection of charity, and work for the sanctification of the world especially from within. // Members of these institutes share in the Church's task of evangelization, where their presence acts as 'heaven'. Their witness of a Christian life aims to order temporal things according to God, and to inform the world with the power of the Gospel. They commit themselves to the evangelical counsels by sacred bonds, and observe communion and fellowship appropriate to their particular secular way of life."

Biblical Secular Humanism: "I beseech you therefore, by the mercies of God, that you present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. // By grace you have been saved through faith, and this is not your own doing. It is a gift of God; not the result of works, so that no one may boast. // See that no one takes you captive through philosophy and empty deceit, according to human traditions and the elemental spirits of the universe, and not according to Christ!" (Romans 12:1-2 // Ephesians 2:8-9 // Colossians 2:8).

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# The Holy Virgin Bears A Son

By Melvyn Brown

Churchgoers who fill the pews, anticipating his divine arrival, planning celebrations for Christ's birthday, makes the Christian faith monumental and alive, even after two thousand years. What ensues, however, is obvious: the history of God's plan of salvation wrapped with enduring power for generations to come. The survival of the faith resonates till the end of time, with the Church as its cornerstone for God's grace and glory.

"Therefore the Lord himself will give you a sign: The Virgin is with child and bears a son and calls his name Immanuel." (Is.7:14).

The season of Advent concludes this fourth Sunday in December. We have waited, watched, prepared and prayed. Come Lord, Come to your world.

We truly rejoice in God's plan to bless the Virgin Mary to be the Mother of Jesus. Alleluia. Mary of Nazareth is the center of Advent. To the angel Gabriel she said 'Yes', willing to be the Mother of God: "Behold, I am the handmaid of the Lord; let it be to me according to your word." (Lk.1:38).

"This is how Jesus Christ was born: Mary his mother had been given to Joseph in marriage, but before they lived together, she was found to be pregnant through the Holy Spirit. Then Joseph, her husband, made plans to divorce her in all secrecy. He was an upright man, and in no way did he want to disgrace her." (Mat.1:18-19; Catholic Pastoral Edition).

Be happy, the Lord and Master will come, born in a humble manger. Raise your voice, the Jewish prophet is the Christian savior. He has laid the foundation stone of a universal faith,

paving the way to the Kingdom of God in Eternal life.

Joseph was troubled, restless and in great need to know what had to be done. That night, an angel of the Lord came to Joseph in a dream and told him to not be afraid, Mary was conceived by the Holy Spirit. That her child would be a son: "You shall call him 'Jesus' for he will save his people from their sins". (Mat:1:21).

At this time in Advent we turn to the psalmist who draws our attention to the place chosen by God to be His dwelling. "Lift up your lintels, O gateways, open up, you ancient doors, that the king of glory may enter". (Ps.24:9".

Advent is the season for a spiritual retreat – to meditate on Christ, his response to the Father's Plan, on his total acceptance to fulfill the message of the prophets – to be born as man so that we can welcome the mystery of Incarnation; to teach us the ways of God, to give Holy Mother Church His divine direction in counsel and teaching; to die to the glory of His one true Resurrection.

Let us now be guided on the proper way to celebrate Christmas. Lift up your heart and raise your voice in praise of the living God in Christ. When the season of Advent ends, New Life begins in Him. We are truly blessed at Christmas to receive a direct command from the Lord to spread the good news. Jesus said he came that we should have life.

As a Catholic the importance you put in your faith determines the kind of life you live. And the celebration of Christmas gives our community a new meaning and is unique in every way. In the Gospel of John it is said that our Christian belief "would bring us a peace which "the world could never give" (Jn.14:17).

Christmas is a great gift bestowed on humanity. The joy of Christmas is the driving force to enrich awareness, adding a large dimension of hope in all our acts of Christian charity. We must share with others the gift of faith, forgiveness and trust in Jesus Christ. The happiness found in the celebrations are both positive and precious. Call upon the Holy Spirit to show us ways to enjoy yuletide and to show the world that Christ is the world's hope and Redeemer.

**Do not rush around this Christmas doing the wrong things:**

- 1) Never say, write or buy a Christmas card or a product that prints X'MAS. Be proud of Christ in the word CHRISTMAS. Only atheists X out the name of Christ.
- 2) Avoid dressing in black at Christmas. We are not mourning.
- 3) Send Christmas cards with a picture of the crib or the Holy family. Do not buy cards with flowers, sceneries, or an array of Christmas cakes.
- 4) Do not buy black imported Christmas trees.
- 5) Dress decently when you go to Midnight Mass.
- 6) Say "Happy Christmas" when you meet and greet people, and go on saying it till the 25th of January, and avoid saying, compliments of the season.

Prepare your home, your heart and your family for the arrival of our divine guest Jesus Christ. Keep your house well lit, decorated with bells, stars, songs and do put up the Bethlehem Blessing (a Crib). Don't forget the traditional gifts for those you love.....

Happy Christmas everyone!

# Role of youth in the future

**THE YOUNG GENERATION occupies a special place in social environment, it is very much part of society. The young and rising generation constitutes a representative of the future in the broadest sense; the future of any society depends on the practical and spiritual moulding of the youth**

Youth are back bone to the nation. They can change the future of the society with their well-being and courageous behaviour. They are here to shows us that which we have not been willing to look at within ourselves. What impact does it have for the society's goodwill. Why youth is considered to be an important factor to build society, below are the reasons given for the same.

## **Youth want to take leadership :**

The role of the youth is simply to renew, refresh and maintain. Youth have a role to renew and refresh the current status of our society including leadership, innovations, skills and other fields. Youth are expected to advance the current technology, education, politics and peace of the country. On the other hand, youths have also to maintain the culture of our country, all good values in the societies, development projects and other activities.

## **Youth can be the examples :**

First of all, kids and teenagers need to be advised, taught and encouraged by the youth. Youth also have to be a good example to the young generation. The youth have to teach both the teenagers and kids all aspects of general life, show them the way so that they know up the right and the wrong. Youths have to advise and encourage teenagers and help them to solve social, educational, psychologi-

Youth are back bone to the nation. They can change the future of the society with their well being and courageous behavior. They are here to show us what we have not been willing to look at within ourselves. Unfortunately today we find the youth who are more interested in other places which are not useful to them as well as nation. They choose to spend their days doing drugs and playing video games. They spend their nights partying and living it up, so to speak. More and more young men of this age group are sitting at home in front of their televisions playing games all day instead of bettering themselves or going to work. They have no vision and if they do have dreams they do not have the drive to make any attempt at achieving them.

We must motivate our youth. We must teach responsibility and goal setting. Things have to change, with our schools, with the older generation being good role models, with the older generation being mentors, and with the youth who are right now doing nothing. Those of you who are in their teen age, you have a choice. You can allow yourselves to stay your course and do nothing or you can rise above what the cynics around you expect and go get educated or get jobs. Show the older generation that they are wrong about you. Let them know you have intelligence and skills. Show yourself what you are made of. You might be surprised at how proud of yourself you become with even the smallest of accomplishments. I can tell you that nothing can happen if you do not try.

cal, emotional and various problems the teenagers encounter in life. Youth have the role of teaching teenagers and the young generation what teachers and parents don't.

## **For economic wellbeing :**

Secondly, as the middle aged and the senior citizens grow older, many employment posts remain vacant. This vacant positions have to be filled by non other than the youth. These will enhance economic well-being as well as the social life of the citizens they serve. Youths have to bring in new innovations, new skills in the job industry for more productivity at a lower cost because they will do away with old technology or they will invent new ways of doing a certain job. In doing so the country will develop in terms of industrialisation and both her economic and social well-being.

## **Can bring peace in society :**

The youth, after some time they are

expected to be the next parents. This is to continue with recreation. The youths are expected to start and maintain their own families as their parents did. Inter marriages between the youth will bring sharing of ethnic cultures and hence this will improve peace within communities and hence overall peace for the whole country. Sharing of different cultures all over the country will bring national peace and social well-being of every citizen.

## **Protection :**

For a peaceful society protection of citizen, rights and duties is essential. Youth are expected to protect their culture and tradition while at the same time make it better and embrace changes in the society. For instance it is youth only who becomes a part of political movement for a major change in a country. They becomes a part of armed forces too, to safeguard the freedom of people and so on.



# Role of Youth in Shaping India's Future

**Youth are the most important and dynamic segment of the population in any country. It is believed that developing countries with large youth population could see tremendous growth, provided they invest in young people's education, health and protect and guarantee their rights. We can undoubtedly say that today's young are tomorrow's innovators, creators, builders and leaders.**

But they need the required support in terms of good health, education, training and opportunities to transform the future. The economic trigger happens when a county's more hands to work available than more mouths to feed. To put it succinctly, working age population has to be larger than the dependent population.

Unfortunately, being a democratic nation and largest democracy in the world, India is still lagging behind in achieving socio-political and economic equalities, which were dreamt by our predecessors. We have been striving to eliminate these inequalities at all levels, which are existing in the forms of poverty, unemployment, illiteracy, corruption, violence, gender bias etc. If India is to improve, then the Indian Youth needs to take the charge and come forward to fight against multiple inequalities and contribute in nation building.

India has the edge of demographic dividend. They have the power to change the nation. Young mind will be more fresh and innovative which helps in the progress of the country. But adequate opportunities should be given to the youth to represent their ideas and policies for the upliftment of the nation. Only way to express the ideas and to implement their policies is politics. Young people should be motivated to take part in politics and to occupy the high positions such as Prime Minister, Chief Minister and Governor.

Knowledge and unity speaks a lot

rather than experience. For instance, a mass protest by the youth in Delhi for justice of Nirbhaya case, a mass protest in Delhi for India against Corruption and a mass protest in the Marina beach for Jallikattu etc are some of the prominent examples for the strength of youth. If the ruling power is given in the hands of the youth, then definitely India will become developed nation soon.

They have power to change. Education programs should aim to teach and young minds right from the school level the importance of choosing right people who would take charge of governance. Conventionally, youth have been asked to keep away from politics. Youth should be motivated to consider politics as a means to serve the nation. They should be oriented on anti-corruption drives with focus on prevention, education, and strategies for fighting corruption. Good governance is realistic with youth empowerment.

The pivotal role of youth who are afresh with ideas and not ideals, will help in this movement towards a transparent civil society structure which can influence the political administration for the benefit of the society. It is only through a strong system of representation that democracy work and it is only through a strong youth representation that the dynamism and vigour of a country be maintained.

It is therefore important to acknowledge the role of civil societies in empowering youth towards strengthening of the democratic system of the country and sustainable development. The solution lies to effectively utilize modern tools in disseminating the belief among youth on their participation and representation in democracy through civil society initiatives.

Our nation needs them to resolve most of our problems. Currently India is facing a lot of challenges, and youth are capable of solving them. They just

need to be given a chance to prove themselves. Youth have the power to unite individuals in the various ethnic groups. Racism is an ongoing issue around the world. Individuals are fighting against each other because of the complexion of their skin and the texture of their hair. Religion is another issue, the youths can convince their fellow man to live in peace and love. All of us are one and we should not allow these little differences to push us away from each other. There also a lot of crime taking place. Women are being killed by their abusive husbands. Person's homes, businesses, are being broken into. All of this crime and violence needs to stop. The youth once more has the ability to bring about a change in the country.

Youths seems to have the ability to face any issues and challenges. They have a positive influence on their fellow young people. They are able to teach them the positive things in life. The ones who are destroying their future, they tend to listen to their fellow youths. They will make them understand the importance of being a good human being.

The wise youth that we have out there should be taken into consideration. Some of them, though educated are unemployed. They should be given an opportunity to expose their intelligence to the world and make themselves into someone. Government, Civil Society, voluntary organisations and other stakeholders should assist the youths; so that they can make our land a great and educated one.

The role of the youth in the nation building is crucial. They are problem solvers, have a positive influence on other young people and the nation, and are extremely ambitious. They have the ability to create an identity for themselves and move the nation forward. However, they will not be able to do this without the support of family, community, Government and fellow youths.

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## Thanksgiving

### Prayer to the Holy Spirit

**Holy Spirit**, you who makes me see every- thing and who shows me the way to reach my ideals, you who gives me the Divine gift to forgive and forget all that is done to me, and you who are in all the instincts of my life with me, I, in this short dialogue, want to thank you for everything and affirm once more that I never want to be separated from you, no matter how great the material desires may be. I want to be with you and my loved ones in their perpetual glory. To that end and submitting to God's holy will, I ask from you..... (your request)



—F. T. C., Mumbai

## Thanksgiving

### Novena Prayer to St. Jude

**O Holy St. Jude**, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depth of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present urgent petition, in return I promise to make your name known and cause you to be invoked.



Say *Three Our Fathers, three Hail Mary's and three Glory be's.*

St. Jude pray for us and all who invoke your aid.  
Amen.

—F. T. C., Mumbai



## Banana Choco Pops

### What you need:

- A big banana
- A bar of chocolate
- Skewer sticks
- Ice cream sprinkles
- Popcorn
- 3 bowls
- A knife



by Jubel D'Cruz

### What to do:

1. Break the chocolate into pieces and put them in a bowl. Heat the bowl and melt the chocolate into syrup.
2. Cut the banana into slices using the knife.
3. Put the sticks into the banana slices from one side like an ice cream.
4. Dip the banana sticks in the chocolate syrup.
5. Crush your popcorn and put it in a bowl. Put the ice cream sprinkles in another bowl.
6. Dip half of your bananas into the sprinkles and the other half into the bowl of the popcorn.
7. Your banana choco pops are ready. Serve them and enjoy a very healthy and sweet snack.

## Kitchen Tips

1. Skin will not form on custard, if sugar is sprinkled.
2. For a delicious flavour in custards, add a little brandy.
3. Add a spoonful of honey to your custard along with sugar and you will have a better taste.
4. If custard has curdled, draw from the heat and beat well with egg. Whisk until it becomes smooth and creamy.
5. Save grease-proof paper wrappings from your bread loaf. These sheets make ideal coverings for sandwiches, packed lunches and snacks.
6. Sandwiches stay fresh if wrapped in lettuce leaves.
7. In case the ice cream gets melted or is not sufficiently solid or thick, it can with advantage, be utilized to prepare a delicious tuti fruity by pouring the melted ice cream over chopped fruits cake pieces or jelly.



# Herbs you must have in your kitchen

**HERBS ARE THE most convenient flavour boosters. Sprinkle some in your pasta, salads, sauted vegetables, curries, fried rice and even dips and sauces and they can lend that instant zing. The fresh versions are no doubt most sought after for their distinctive flavours but their dried versions too serve the purpose, especially when the fresh ones are not readily available**

What is food without its myriad flavours? Just a handful of ingredients are enough to transform a dish into something extraordinary. Here's our list of must-have dried herbs in your kitchen

**Mint :** A common herb in the Indian kitchen, mint is used in the making of many curries and shorbhas. Since fresh mint is not always available, the dried version comes as a blessing. Sprinkle some in marinades, in butter to make a herbed spread, salads, sauted mushrooms, raita and on your morning toast for some zing. The pungent flavour of mint is strong, so use it wisely.

**Sage :** Sage is a herb which is commonly used in Italian cuisine while making the butter sauce for gnocchi. Its strong flavour, which is slightly bitter, doesn't lose out on its power when used in cooking and as such is added while making stews or other slow-cooked dishes. It pairs well with your morning bacon. You can drop

it into your boiling pot of soup, or sprinkle on in batters for deep-fried snacks as well. The more you experiment, the more you will discover.

**Kasoori methi :** Kasoori methi or fenugreek leaves have an incredible ability to instantly elevate the flavours in a dish. It is a common ingredient in Indian cooking, being credited for popular dishes like butter chicken and methi aloo. Even adding a spoonful of it to dal can make the humble dish taste divine.

**Oregano :** Most of us can't imagine biting into our favourite slice of pizza without sprinkling some oregano on it. This is possibly the one herb you do have and the one that you must, especially if you love Italian food. The bitter and lemony flavour of the herb makes it blend well in pasta sauces, salads and pizzas. It is extensively used in Mediterranean cuisine and the good part is that it doesn't overpower the other flavours in a dish. You can use it in your everyday cooking by adding it to tastes, sandwiches and even quick stir fries.

**Thyme :** A relative of oregano, thyme too is used extensively in cooking while preparing soups and meat-based dishes. Its pungent minty flavour works wonders in stir-fries and bakes pies as well. It is a key ingredient in the popular Middle East condiment, called za'atar. It is readily available in the market and can easily be stored for six months.

**Dill :** Say dill you immediately think of salmon. This delicate herb with its distinctive taste is an instant flavour booster. It teams well with fish, crunchy veggies, fruits and yoghurt-based dips. You can use it to make cheese omelettes, steamed fish, dumplings, sandwiches and more!

## Supplements for your mind and body

**CERTAIN HERBS IN traditional Ayurvedic medicine are thought to help improve mental function, boost memory and support cognition. Let's take a look at a few of them**

Organic products are free from chemicals and promote natural ingredients that are sourced in the purest form. These help to keep us away from ailments caused by chemicals and harmful pesticides, there by promoting natural solutions to all our health worries. The inherent power of herbs help ward off disease in a natural and healthier way. The following desi cures, is what every Ayurvedic expert suggests, for relaxing your mind and body.

### **Ashwagandha :**

Ashwagandha is a tonic herb that is a relative of tomatoes and potatoes. It may also be effective in supporting the brain in times of stress or fatigue, as it has relaxing and grounding herbal properties. For this reason, many people will use Ashwagandha herbal supplements as a sleep aid or form of natural stress relief.

### **Gotu Kola :**

Also known as Brahmi, Gotu Kola is an herb that Ayurveda often uses to support graceful aging and as an aid to meditation. Gotu Kola is leafy green that thrives in hot, moist climates and often covers jungle floors. As Brahmi means 'godlike', this herb is widely believed to be a superior supplement for the brain and nervous system. Ayurvedic herbalists also use it for physical benefits such as supporting a person's voice, complexion and physical strength.

### **Jatamasi :**

Jatamasi is an anti-stress and anti-fatigue herb. The roots of jatamasi are the primary medicinal parts of the plant that have therapeutic effects on your stressed mind. These roots keep our mind and body free to toxins and blockages and further provides a sense of stability.

## Holy Laugh

During Sermon at a Sunday service , the Pastor said: "If I had all the Beer in the world, I'd take it and throw it into the river".

And the congregation cried, "Amen! "

"And if I had all the Wine in the world, I'd take it and throw it in the river".

And the congregation cried: "Amen!"

"And if I had all the Whiskey and Rum in the world, I'd take it all and throw it in the river".

Again the congregation cried: "Amen!"...

The Pastor sat down.

The Junior Pastor then stood up and said: "For our closing Hymn, let's turn to page 126 of our Hymn books and sing, "We shall drink from the river".

The whole Congregation SCREAMED HALLELUJAH!

\*\*\*\*\*

My three-year-old grandson asked his mother whether his younger brother used to be in her stomach. "Yes," she said. "How did he get there?" he asked. "I'll tell you when you're a little older." "Just tell me this," he said, concerned. "Did you eat him?"

\*\*\*\*\*

Once you realise that you wife is: beautiful, has a great figure, is intelligent, gets things done on her own. drives a car well, has very little expectations, not complaining, is not materialistic. and loves you, humble with crazy devotion.... Believe me the whiskey you have consumed is of the best quality.



\*\*\*\*\*

### Catch me if you can

Several years ago we headed to a nearby town to visit some relatives. I had a new car and was having fun driving fast on the twisty country roads. As we zoomed along, I noticed a three legged chicken keeping pace with me. I slowed to get a better look at the speed ster when it turned and went down a dirt road. I stopped, turned around and followed it. After a short ride, we came upon a house with an older couple sitting on the porch and dozens of three-legged chickens in the yard. I asked them, "Are these your chickens? They're the fastest I've ever seen." The old man said, "Yes." So I asked him where did they come from and he replied, "When the kids were younger, they always fought over the chicken legs, so we decided to breed a three-legged chicken." I nodded and said, "Well, they are fast but what do they taste like?" He admitted, "Not rightly sure; we never could catch one."

\*\*\*\*\*

**Santa** : If wives are popularly known as 'Home Minister', what should husbands be called?

**Venkat** : External Affairs Minister.

\*\*\*\*\*

### The visa

Johnny decided to travel to the US. At the embassy for the visa interview

**Officer** : Where to in the US?

**Me** : San Jose.

**Officer** : It's pronounced as San Hosey. J is pronounced as H in the US.

**Johnny** : Oh I see!

**Officer** : So how long do you plan to be in the US?

**Johnny** : From Hanuary to Hune or Huly.

**Officer yelling on top of his voice** : Visa Rejected!

\*\*\*\*\*

A man returns a book to the library, banged it on the counter and yelled, "I read this entire novel; there are too many names of people and no story at all!" The librarian looks up and responds. "You idiot! So you were the one who took the attendance register book?" And it's been more than a week we have searched the entire library.

\*\*\*\*\*

If girl is in love her parents will ask, "Who is that idiot?" If a boy is in love his parents will ask, "Idiot, who is that girl?" No matter who's in love Boys are always the idiots.

\*\*\*\*\*

### The jackpot

**Wife** : Suppose you hit jackpot of Rs 10 crore in a lottery and same day someone kidnaps me and demands ransom of Rs 10 crore. What will you do?

**Husband** : I doubt I can hit jackpot twice in a day.

\*\*\*\*\*

# Inspiration!

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

## Let go of your emotional baggage

*"Our emotions are only incidents in the effort to keep day and night together."  
- T S Eliot  
(Poet)*

**THE TERM 'EMOTIONAL baggage' is used to refer to unresolved emotional pain that a few people have been carrying in their unconscious mind. These are the feelings you have about your past and the things that have happened to you, which often have a negative effect on your behaviour and attitude. None of our minimizing journeys look quite the same, including what is inside the suitcases that hold our emotional baggage. However, you must know to combat this unwanted baggage and let it go**

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

**Over-protective :** Always bearing in mind past negative experience, you become so protective over your emotions that you deprive yourself for sharing them with other people.

This behaviour may lead to emotional 'numbness' and you forgetting when you lastly felt anything at all.

**Projections :** When communicating, you tend to treat people badly if they remind you of a person who had hurt you in the past.

**Indecisiveness :** Whenever you are facing a choice you have to make, it takes effort and time for to decide what to choose.

**Comparison :** You spend too much time thinking how much better your life had been before or how much worse it is than someone else's

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

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

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

sure when that happens is to simply take a time out. Don't judge yourself for feeling that way.

**Try becoming aware of the origin of these emotions:** what made you feel like that? Is it of that big of significance? How can you not let that happen again? How can you resolve the issue that has been irritating you? Ask yourself these questions but don't pressure yourself with unnecessary judging the way you feel.

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

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

### STEPS TO DEAL WITH EMOTIONAL BAGGAGE

- Write an honest list of the thoughts, beliefs and behaviours that weight your down.
- Reflect on each item and identify the source of the thought or belief.
- Find at least one positive in each hurtful experience or situation.
- Create affirmations to foster change and counteract negative thoughts.
- Practice patience and mindfulness.
- Accept your history and the people that have been a part of your history; accept your circumstances and remember that none of these define you.



# VEEZ Konkani Emagazine 101st issue

by Ivan Saldanha-Shet

VEEZ Konkani, an e-magazine is published in four popular scripts- Kannada, Devanagari, Roman and Malayalam, has gained a renown world over, it is published from Chicago in the US by well known Mangalorean Dr. Austin Prabhu. The 101st special issue was released in the midst of the Konkani glitterati of the city at a tasteful function November 24, Sunday evening at St. Agnes College, Bendur.



The stage programme was presided by Rev. Chetan Lobo ofm cap, the former editor of Uzward magazine, a Konkani scholar and historian. Konkani's prominent local figures Bab Basti Vaman Shenoy along with several prominent personalities graced the occasion. 'Sur Project ONE', a multilingual music concert by Jaison Sequeira and his team 'The Sur Ensemble' made a big hit.

VEEZ Konkani weekly e-magazine with news from Konkani people and organizations around the world and specially Mangaluru. Every weekly issue on Sunday, features a prominent personality with their biography. This unique feature has been appreciated by many readers. The electronic magazine also includes regular literary columns and promotes events organized by Konkani communities round the world. All of this is done online from Chicago without any charges whatsoever. The VEEZ weekly, Sunday e-magazine is circulated widely on social media and online web portals round the world and is very popular and eagerly awaited week after week by many Konkani enthusiasts.

Basti Vaman Shenoy, the Chief guest said, "Austin Prabhu is how a true ambassador of Konkani should be for 50 years now. He spreads Konkani

everywhere he goes. The extraordinary love of mother tongue made him a strong pillar of our language and culture. Today 101st issue of Veez e-magazine is released and Dr. Austin made a record a first in 4 scripts. I congratulate his imminence success,"

In her speech Sr Jeswina said " It makes us glad and proud to host a programme related to Konkani and Austin. We, happy to give our place as the venue today and witness a historical moment. We will also pray too that Austin achieves more success for Konkani everywhere."

In his presidential speech Fr Chetan Lobo, said " Now is a critical phase in time with uncontrolled media and like a war and all it's dangers. The war is always between good and evil with anyone and everyone becoming part of media, and judgement is difficult. Dr Austin is a genuine publisher for long, VEEZ e-magazine he publishes is positive and good. The promotion of talents of Konkani along with news

related to Konkani community and culture without cost is a great service to all. More and more people should be familiar and get the benefits of his VEEZ weekly."

Dr Austin said "To popularise and make

aware news and happenings with information on coming programmes in the Konkani world and to provide a platform for writers and event managers Veez e-magazine is a miracle. Anyone from anywhere on earth can read Veez a soft e publication. Since a few months now, it is published in four scripts used by Konkani people generally - Kannada, Devanagari, Roman and Malayalam and easy to access. Because of this, every Konkani person will get a chance to read Veez in the script of his choice. My focus now is to highlight Konkani workers and the talents from Konkani world. Many are supported me in this mission and I have published the 101 issues of Veez without break so far, so help me God."

Ashwadi Prakashan's, 'Ek Novo Somsar' a collection of short stories written by Fr Chethan Lobo were released during the event. The prizes were distributed for the winners of literary competition organized in memory of Konkani music legend late Wilfy Rebimbus. H R Alva and Concepta graced the occasion as special invitees. Well-known Konkani writer and publisher Valley Quadras conducted the stage programme smoothly. The multilingual music concert 'Sur Project One' by Jaison J Sequeira and team made the evening lively.. The huge audience and the College student admirers were vibrant in their attention and appreciation of the event. Long live Konkani was the thundering cheer.

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Prop. B. D'Souza

## Curb abuse of open places of worship

With reference to Jubel D' Cruz's letter titled The Sabarimala Row : Right to equality in The Secular Citizen dated 2 Dec. 2019 when a religious place of worship like a Parsi Fire Temple or the church of the latter day saints which was founded mainly by freemasons is closed to people of other faiths it must be voluntarily opened by its members and if they refuse to do so then it must be opened by filing a case in a court of law to have it opened rather than let people suspect that something bad is going on these places of worship .

Besides opening closed places of worship one must prevent them and other open places of worship like Canterbury Cathedral , UK from being used in the future like it was used in the past ie on 18 February 2017 for an occult service because the occult and religion are the opposite of each other and can and should never be mixed since this shows a lack of faith , and a lack of understanding of religious scriptures and prayers repeated by rote and a lack of faith and understanding of religious services and an acceptance of evil and materialism and curiosity and desire to experiment in the occult.

So when a church etc is used for an occult service it must be reconsecrated by a priest .

When Holy Communion is given to people in a Roman Catholic Church or in a Protestant church the priests must take care to see that it is fully consumed by the person who takes it so that it cannot be taken by the person to be misused in an occult service.

Unless occult practices are curbed through healing services and ensuring that people who indulge in occult practices while practising their Roman Catholic faith and Protestant faith repent ecumenical unity of Christian churches will remain a dream and will not become a reality.

So an excommunication law in

Protestant churches is very necessary to ensure that their faith remains unpolluted by the occult and that only god and not the devil is not allowed to run the church.

In these ways we can and must curb abuse of open places of worship and set a good example to be loved and followed by one and all at all times and at all places.

— Peter Castellino

## Maharashtra Politics dilemma

With reference to Prof. Robert Castellino's letter titled : Maharashtra Politics in The Secular Citizen dated 2, Dec. 2019 even though the NCP and Congress which are both secular political parties have formed a coalition government with the Shiv Sena a communal political party only to provide a government and leadership for Maharashtra and avoid another election just to settle this issue it would have been far better for them to provide issue based support from outside for the Shiv Sena rather than risk spoiling their names and being unable to support secularism when they face the electorate in an election in the future .

Thus we see the Maharashtra Politics dilemma where politicians make strange bedfellows and just like it is the case in business that there are no permanent enemies so too it is the case in politics that there are no permanent enemies.

— Peter Castellino

## Udupi District level sports meet for specially abled children in Manasa Pamboor



Udupi District level sports meet for specially abled children, as part of World Disability day , were organized by 28.11.2019 at manasa Pamboor by Directorate for the empowerment of differently able in association with Udupi district administration and Manasa Pamboor. D.C of Udupi district Mr. G Jagadeesh received guard of honor and inaugurated the sports meet. He appreciated Manasa for efficiently organizing the event. Deputy Director of Women and child department Mrsacy Goncalves lighted the Kreedha Jyothi. Jilla Panchayat member Wilson Rodrigues, District officer Chandra Nayak, Sr Ancilla principal, Mr. and Joseph Noronha administrator were present. President Mr. Henry Menezes welcomed the gathering, State president of teaching and non teaching staff of special teachers Dr Kanthi Harish proposed the vote of thanks.

Smt Preethi Ghelot I A S , the CEO of Jilla Panchayat gave away the prizes. Mr CHandras comperd the proramme. NSS volunteers of SVS college Katpadi helped to conduct the event. 13 schools participated in the meet.

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agnelo.nazareth1975@gmail.com

**7114. GOA :** Goan Roman Catholic Bachelor, (Born in January 1973), Ht. 5' 5", Wt. 70 kgs, Fair Complexion, Edn. 12th + Dip. in Technical Field, working as a Projectionst in **KUWAIT**. Contact email :

hilarylobo48@gmail.com

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

glo\_2008@rediffmail.com

**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

**6986. MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in March 1990), Ht. 160 cms, Wt. 66 kgs, Wheatish Complexion, Edn. Graduate, working for MNC. Contact email : alwyn90lewis@yahoo.com

**7112. MUMBAI :** Converted Roman Catholic Bachelor, (Born in October 1970), Ht. 5' 7", Wt. 80 kgs, Fair Complexion, Edn. B.Com., & Masters in International Journalism (UK). Contact email :

decemberwedding08@yahoo.com

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

jeny22\_m@yahoo.co.in

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

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**7079. MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in December 1962), Ht. 5' 5", Wt. 67 kgs, Fair Complexion, Edn. B.Com., Inter MBA, working as a Manager. Contact email : archielewis.al@gmail.com

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ian.roshan.dsouza@gmail.com

**6198. MUMBAI :** Mangalorean Roman Catholic (Born in October 1969), Ht. 5' 10", Edn. B.Com., good personality, hailing from God fearing, cultured family, issueless, divorcee by mutual consent, working for Cruise Liner in U.S.A., as Security Supervisor, well settled in Mumbai, Seeks suitable match. Contact email : dsouzamalcolmneil@gmail.com. Phone/SMS 09480157258.

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

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

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

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

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loretta6479@gmail.com

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

**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 :

dorinbarretto27@gmail.com

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

tednvir@gmail.com

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

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

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

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

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

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

eshitapais@yahoo.co.in /

paischarlie@yahoo.com

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

tanya2gomes@gmail.com

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

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

**6341. MUMBAI :** Protestant Christian spinster, (Born in April 1985), Ht. 5' 1", Wt. 58 kgs, Wheatish Complexion, Edn. B.A., B.Ed., Teacher by profession Seeks a groom from well settled, educated and good family background. Contact email : georgethomas1353@yahoo.com

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# Ukrainian becomes youngest Catholic bishop in the world



Vatican, Nov 18 2019: Stepan Sus, a priest of the Lviv archdiocese of the Ukrainian Greek Catholic Church, was appointed bishop of the Kyiv-Galysky supreme archbishop curia. The Vatican News reported this.

The report states that the newly appointed bishop is 38 years old and he will become the youngest Catholic bishop in the world.

Bishop-nominee Stepan Sus was born on October 7, 1981, in Lviv. After studying at Lviv Theological Seminary of the Holy Spirit [now UCU], he received diaconal ordination in 2005 and on June 30, 2006, his ordination as a priest. He served as a chaplain at Lviv National Ground Forces Academy and other local educational institutions. In 2008 – 2012 he was responsible for the pastoral care of

servicemen in Lviv UGCC Archdiocese. Since 2012 he has been appointed as a Synkellos of Lviv Archdiocese of servicemen, students, and orphans' affairs, as well as a parish priest of Saints Peter and Paul Garrison Church in Lviv.

Earlie head of the Ukrainian Greek Catholic Church (UGCC), His Beatitude Sviatoslav (Shevchuk), discussed with Pope Francis the issue of receiving patriarchate status from the Vatican during the July meeting in Rome. According to him, the Greek Catholics of Ukraine have had de facto patriarchate for a while.

He noted that much has already been done to recognize the Ukrainian Greek Catholics patriarchate.

—Matters India

# The Flashpoint In Priestly Vocations

By Melvyn Brown

Priestly vocations in the Church today, is becoming a tinderbox to contend with...and many imagine that the fall-out in vocations has become a spark to ignite the loss of faith-education in our homes, schools and in churches.

There is much to be said about the traditional "inner Call route which seals the choice of a young person to defy the norms of certain social barriers and instead, to become an instrument of God in the Church.

The flashpoint is not missing the silent views spreading on keeping our Christian schools and institutions open to 'Cross-fire', 'Prayer-free' and 'Zero-tolerance' for the word of God.

The threat to dwindling numbers of priestly vocations is now the dividing line between influence and inspiration. At home, the central core of the faith needs parents to live a life of prayer, as in generations past.

The English-medium missionary schools should have a daily round of Christian ethics weaved into their areas of the classroom and the playground. Nothing too pronounced, but calmly radiating through teachers and the administration a Christian atmosphere.

In churches a solemn and solid homily each Sunday on practical and down-to-earth themes. The art of the sermon should help to plant seeds for thought and ways to implant the word of God.

This may help a young person to be inspired and to receive that "inner Call". Providing the grain of seed is all we need to assist the young in these intransigent times.

"Be not afraid" said Jesus. We are taught to forge our faith – let us learn to do it again. This time with a prayer to our Blessed Mother, here we will find the common ground to priestly vocations.

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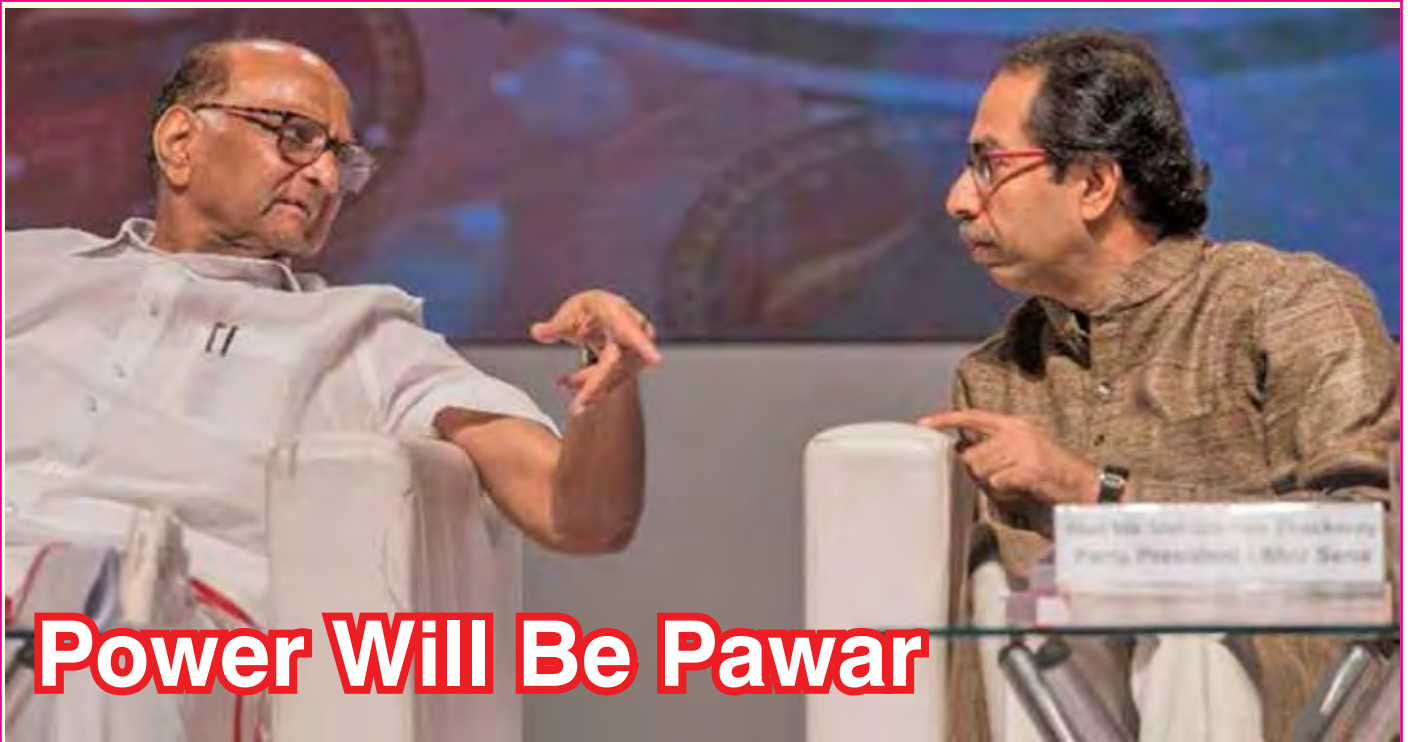
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# Power Will Be Pawar

Over-confidence often causes defeat, wrote Chanakya thousands of years ago and latest example we are provided in Maharashtra B J P. Old tactics miserably failed and the age-old guard Mr. Sharad Pawar once again brilliantly proved that his in depth knowledge of power-game will be in his favour. Mr. Sanjay Rawat of Shiv Sena summarises it all in these words : “You will have to take one hundred births to fathom Sharad Pawar!”

The ups and downs have come to an end. It seems. Three different political parties with different ideologies have successfully kept the B J P out of the door. The Governor’s role was exposed and hats off to the Supreme Court that prevented the ruthless assassination of the Indian Constitution on the Constitution Day! So dramatic and so true to life. B J P was put in the shameful situation and mind you,



by Ignatius Dabhi  
Sr. Journalist

the PM was delivering a brilliant lecture on the Constitution to the joint session of both the Houses on the same day!

Ajit Pawar has been a known leader of the N C P and yet, all N C P MLAs remained with Uncle Pawar. That was his greatness and power. Sonia Gandhi has always respect and regards for Sharad Pawar. Pawar has many good friends in all the political parties of India. His views may differ from others views but he is always listened and respected by all. Narendra Modi’s praises of N C P in the House surprised one and all but Sharad Pawar has spent more years in politics than Narendra Modi! He is a seasoned batsman! Modi and his johnnies did not spare Ajit Pawar during the poll campaign in the Maharashtra State Co-Operative Bank scam. E.

D. Tried to scare Sharad Pawar but he surprized all by offering himself to the E. D. That has been the old trick in hands of the rulling party to scare its opponent. Sharad Pawar himself and silenced one and all. Shiv Sena will always remember that Pawar proposed Udhav Thackeray’s name as C M and once again proved his political matu-

riety and experiences.

Pawar proved successful in keeping all three parties together. That was his political acumen and skill. Sharad Pawar may declare the common minimum programme. The coming time will be crucial and critical. B J P is just sitting on the fence and carefully watching..... With 54 N C P seats Pawar has, it seems, kept the reigns in his capable hands. He addressed nearly 100 election meetings all over Maharashtra recently. The Secular Citizens awaits for the progress and prosperity of this most industrialised state of India. Under such leadership the future seems promising and bright.

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