

# THE SECULAR CITIZEN

Vol.29 Issue No.18

Total Pages 26

Mumbai, 4 - 10 May 2020

Rs. 10

A NATIONAL FAMILY WEEKLY

## ***Read/inside:***

- ✱ **The on-line mass, does it fit our church?**
- ✱ **COVID-19 Vaccine Likely By September**
- ✱ **When Will COVID-19 End?**
- ✱ **Voice of the people**
- ✱ **Words Of Wisdom**
- ✱ **Covid-19: Asia set for economic devastation**
- ✱ **You the citizens decide:**
- ✱ **Living Together In Peace!**
- ✱ **NANO POWER**
- ✱ **President's & P.M's of all Countries Get Lifted with Popular Support**
- ✱ **Saint Paul And Einstein's**
- ✱ **Odyssey On Sacred Love**
- ✱ **World Press Freedom Day!**
- ✱ **Fun Page**
- ✱ **Scoring Brownie Points In Letter Writing**
- ✱ **When Older Relatives Flouts Social Distancing**
- ✱ **Entirety of God's Love is Found in the Crucifix!**
- ✱ **Matrimonials**
- ✱ **Bangalore Archdiocese reaches aid to Transgenders, Migrants**
- ✱ **Corona Virus Reduces The Real Fun Of Mangos In Mumbai**
- ✱ **A-Z Dictionary for Corona Times**

## **THE SECULAR CITIZEN**

will be published as e-Paper in the digital format till the situation improves.  
If you wish to receive the same regularly send us your email / WhatsApp no.

to : Email: [secular@sezariworld.com](mailto:secular@sezariworld.com) or WhatsApp no. **+919820485389**

# The on-line mass,

# does it fit our church?

In its 200 centuries of history perhaps this is the first instance of total major disruption of Church worship in many parts of the world simultaneously, due to the Corona pandemic. In India it has been over a month of 'Lock down' now, hopefully it will end in the month of May. Yet, no one will be surprised if it goes on in various parts of the globe for years. Indeed the church in most places fell in line with Government orders, may be they had no role in finding ways to find better church law solutions to the situation? The church has not projected to be unique from other religions. There is a wide fear how the new worship profiles will impact the church in the future - but, how?



by **Ivan Saldanha-Shet**

Now 'on-line' mass has become a wide spread devout 'substitute' - it can never be. At most it may be a means to meditation and prayer - but, it can never replace the 'Holy Mass'; sadly many Catholics summarily go on to consider it really equal to actual participation at holy mass in a church. Since, after Vatican II, and the introduction of the new liturgy, more than 50 years ago, there has been a lot of change and technology introduced which has diluted the sacredness of the mass feel many faithful. For long Church liturgy is being converted by showmanship to become a drama/musical. The use of technology and converting church sacredness to showmanship is not digested by many. Mass as a media show/event/affair is not as per Christ's teaching; clergy like actors for a camera shoot is not ethical worship for people - the Lord never desired all these trappings it is clear.

Several top Cardinals and Bishops have expressed displeasure and that the church needs to be more faith oriented, according to Christ's preaching through the scriptures. Further, it is possibly a grave dishonour (or

insult) to the mass and sacraments, given the casual unholy viewing inappropriately in many homes and institutions in often very questionable settings. Projecting rationally the full depth is beyond the scope here, but it is clear that spiritualism is in jeopardy. Now, the way the faithful and clergy have adapted to be 'comfortable and routine

with live-streamed mass and adoration is alarming.

## Pope warns of danger of online Masses:

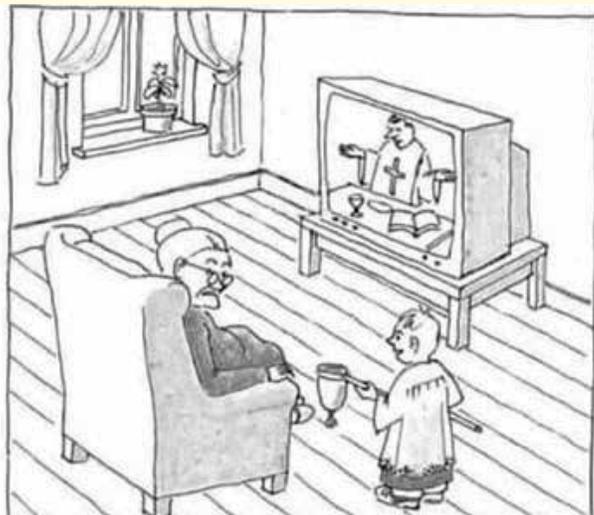
Pope Francis said that online Masses and spiritual communion do not represent Christ in the Church, he said in his homily at his morning Mass in the chapel of his residence on April 17. "This is the Church in a difficult situation that the Lord is allowing, but the ideal of the Church is always with the people and with the sacraments — always," Pope Francis said.

In his homily, the Pope reflected on serious concerns about the faithful not being able to participate as a community to celebrate Mass or to receive the sacraments because of government restrictions against people gathering in groups as part of efforts to stem the spread of the coronavirus in many places of the world. Masses, adoration, prayers and faith-based initiatives have been offered online, and the faithful have been encouraged to make an act of spiritual Communion



given their lack of access to Holy Communion, but "this is not of the Universal Church," the pope said.

One's relationship with Jesus "is intimate, it is personal, but yet within community," and this closeness to Christ without community, without the Eucharist, without the people of God assembled together and "without the sacraments is dangerous, It is dangerous, because people could start living their relationship with God for just myself, detached and using more technology". "As the Gospels show, Jesus' disciples always lived



their relationship with the Lord as a community — they gathered at the table, a sign of community. It was always with the sacrament, with bread," the pope said.

"It made me reflect on the danger of this moment we are living, this pandemic that has made all of us communicate, even in a religious sense,

(Contd.. on p. 4)

# THE SECULAR CITIZEN

A NATIONAL FAMILY WEEKLY

Vol.29 Issue No.18 May 4-10, 2020 Rs.10/-

99, Perin Nariman Street, Fort, Mumbai - 400 001.

Mobile: +91 9820485389 / 9820473103

E-mail : secular@sezariworld.com / seculardivo@gmail.com

Website: www.sezariworld.com

Editor: LAWRENCE COELHO

## Subscriptions Rate:

One year (anywhere in India) Rs. 500

Two years (anywhere in India) Rs.1000

Five years (anywhere in India) Rs. 2000

One year (outside India) Rs. 3500

## E-paper Edition

sent anywhere in the world (by email)

One year

Rs. 600 or US \$ 15

## Advertisement. Tariff

Over all size 21.5 cms x 27cms ● Print area 18 cms x 25.5 cms

Full pg. back Colour (19 cms x 24 cms) Rs. 18,000

Center spread colour(39 cms x 23.5 cms) Rs. 18,000

Full pg. inside Cover colour(18 cms x 24 cms) Rs. 12,000

Full pg. inner colour (18 cms x 24 cms) Rs. 10,000

Half pg. Colour (18 cms x 12 cms) Rs. 6,000

Full page B/W (18 cms x 24 cms) Rs. 7,000

Half page B/W (18 cms x 12 cms) Rs, 5,000

## Small Size Ads B/W

12 x 12cms Rs. 2400 ● 6 x 24cms Rs. 2400

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

6 x 6cms Rs. 700

## Matrimonial Classifieds:

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

● Rs. 3000 for 12 insertions. (1 year The Secular Citizen FREE)

Digital copy of **THE SECULAR CITIZEN** now available through WhatsApp / Email for subscribers worldwide. Send in your request to : +91 - 9820485389 or secular@sezariworld.com

Dear Reader,

Forward  
This issue of

**THE SECULAR CITIZEN**

by Email.  
WhatsApp,  
Facebook  
and other  
social network  
platforms  
to all your  
contacts  
and  
friends

## COVID-19 Vaccine Likely By September, Says Indian Firm Partnering Oxford

A vaccine for coronavirus may be available in the Indian market as early as the end of September, according to the chief of the world's largest vaccine maker. The cost, he said, would be roughly around Rs 1,000. "That's what we hope to do by the end of May- we hope to start producing this vaccine so that by the time the trials get over in September, we could have a product that we can give to the Indian people and the world and not have to wait another 6 months after that to manufacture the vaccine," Adar Poonawalla, the chief of Serum Institute of India, told a few days ago.

The Pune-based Serum Institute of India is working with scientists in the UK and the US to manufacture a vaccine for the global pandemic that has infected more than 3 million people and cost 209,661 lives.

Most scientists have said a vaccine is not expected in the market before two years or a minimum of 18 months. Asked about the short time frame, Mr Poonawalla said they were also expecting a longer incubation period till they tied up with scientists at the Oxford University.

The human trial of the Oxford's vaccine -- one of more than 100 being developed across the world -- started on April 23. Clinical trials of seven others -- some of them located in China and the US -- are also being held, reported news agency AFP, quoting the London School of Hygiene and Tropical Medicine.

Asked about the cost factor, Mr Poonawalla said it is too early to put an exact figure to it. But it would come to around Rs 1,000, factoring in projects that were put on the back burner to push forward with this one.

Tests have been scheduled for the Covid-19 vaccine, involving over 6,000 people by this May-end.

Let us hope and pray God that this vaccine is effective in preventing coronavirus spread further once it is available for injection in common man and general public.

(Contd.. from p. 2)

through the media, through means of technology and communication," he said. Broadcasting his Mass, for example, people are in communion, but they are not "bodily together," he said. The very small number of people present at his daily morning Mass will receive the Eucharist, he said, but not the people watching online, "spiritual Communion" is not real. "This is not Christ's Church." Pope Francis said.

The Pope said it was thanks to an unnamed bishop who "scolded him" and made him think more deeply about the danger of celebrating Mass without the presence and participation of the general public. He said the bishop wrote to him before Easter when it was announced Mass would be celebrated in an "empty" St Peter's Basilica. "St Peter's is so big, why not put few people at least so people can participate as congregation?"

"The Church, the Sacraments and the people of God are concrete," the Pope said. The faithful's relationship with God must also stay concrete, as the apostles lived it, as a community and with the people of God, not lived in a selfish way as individuals or lived in a "viral" way that is spread only online. All over India churches, retreat centers and so on are advertising regularly mass on various channels on line. How will this reflect on practicing Catholicism in the long run. We must deeply hope and pray in faith that this will all end soon and the experience will bring abundant bless-

For Wedding & All Occasions  
 Cynthia D'cunha  
 Mob: +31-98198 35529  
 +31-90048 15529

**Cindy Caterer**  
 & Event Facilitator

**St. Arnold Grounds,  
Lush Green Lawns & A/C Hall**  
(Gyan Ashram) Mahakali Road,  
Behind Sacred Heart Church,  
Andheri East, Mumbai - 400093  
[www.saintarnoldslawngroundandhall.org](http://www.saintarnoldslawngroundandhall.org)

# When Will COVID-19 End

(Data-Driven Estimation of End Dates (as of April 25, 2020, daily updated)

This site (<https://ddi.sutd.edu.sg/>) provides continuous predictive monitoring of COVID-19 developments as a complement to monitoring confirmed cases. SIR (susceptible-infected-recovered) model is regressed with data from different countries to estimate the pandemic life cycle curves and predict when the pandemic might end in respective countries and the world, with codes from Milan Batista and data from Our World in Data. Given the rapidly changing situations, the predictive monitors are updated daily with the latest data. Theory, method, and caution are in this paper. In addition to the 28 countries on the page, predictions for more countries can be downloaded here.

\*Disclaimer: Content from this website is STRICTLY ONLY for educational and research purposes and may contain errors.

- Singapore**  
Turn around May 5; End 97% around June 4
  - World**  
End 97% on May 29; End 100% on December 08
  - United States**  
End 97% around May 11
  - India**  
End 97% around May 21
  - Turkey**  
End 97% around May 16
  - United Arab Emirates**  
End 97% around May 11
  - Saudi Arabia**  
Turn near April 27, End 97% around May 21
  - Italy**  
End 97% around May 7
  - United Kingdom**  
End 97% around May 15
  - Germany**  
End 97% around May 2
  - France**  
End 97% around May 5
  - Spain**  
End 97% around May 3
  - Canada**  
End 97% around May 17
  - Australia**  
End 100% on May 22
  - Japan**  
End 97% around May 18
  - Russia**  
Just Turned; End 97% around May 19
  - Iran**  
End 97% around May 19
  - Qatar**  
Turn around May 27; End 97% around July 26
  - Oman**  
End 97% around May 15
  - Egypt**  
End 97% around May 19
  - Jordan**  
End 99% around May 6
  - Philippines**  
End 97% around May 8
  - Indonesia**  
End 97% around June 6
  - Malaysia**  
End 97% around May 6
  - Pakistan**  
End 97% around June 8
  - Bahrain**  
Turn around May 16; End 97% around August 6
  - Lebanon**  
End 99% around May 7
  - Kuwait**  
End 97% around June 5
- Website: <https://ddi.sutd.edu.sg/>



## Kudos For Yeoman Service

The attacks on doctors and health workers go unabated. The attacks on the medical team in Moradabad, the attack on a Meerut Doctor by his neighbor and the attack on the ambulance carrying the body of a doctor in Chennai all provide incidences of unrest, which shows our unruly behaviour. This kind of atmosphere is very distressing for people working in a high risk job. Perpetual fear for one's own safety. From disease. Or assault. And worse, not even getting a proper cremation. The government has taken strict action in UP but in other places people got out on bail. The Indian Medical Association has called for a black day on Thursday 23rd April condemning attacks on health care workers and asking the government to make a Central Protection Act for Doctors and medical fraternity, which includes health workers.

Devidas Jaisingh Rathod mans a state transport bus that runs from Palghar to Dadar to ferry KEM Hospital staff. A huge salute to Corona Warrior Devidas Jaisingh Rathod. He is a mere bus conductor. He stays 21 Km away from his place of work. He is 55. There was no transport for him to reach his place of work. He need not have reported for duty. However, he had an important job. His bus ferries 25 doctors and nurses, all of whom are Covid warriors, to KEM hospital Without his reporting for duty, Covid work would have suffered. So what he did. He ran to work, wearing just shorts and vest, reached Palghar, freshened up and set off on the bus with the doctors/nurses. Kudos.

—C.K. SUBRAMANIAM

## Corona virus : A man-made monster

A noted French virologist and Nobel Laureate has claimed that the corona virus was 'man- made' in the Wuhan laboratory in China and accidentally released while developing a vaccine for AIDS. America too has leveled similar charges against the Chinese govt and filed lawsuits totaling trillions of dollars, even as China continues to remain unfazed and rubbished the charges. The damage nevertheless has been done , and even if there is some truth in the charges, there is precious little we can do to bring back the virus to the Wuhan laboratory or resurrect the millions who have died. It is akin to locking the stable door after the proverbial horse has bolted. We can only hope and pray now, for the quick exit of the corona virus and that no more killer-viruses are created and make good their escape in the laboratories that are ceaselessly working to develop a vaccine for the prevention and cure of Covid-19.

— A. F. Nazareth,  
Alto Porvorim

## The emerging world post Caronavirus

believe that ultimately almost everyone will be covered by the Coronavirus. One half of those infected though will not even be aware that they are infected by the virus. Of the

remaining a small percentage will require hospitalisation. About 3 % will unfortunately succumb to the virus---mostly senior citizens. and those with underlying ailments. Hopefully, by then a vaccine will be developed. Give it 12 to 18 months. In the interim we shall have to work and move forward on this presumption.

The new world that will emerge will be a chastened one. We will learn to appreciate Mother Earth. Hopefully, we will learn from our mistakes and treat her with the love and respect she deserves. Our water bodies will become cleaner and our environment greener. The world will witness a sobering effect on the 'Culture of Waste' which is exemplified by the commercialization of weddings, religious festivals and social events. Ostentation and extravagance will be curtailed. Religious congregations will be restricted because of social distancing. People will pray more in their home and less in places of worship . Faith will be complemented with Works, for " Faith without Works is dead" (James 2:26). Places of worship will become focal points of charity. The family will regain its lost glory with family members spending quality in the company of each other. Children will learn to relish home cooked food and hopefully be weaned away from unwholesome fast food and drinks. Social justice will prevail with the bottom of the social pyramid ---the farmers, labourers and daily wage earners---getting their due. The rich must be prepared to make sacrifices without grumbling. This Earth is not the birthright of the rich. This Earth belongs to all.

—Prof Robert Castellino  
Mumbai

## New way of being church

'A new way of being church' is the oft repeated catchphrase doing the rounds in church circles ever since drastic changes were made in the church's liturgy and the introduc-

(Contd.. on p. 6)

tion of Indianised forms of worship and mass by Vatican II. We find ourselves in a somewhat similar situation these days after the closure of all churches and the faithful hooked on to on-line celebrations of the mass, relayed through church websites and TV channels. For Pope Francis, this is a “dangerous situation” because “on-line masses and spiritual communion do not represent the church . A church is a community of people that come together to celebrate the Holy Eucharist in a similar way the disciples of Christ gathered as a community to celebrate the Eucharist by breaking bread. There is also a danger of people starting a personal relationship with God, instead of a community”. While we appreciate the Holy Father’s theological concerns over on-line masses and their popularity, we should also be grateful to science and the advances in technology for giving us internet services that provide us with on-line spiritual nourishment, which was something unthinkable a few decades ago.

—A. F. Nazareth  
- Alto Porvorim

## Job losses

The lockdown in the country and the worldover to counter the pandemic comes with the crippling effect of thousands of people losing their jobs. Daily wage earners and those driving autos and taxis have to stay at home and they will find it hard to make ends meet. The larger economy has also taken a big hit.

— Jubel DCruz,  
Mumbai

# Words Of Wisdom

## The Corona Stick



Beaten with the Corona stick, we have become expressionless. It is in our nature to sprout and blossom; to reveal, revel and rejoice. Our gregarious instinct induce us to group together in fests and parties. All these instincts are in indefinite sabbatical.

The creative spark fails to emerge from its captivity. The therapeutic value of laughter and jokes as stress management techniques fail to operate. Somebody had famously said, “There are two kinds of people; one makes rules and other lives life”. Now, we are reduced to single homogeneous kind of living by the rules.

New thoughts, new ideas are emerging to take life out of the capsule. One of them is the value of sharing. Though it is not exactly new, it has gained fresh dimension of newness. We are calling people to cheer them up as well as ourselves. Everyone is playing from inside to win the survival match. By-plays are not seen much. Even if they are, they have lost their former charm.

In this troubled time, thoughts are no

more small wells of wonder, they have all merged into the vast ocean of thoughtlessness. Religion, as it is practiced, has become inconsequential. Though Durkheim considered religion to be non-rational mass acceptance, rationality itself is losing meaning.

Faith often provided an escape route to gain composure and dodge the impossible task of decoding the mystery of nature. It also supported an economy for the priests, florists and all those small vendors selling the puja accessories. The whole edifice of religion has collapsed, at least temporarily.

We are now bound to act softly and try to share the sorrow of others. We did contribute to the poor and make our presence felt. We are having a heart to love people and follow the guidelines given by the society.

Mankind will surely emerge triumphant and Science will not fail us. As of now, all we can do is a bit of sharing.

C.K. SUBRAMANIAM

# Covid-19: Asia set for economic devastation

As the region holds its collective breath wondering what the death toll and lasting injuries from Covid-19 will be, one thing is far more certain — the pandemic will wreak such economic devastation that it will make the Asian financial crisis look like a practice run.

Indeed, much of the commentary from economists is not just about a recession but about a global depression that will see double-digit unemployment, with many tens of millions of people thrown out of work, as economic growth moves into reverse.

And like all economic slumps, and this one is set to be the worst globally in 90 years, those first and most affected will be the poor who make up about 90 percent of the populations of most Asian countries — excluding wealthier nations like Japan, Taiwan, Singapore, Hong Kong and South Korea — as well as parts of China.

The global economy is expected to contract in 2020 by 3 percent, the worst recession since the Great Depression in a sudden global shutdown. Asia's key trading partners are expected to contract sharply, including the United States by 6 percent and Europe by 6.6 percent.

The region's growth engine China, the largest trading partner of every other country in the region, has already posted its worst economic performance since its reform and opening up began in about 1980 with a 6 percent contraction in the first quarter. China's growth is projected to decline from 6.1 percent in 2019 to 1.2 percent in 2020.

The region's No. 2 economy, Japan, is seeing an even worse situation. On March 27, the government downgraded its assessment of Japan's economy to "severe situation" due to the pandemic. Since then, the virus situation in the country has deteriorated,

the Japan Times reported.

In its monthly report for March, Japan's Cabinet Office did not use the expression "recovering" to describe the domestic economic situation for the first time in over six years.

"The Japanese economy is in a severe situation, extremely depressed by the novel coronavirus. We are aware that the moderate recovery trend has clearly turned around and [the economy] has entered a downward phase," said Yasutoshi Nishimura, minister in charge of economic and fiscal policy.

Chang Yong Rhee, director of the International Monetary Fund's Asia and Pacific Department, described the situation as "a crisis like no other."

"It is worse than the global financial crisis [of 2007-08] and Asia is not immune. While there is huge uncertainty about 2020 growth prospects, and even more so about the 2021 outlook, the impact of the coronavirus on the region will — across the board — be severe and unprecedented," he said.

"This is a real economic shock and requires protecting people, jobs and industries directly. Growth in Asia is expected to stall at zero percent in 2020. This is the worst growth performance in almost 60 years, including during the global financial crisis (4.7 percent) and the Asian financial crisis (1.3 percent)."

The World Bank has forecast that 16 million people in Asia will be pushed into poverty, with more than one million new people in poverty in both China and Indonesia.

The region's poorest nations such as Myanmar, Laos, Cambodia and Timor-Leste are also expected to feel the crunch.

At the sharp end will be domestic migrant workers who swarmed into capi-

tal cities and regional centers to work in lowly paid jobs with long hours. As those jobs evaporated amid lockdowns of various intensities in every country, they have been returning to their villages and farms to try and eke out an existence from subsistence agriculture, mainly on rice farms.

The World Bank has forecast that Covid-19 is likely to cause the first increase in global poverty since 1998, the year after the Asian financial crisis struck. The share of the world's population living on less than US\$1.90 per day is projected to increase from 8.2 percent in 2019 to 8.6 percent in 2020, or from 632 million people to 665 million people.

Stories recently swept across the world about the bleak fate of Thailand's elephants after the collapse of the country's tourism industry. But as tragic as this is, already the focus has shifted to Thai people queuing in the deserted tourist mecca of Pattaya for food. It's a sight that is sure to become more commonplace in the months ahead

The governments of many Asian countries have boosted state spending in an attempt to at least soften the blow of contracting economies and widespread unemployment.

But additional action may be needed for emerging-market Asian economies that have limited space for increased spending in their budgets, the IMF suggested.

"If the situation deteriorates, many emerging economies may be forced to adopt a "whatever it takes" approach despite their budget constraints and non-internationalized currencies. In many cases, they will face policy trade-offs.

*Michael Sainsbury, Asia  
Ucannews*

# HOW LONG CAN A LARGE DEVELOPING COUNTRY LIKE INDIA CONTINUE WITH A LOCKDOWN?

by Eric D'Sa

**W**e have learnt while in school in our history classes, that it was common in old times for the kings to build massive forts to protect themselves from their enemies. As such it was extremely difficult for the enemies to enter inside these forts, which would be located at high altitudes on top of hills and protected round the clock by the loyal soldiers with heavy weapons. If the enemy tried to attack them, they would be butchered by the well protected King's forces from inside the fort.

Hence the enemies used different strategies to defeat the kings. They would just surround that fort and cut off all supply lines and wait for the supplies of food and water available in the fort to be exhausted. Once the people inside the fort exhausted the food and water available, they would starve and then either surrender to the enemy without fighting a battle or take a chance and fight. This depended on the perceived strength of forces surrounding the fort.

The present Covid 19 lock-down is like taking protection of ourselves inside the fort of our house. Unfortunately the enemy surrounding our house is an unknown entity. As such it requires time to be studied, to be subdued and conquered. How long can we survive inside our houses? The answer depends on the economic condition of the individual family and that of the nation, and if it can continue until the strength of the enemy virus is studied in detail and means found to destroy it.

Let's take the case of India, a developing nation, inhabited by over 1.3 billion people.

Our GDP is around 3 trillion US dollars per year or 250 billion US dollar a month or equal to around Rs 20 lakh crores per month. Due to the lock-down, if we assume the GDP to be down by 75%, our national income is reduced by over Rs 15

lakh crores per month. The corresponding reduction in the tax due to lock down would be around Rs 2.5 lakh crores per month. Many economists believe the GDP is down by as much as 50% during the period of the lockdown.

While it is true that lock-down is lowering the curve of the number of persons getting the Covid 19 disease and deaths and as such giving the country time to augment the testing facilities and temporary hospital facilities to handle a Covid 19 patients, the poor daily workers are paying a disproportionate price, as

## YOU THE CITIZENS DECIDE:

in most cases they are living in a one room house crowded with other human beings, in a large city slum. Social distancing under such circumstances is extremely difficult for these people. For many of these poor people and their families, unless governments step in with free rations and in some cases cooked food, it would mean loss of life due to loss of lividly hood, not due to Covid 19.

Governments neither at the state or central level can afford a long lock down, since collectively they are losing revenue to the tune of Rs 3 lakh crores or more per month, while they are forced to pay the salary and pension to crores of its employees, defense personnel and also take minimum care of millions of people who have lost their jobs due to the lockdown? A poor country like ours does not have the required financial resources to do so.

If government opens the lock-down suddenly, it is bound to increase the cases of Covid-19 and hence the deaths immediately. If does not open, many more people would die in near future due to starvation and other health related issues. It's an Hobson choice. Hence

there is no option for the government of India to allow the states to act wisely and slacken the lockdown in districts that do not have the Covid 19 disease or just a few cases which are under control and surveillance. For a start this will allow the agricultural activity to continue in the villages and the food security to be maintained.

Meanwhile work must simultaneously be carried out by our scientists and doctors to find initially a suitable drug that can cure Covid 19 disease and then a suitable vaccine. At the same time we the citizens must do our best to wear masks whenever we are outside our homes, keep up with the social distancing rule and help our poor fellow citizens to get over heavy burden that has been imposed on them.

**Photography / Cinematography**  
**STUDIO 10**  
Evershine Nagar, Malad (W)

- Traditional Photography / Videography
- Candid / Creative Photography
- Cinematography - Short Film
- Pre-Shoot / Post-shoot

• Contact : 9819157565 - Derick  
9821113005 - Eric

• studio10derick@gmail.com  
• www.studio10.co.in  
• www.facebook.com/studio10official  
• studio10derick

**Wedding Invitation, Christening,  
First Holy Communion, Mortu-  
ary Cards & Religious Goods**  
Contact:

**David & Company**  
Rivendell House, 1st Floor, 650,  
J. S. S. Road, 2nd Dhobitalao  
Lane, Mumbai 400002  
Tel.: 22019010 / 2205 7394  
2206 0344 / 22079592

Email:davidprinters@gmail.com  
www.davidcompany.com

# Living Together In Peace!

by Dr. Trevor Colaso

On the 08 December 2017, the UN General Assembly at the invitation of Algeria and the International Association of Sufi Alawiyya, established the crucial International Day of Living Together in Peace (IDLTP), to be celebrated annually on 16 May.

“Neither you nor I know how long we still have yet to live on this beautiful land, an oasis of life, a tiny ship in an infinite space? But we entrust it all as a seed of hope to convey and to germinate in the minds of human beings” - Sheikh Khalid Bentounes, spiritual leader of the Sufi path (tariqa) Alawiyya, to the UN General Assembly on 06 December 2017.

**Aims and Means:** The IDLTP profoundly expresses the “desire for peace”, of persons of all religions as well as non-believers. It is a vital step to see our world change for the better – refer (Change Yourself and Change the World) – a monthly column in *The Examiner*, by our own Bishop Percival. Mahatma Gandhi had also opined: “You must be the change you want to see in the world!” The IDLTP is a means of mobilizing the efforts of the international community to promote peace, tolerance, inclusion, understanding and solidarity! The Day is also a system to uphold the longing to live and act together in spite of our many differences and diversities.

The IDLTP is a cordial invitation to member States and leaders to sponsor reconciliation, by collaborating with religious societies, faith guides, and other relevant actors. This is fittingly achieved through acts of social service (cf. Matthew 25:31-40). And also by encouraging forgiveness and mercy among individuals, communi-



ties and nations.

The IDLTP is an opportunity to formulate ‘educational initiatives’ and to carry out ‘awareness- raising activities’! We must recognize that we are a circle of human fraternity, in synergy with each other and not in opposition.

**Pope Francis’ Message:** On 17 September, our beloved Pontiff had sent a memo to participants of a similar movement, the 33rd Prayer for Peace Meeting arranged by the lay Catholic community of Sant’Egidio which took place last year in Madrid Spain on 15-17 September 2019. (Some highlights):

“The story of Jericho (Joshua Ch. 6) reminds us that walls fall when they are besieged with prayer sans weapons; with longings for peace not conquest; and with the promotion of health and welfare for all. So it necessary to pray and dialogue in the perspective and quest for peace, as the Lord listens to the pleas of the faithful.”

“Our common home needs open doors that help to communicate, to meet, and to cooperate; in order to live together in peace, respecting diversity, and tightening the bonds of responsibility.”

“I recall signing the “Document on Human Fraternity for World Peace and Living Together” in Abu Dhabi in Feb-

ruary, along with the Grand Imam of Al-Azhar. We affirmed that religions must never incite war, hateful attitudes, hostilities, and extremism; nor must they incite violence or the shedding of blood.”

“Finally, I urge all participants to shout with one voice, ‘Peace has no borders’! And that the feelings and approaches of peace and brotherhood must be sown!” (15 September 2019).

**The Peace of Christ!** At the humble birth of Our Savior, the angels sang: “Glory to God in the highest heaven, and on earth peace among those whom He favors” (Luke 2:14). Yes! Jesus praised in the Beatitudes: “Blessed are the peacemakers, for they shall be called children of God” (Matthew 5:9).

Jesus later confirmed: “I have told you these things, so that in Me you may have peace! In this world you suffer persecution; but take courage I have conquered the world” (John 16:33).

St Paul asserts: “Christ is our peace! In His flesh He made both groups (Israelites and Gentiles) into one, and has broken down the dividing wall, that is, the hostility between them, so that He might create in Himself one new humanity in place of two, thus making peace! So Christ came and proclaimed peace to you who were far off, and peace to those who were near. For through Him we have access to one Spirit to the Father. So you are no longer strangers and aliens, but you are citizens with the saints, and also members of the household of God, built upon the foundation of the Apostles and Prophets, with Christ Jesus Himself as the cornerstone! In Him the whole structure is joined together and grows into a holy temple in the Lord” (Ephesians 2: 14-21).

# NANO POWER

**T**he Tokyo Olympics 2020 have been postponed indefinitely because of that wicked little pathogen – the Corona Virus. The irony should not be lost on the world we live in. The Olympic motto is “Citi-us, Altius, Fortius” the Latin words for “Faster, Stronger, and Higher”.

The ancient Greeks held the Olympics from 8 BC to 4 AD. The modern Olympics were founded by the French Baron Pierre de Coubertin in 1896. The Olympic flag has five interlinked rings symbolizing the five continents. This was meant to be a symbol of universal solidarity and inter-dependence. Never in his wildest imagination could Coubertin have visualized the “Faster, Stronger, Higher” being brought to its knees by an immeasurably small microbe. This is why it is called Nano Power.

This is destructive nano power. The epitome of constructive nano power is the one who I prefer to call Purushottam (the perfect man). At the end of his earthly life he was told “I have power to release you and power to crucify you” (Jn 19:10) His calm reply while staring at such adversity was “You would have no power over me unless it had been given you from above” (Jn 19:11). He could say this with such calm confidence because he had earlier said to his disciples that the ruler of this world “has no power me” (Jn 14:30) because “I have power to lay it down, and I have power to take it again” (Jn 10:18).

Notice that all these quotes are from St John’s Gospel. He saw Jesus very differently from the synoptic

gospel writers – Mathew, Mark and Luke. But they too have used the word “power” several times. It has been used 134 times in the New Testament.

At the time of the Annunciation when he was incarnated the Angel Gabriel said to Mary that the “Power of the most high will overshadow you” (Lk 1:35). This is what the Synoptics observed about his ministry. “Powers are at work in him” (Mt 14:2). “Power came from him and he healed them all” (Lk 6:19). After he had healed the woman with a haemorrhage it was observed that “power had gone forth from him” (Mk 5:30).



by chhotebhai \*

He also passed this power on to his disciples. He did not selfishly hold on to power to build a personality cult. He gave power and authority to his twelve disciples (cf Lk 9:1) and to all who believed in him “he gave power to become children of God” (Jn 1:12). He assured his disciples that after his Resurrection they would see him in power and glory” (cf Mat 26:24).

Yet Purushottam did not let power go to his head. He was not competing to be faster higher or stronger. He believed in soft or nano power. In his Sermon on the Mount he turned the world’s value system on its head.

He talked of nano power when he said that the mustard seed was the smallest of all seeds but would grow into the greatest of shrubs (cf Mat 13:32). This may not make much sense in India, because the mustard seed here is neither the smallest, nor the plant the biggest. In India Purushottam may have given the example

of the pipal tree. Its seed is minuscule. It can lodge itself in the smallest crevice in a mighty rock and grow exponentially with minimum nourishment. It is powerful enough to split the rock into two. This is nano power.

When his disciples asked him who would be the greatest in the kingdom of heaven he called a small child to himself and said, “Whoever humbles himself like this child, he is the greatest in the kingdom of heaven” (Mat 18:4). He asserted that “let the greatest among you become as the youngest and the leader as one who serves” (Lk 22:26). That is why St Paul was able to affirm later that “God chose what is weak in the world to shame the strong” (1 Cor 1:27).

Two nano examples from the scientific world would help set at rest any doubts about nano power. The first is nuclear fission when an atom splits into two or more nuclei. This power can be used destructively as with nuclear bombs; or for producing nuclear energy (considered by many as the cheapest and cleanest, but also potentially the most dangerous). Comparisons help us to understand the enormity of this power. The nuclear fission of one kilogram of uranium would be equivalent to burning 400 billion kilograms of coal! Any doubts about nano power?

There is also the as yet unravelled nano mystery – the Higgs Boson, also known as the God Particle. Our powerful telescopes have travelled millions of light years into outer space, but science has not yet been able to isolate the evasive Higgs Boson. A 30 kms circular tunnel



(Contd.. from p. 10)

called the Large Hadron Collider was built at the CERN laboratory in Switzerland to identify or isolate it. They have not yet succeeded. It is sometimes described as a massless particle. Its weight is  $125.18 \pm 0.16 \text{ GeV}/c^2$ . A competent scientist would be able to tell us how many times smaller than a milligram this is. Its lifespan has been calculated at  $1.56 \times 10^{-22}$  seconds; that is not divided by 22, but divided by itself 22 times. This why its fleeting life has not yet been captured by scientist. It is infinitely smaller than what we casually call a flash in the pan.

The only Nano that we Indians fleetingly saw was the cheapest car in the world manufactured by Tata Motors with a 624 cc engine and a claimed mileage of 36 kmpl. Unfortunately it flopped in the market because we Indians don't like anything nano. Be it big fat weddings, or grandiose jubilees, we don't pull our punches over small things. We abide by the Olympic motto.

Unfortunately, after 2000 years of Purushottam's coming, his so-called disciples have begun to resemble an Olympiad more than nano power. This is so evident in the pomp and splendour of its celebrations, its huge buildings and various institutions, and even the big SUVs that they purchase. Ever heard of anyone in the hierarchical church buying a small nano car, or even a second hand one, for that matter? Would the minuscule Corona Virus have the last laugh at the cost of the world or the church and it Olympians?

*•This is an extract from the writer's forthcoming book "The Jerusalem Code".*

## Labour Day

Every year on May 1, people across the world, including India, celebrate Labour Day as a public holiday. A few arrange get-togethers to enjoy the much needed holiday while others spend it either watching TV, playing games or sleeping all day. The idea is to gain as much from this day as one can – for oneself. But, what no one does is think about what this day truly stands for. Has any of us done something of value for the labour class or tried to resolve their problems?

There are countless problems which are being faced by our labourers such as poverty, illiteracy, food and water crises and so many others. A vast majority of labourers are daily-wage earners remain outside the field of labour laws, which means that workers have no paid holidays, no job security, no medical coverage, no pension or provident fund, no limit on working hours and are paid no overtime. In India with all this, there is also an issue of child labour. Child labour in India is growing at a disturbing rate. Hundreds and thousands of children struggle to achieve their basic necessities of life. Children are the future of any country and we should all work to help them become better people. Child labour is a very complex problem with its root in the socio-economic environment of the country. The children suffer from lack of education and health facilities and better employment.

It is important to note that India became a member of the International Labour Organisation right after its independence in 1947. However, there is not much change when I look at the present situation as there seem to be no labour laws' implementation. There should be an international monitoring in the country and people should be held accountable who use child labour and bonded labour. I know many people who are working as labourers just for a small amount of money and they don't even have a day off, because the day they don't work, there is no food in their house.

What has our Prime Minister Narendra Modi to say about this?

Labour Day in Maharashtra is known as Maharashtra Day.

— Jubel D'Cruz,  
Mumbai

## Plasma therapy shows new hope!

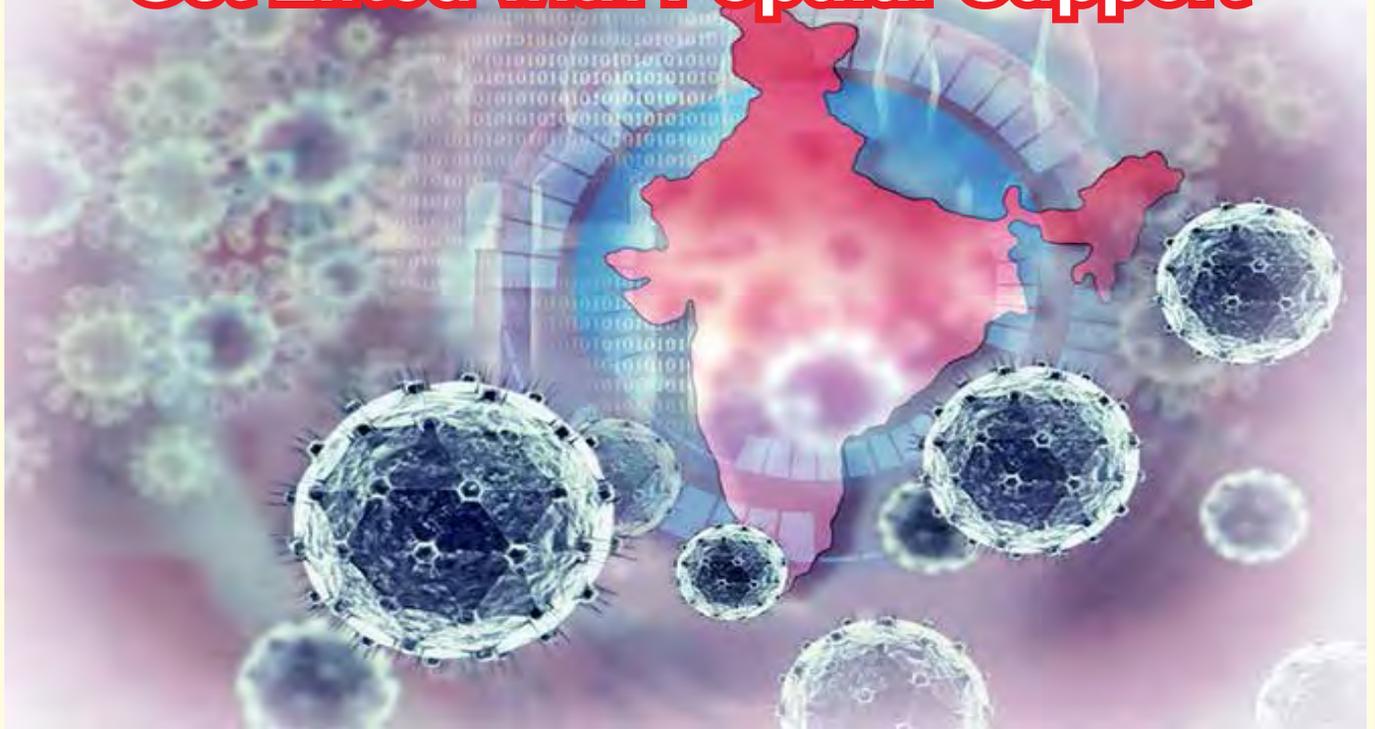
The whole world is engulfed by a kind of despair regarding coronavirus. But now plasma therapy shows a ray of hope. What is plasma therapy? When coronavirus enters into a human body, the plasma in the human blood produces some antibodies to fight against the virus. Eventually the antibodies destroy the virus and save the person! After the recovery the remaining antibodies can be removed and planted into the body of a person who is infected newly. The antibodies fight the coronavirus and eventually person recovers! This is a new hope to the despairing world! We are in the Easter season. In the Gospel (Luke 24.13- 35) of the 3rd Sunday two disciples of Jesus are disappointed by death of Jesus. They are walking so downcast towards the village of Emmaus that though Jesus himself joins them on the way they do not recognise him! He brightens them with the news of his Resurrection!

Jesus is walking with us too today. He whispers a good news that God has already planted a homeopathic medicine on Corona in our human body! What a miracle! God seems to tell us. "You created an evil of Corona; but my love for you is greater than your evil planning." Jesus seems to tell us, "Do not be afraid. I am with you. Try and Corona harefa / Bharat jitega!"

\*Jai Christ! Jai Hind!!\*

—Fr. Michael G.  
St. Paul Church, Nanbhat,  
Post Sopara  
Vasai (N)

# President's & P.M.'s of all Countries Get Lifted with Popular Support



Don Aguiar.

**P**resident Emmanuel Macron, never very popular, has touched his highest approval ratings in France since the onset of the coronavirus. As Italy has been devastated, Prime Minister Giuseppe Conte has also touched his highest approval ratings. Even in Britain, where Prime Minister Boris Johnson waffled over a strong response, then became seriously ill himself, the government is the most popular in decades.

There is nothing like a good crisis to get diverse populations to rally around their leaders. When people are confused and afraid, they tend to trust their governments, because to think that the authorities are themselves confused and afraid, let alone incompetent, is too much to bear.

The question is whether that will last once the crisis eases, criticism mounts and normal politics resumes.

Usually, it does not last long. Formal inquiries into the inevitable errors and mistakes soon follow, and voters, if allowed, often take their revenge, even on the most effective leaders.

And it is safe to say that many of those getting a boost for the moment have been less than effective, judging by the crushing toll of a virus impervious to partisan bluster and unforgiving of mistakes.

The initial instinct is to rally around the flag, because it is seen as unpatriotic and unhelpful not to do so. But societies can't be mobilized in perpetuity. There's inevitably a fatigue, and people will ask more difficult questions. People do rally around, but it evaporates fast.

But for now, at least, most President's & Prime Ministers have seen a surge in popular support as they combat a natural calamity that has wreaked havoc, even if sometimes made worse

by their own inaction or miscalculation.

One might expect competent leadership to benefit more. That has been largely the case in countries, particularly in northern Europe, which imposed tough measures early that allowed them to start reopening tentatively this week.

In India, where returning workers are required to wear masks and gloves, P.M Modi's approval ratings touched it's highest. Similar to the situation being the same in northern Europe, U.K and the USA.

The virus has even managed to revive the lame-duck government in Germany, which had been shedding support to both the Greens and the far right. Support for Chancellor Angela Merkel, whose performance has been mostly applauded both inside



(Contd.. from p. 12)

and outside the country, has risen considerably.

But even in the countries hardest hit by the virus, leaders have also gotten a boost, in ways that at first glance would not seem to make perfect sense.

Italy has the highest death toll in the world behind the United States, and the government seemed to fumble through a piecemeal response that was always a step behind the virus. But Mr Conte's approval rating soared.

In a warlike situation, you want to trust who governs you, and that goes for bad leaders and competent ones. But my hunch is that ultimately true colours will show.

Already there are signs that some leaders are slipping as public patience wears thin, In the case of Mr Modi, who has yet to acknowledge mistakes has announced an extension of India's lockdown this week.

Modi has never been much of a secularists or educationist, citing the communal instability, union unhappiness with economic reforms, and a popular perception that Mr Modi is more a man of the narrow minded right wing ideology type than of the Secular Democratic Indian Constitution type.

Indians are beginning to focus on the frustrations, like the lack of masks and were they prepared for such a pandemic and lockdown to be enforced very quickly in four hours. I'm sure when the lockdown is finished those questions will immediately be put into public debate, and it will be in the interest of opposition parties to blame the government.

Mr Modi's presumed opponent, Rajiv Gandhi of the Congress party, has been cooperative but largely quiet. But when he speaks, he stresses the

migrant issue, the inability to manage the situation, and argues that at the onset we should have shut the borders completely.

The crisis surrounding the coronavirus has produced much the same pattern as more violent conflict, when shows of support are typically immediate, if ephemeral.

President George Bush's approval rating rose from 58 percent in January 1991 to 87 percent after he drove Iraqi forces out of Kuwait. But he lost in 1992 to Bill Clinton.

Mr Modi given the coronavirus to handle has made him something of an outlier. While he has put the daily wage earners and migrant workers to unemployment, extreme hardship and poverty, his approval ratings reflect his right wing strong base but also widespread criticism of his performance.

One "positive" result of the virus, may be the discrediting of populism and a return to trust in expertise and more rational government.

The whole nationalist populist surge was connected to an historical moment where you could afford to play with fire. But now the situation is really bad, so much more dangerous, and people don't want the easy nonsense from media-savvy populists.

Much of the public reaction may ultimately depend on how long the sense of crisis lasts, the onslaught of the virus being uncertain and open-ended. The unlocking of the lockdown will itself be fraught with political danger.

Though we see these leaders making decisions, they're not making them from a position of strength, but from uncertainty and weakness.

They're not leading so much as administering, and once people are out and about, and not confined anymore doing their duty, people are going to be quite angry, and this will lead to

greater instability.

Winston Churchill was revered for having presided over the victory over Hitler, but was summarily tossed out of office in 1945.

Winning a war is absolutely no recipe for staying in office. When the threat of illness goes away, then the consequences of being protected from the threat are very different.

Governments will have to decide how to deal with the emotional issues of inequality, unemployment and debt that will surge to the fore of the political debate.

When we come out of this, the reckoning will start. When people realize the expense, there will be questions of who gets taxed, how much the state owns, and how much will people chafe against the controls.

Much remains unclear, across the world but there is the potential for some serious political wind shears. Leaders are going to have a very rocky time toward the year end.

**Please renew your subscription if expired. Mention your subscription no. while sending the renewal amount**

## **PAMELA WADIA**

*Meet Pamela Wadia for designs fitted to perfection from simple A-line styles to fabulous Ball Gowns Excellent bead work & Embroidery - Any size or Shape, as per your budget.*

**BRIDAL GOWN  
BRIDES MAIDS DRESSES  
FLOWER GIRLS DRESSES  
COMMUNION DRESSES  
WESTERN FORMAL WEAR  
READY WEDDING GOWNS ALSO  
AVAILABLE  
Mob: 9322277790,  
www.ready2wed.in**

# Saint Paul And Einstein's Odyssey On Sacred Love

By Melvyn Brown

**S**aint Paul Apostle of Christ was at first an atheist who persecuted Christians till the day Christ called him to be an apostle, and the first Christian leader to pave the way for the Church of Rome through his letters, which were addressed to the people he met on his missions, presenting Christian principles as ethics, laying the cornerstone of religious life, prayers and devotions, the importance of the Sacraments and almost 60% towards the structure of Church rules, laws and codes, all this with the absolute statement of love.

Albert Einstein the scientist was a self-confessed atheist in his youth, when suddenly towards adult life and in the midst of his scientific research he discovered the truth of a 'spiritual presence in control of the universe. Einstein changed his way of thinking and kept the secret of his finding a Creator to himself. In 1921 he was honored with the Noble Prize in Physics. At some point in his life he felt the need to create a theory on love, which he felt would save the human species from self-destruction. "Love (multiplied) by the speed of light (square)" was his theory. Love is God and God is love.

Two thousand years apart both men had one agenda to relay the message of love to please the Lord and save humanity in His love.

Saint Paul's mission was to save souls for Christ through the power of love. The apostle was inspired with the fact that love is the most potent of all human emotions for hope and peace in the world. He wrote about sacred love in his First Letter to the Corinthians, the people who had dedicated a sanctuary to Aphrodite the Greek goddess of sensual love. The Greeks considered her the patroness of sex-workers. Paul decided

that this had to end. There was nothing holy about the goddess worshipped in their pagan world.

Corinth was a Mediterranean city. St. Paul built a church where Jews and Greeks were converted. In his first letter Paul spoke about sacred love and its mystical power to change the world of sin and corruption. That love in marriage was a Christian union between man and woman sealed in love as a bond in the eyes of God. Celibacy is to have love for Christ and His church. Love for parents. Love in Friendship is to have a sacred respect and trust for each other.

We should read Paul's letter (1Cor.13:1), "Love is patient, kind, without envy. It is not boastful or arrogant. It is not ill-mannered, nor does it seek its own interest. Love overcomes anger and forgets offences. It does not take delight in wrong, but rejoices in truth. Love excuses everything, believes all things, hopes all things, and endures all things. Love will never end."

Albert Einstein was born in 1879 in Ulm Wurthemberg, Germany. He was destined to be one of the great physicist of our times. As a brilliant scientist he kept to the norms of what fellow scientists say: Science needs proof, not belief in what they cannot see, touch and investigate. God cannot be equated, so they don't believe in the Creator.

Einstein kept his personal conviction of an almighty God to himself, and to please others in his circle he would refer to the Creator as "a force in the universe." But not for long, not when his friend Niels Bohr would berate him for constantly talking to him in private of God.

By the year 1938 Einstein had written almost a thousand letters to his daughter Liesel, requesting her to keep the

letters for a few decades, as the letters had a message to save the human species from self-destruction. All his letters were released in 1980. In a recent letter which was auctioned Einstein stated that 'love was the only weapon to save earth and her people from being wiped out'. If the contents were taken seriously humanity would be given a second chance. His theory was: "Love (multiplied by the) speed of light (square)."

Love is the quaintness of life. Love conquers all and is able to transcend everything and anything. This truth was also known to Saint Paul two thousand years ago.

The apostle wrote: "If I am without love, it would be of no value to me... Now we have faith, hope and love, these three, but the greatest of these is love". (1Cor.13:13).

Niels Bohr said: "Einstein was enthralled by the luminous figure of Jesus".

Albert Einstein believed that "the highest principles of our aspirations and judgments are given to us in the Jewish-Christian religious traditions."

On April 12, 1930, Einstein attended a concert in Boston. Bruno Walter was conducting the Berlin Philharmonic Orchestra playing Bach, Beethoven and Brahms, with Yehudi Menuhin as the soloist.

The physicist was so enraptured by the performance he rushed over to Menuhin, embraced the famous soloist and said: "Now I know there is a God in heaven!" This reminds me of what Einstein wrote to his daughter:

"Love is light it enlightens people to do the right thing.

Love is gravity it attracts a person to another.

Love is peace it multiplies the best in us. For love we live and die. Love conquers all.

Love is God and God is love. "

# World Press Freedom Day!

- DR. HAZEL COLASO

**T**he United Nations General Assembly declared 03 May (this year, Sunday 2020), as World Press Freedom Day (WPFDF). It is to raise awareness of the importance of “freedom of the press”; and to remind governments of their duty to respect and uphold “freedom of expression” enshrined under Article 19 of the Universal Declaration of Human Rights!

UNESCO: United Nations Educational, Scientific, Cultural Organization marks WPFDF by conferring the UNESCO Guillermo Cano World Freedom Prize on deserving individuals, organizations or institutions that have made an outstanding contribution to the defense and/or promotion of press freedom!

The Prize is named in honor of Guillermo Cano Isaza, a Colombian journalist who was assassinated in front of his newspaper, *El Espectador*, in Bogota on 17 December 1986. Cano’s writings had offended Colombia’s powerful drug barons.

UNESCO contributes to the building of peace, eradicating poverty, promoting sustainable development, and fostering intercultural dialogue through tutoring knowledge, arts, and information. It is headquartered in Paris, France. Its director general is pretty Audrey Azoutay (born 04 August 1972), a French civil servant and politician who served as France’s Minister of Culture.

UNESCO assists in translating and disseminating world literature, establishing international cooperation agreements, securing “World Heritage Sites”, defending human rights, and bridging the worldwide digital divide. It also launched the “Education For All” movement and “Lifelong Learning”, besides many more proj-

ects for the betterment of humanity.

UNESCO has condemned the killing of 530 journalists, on an average of two deaths per week. The majority of them were killed between 2012 to 2016, and occurred in countries experiencing armed conflict, representing 56 percent of overall assassinations.

Journalistic Themes: UNESCO also marks WPFDF with Themes related to press freedom, including good governance, media coverage of terrorism, impunity, and the role of media in post-conflict countries. I shall enumerate the years from 2015, with Nation, City and Theme:

2015 - Latvia, Riga: “Let Journalism Thrive Towards Better Reporting, Gender Equality, & Media Safety”. // 2016 – Finland, Helsinki: “Access to Information and Fundamental Freedoms”. // 2017 – Indonesia, Jakarta: “Critical Minds for Critical Times: Media’s Role in Advancing Peaceful, Just and Inclusive Societies”. // 2018 – Ghana, Accra: “Keeping Power in Check: Media, Justice, and Rule of Law”. // 2019 – Ethiopia, Addis Ababa: “Media for Democracy: Journalism and Elections in Times of Disinformation”. // 2020 – Netherlands, Hague: “Celebrating Independent Journalism, and Standing Up Against Media Capture.”

Women Journalists: Women journalists and reporters are facing abuse and harassment online, such as hate speech, cyber-bullying, cyber-stalking, trolling, public shaming, intimidation and threats.

2016 reportedly saw the proportion of women journalists detained more than double, with nearly half of these located in the Asia-Pacific region. Some of the leading Ladies who have made a name in journalism are: Mayanti Langer – STAR TV. /Shaila Chopra – ET Now/Sonia Shenoy – CNBC TV18. /Mini Menon – Bloomsburg UTV. /

Avantika Singh – Headlines Today. / Anjana Om Kashyap – Aaj Tak. /Nidhi Razdan – NDTV 24X7. /Harishree Mehta – Times Now. /Shweta Singh – Aaj Tak. /Shreen Bhan – CNBC TV18. /Ayesha Farida – CNBC TV18. /Anuradha Sengupta – CNBC TV18.

Indian Readership Survey 2017: it revealed an encouraging trend, which showed that the print media added 110 million new readers between 2014 and 2017, a 40 percent jump in readership. Television and online news media have similarly witnessed an exponential growth.

But unfortunately in 2014 alone, 114 journalists were reportedly attacked, but only 32 attackers were arrested or persecuted. Celebrity anchor and journalist, Rajdeep Sardesai concurs that the media views the actions of citizens through the lens of nationalism, condemning those who question the State narrative as anti-national. This breeds deception.

Bible on Freedom of Speech! Sacred Scripture never condemns one’s freedom of speech, provided the facts are correct; and they don’t harm the person’s reputation / institution / organization, by violating the Commandment: “You shall not bear false witness against your neighbor” (Exodus 20:16).

The Letters also give us sensible advice: “As servants of God, live as free people; but do not use your freedom as a pretext for evil” (1 Peter 2:16). By speaking the truth in love, you must grow up in every way unto Christ Who is the Head ... Let no evil talk come out of your mouth, except what is useful for building up, so that your words may give grace to those who hear” (Ephesians 4:15 ... 29).

Our Good Lord also directed us to always communicate reality for true liberty: “You will know the truth, and the truth will set you free” (John 8:32).

## What is my fault?

Yesterday my mixer was out of order  
so I went to my neighbour's house  
to borrow her mixi.  
She asked me to use it in her house.  
Today in the morning she came to me  
and asked me for my broom.  
I asked her to use it in my house.  
She got angry and went away with a  
sulky face.  
Now what is my fault?

— Jubel D'Cruz,  
Mumbai

\*\*\*\*\*

First Parent Teacher Meeting after  
Lockdown :

**Husband ::** Madam, I am a child's  
Father and this is my wife

**Madam ::** I Know you, but today I am  
seeing the madam for the first time..

**Wife (with suspicion) ::**Madam, how  
do you know my husband, this is the  
first time he has come to the school  
....!

**Madam ::** I have seen him, mopping  
and sweeping many times, during my  
online classes with children.

\*\*\*\*\*

A King enrolled his donkey in a race  
& won.

Local papers read:  
'KING's ASS WON'

The king was so upset with this kind  
of publicity that he gave the donkey to  
the queen.

The local paper then read:

"QUEEN HAS THE BEST ASS IN  
TOWN"

The king fainted....

Queen sold the donkey to a farmer  
for Rs 1000. Next day papers read:  
"QUEEN SELLING HER ASS FOR  
Rs 1000"

The queen fainted...

The next day king ordered the queen  
to buy back the donkey and leave it in  
jungle.

The Next Headlines:

"QUEEN ANNOUNCES HER ASS IS  
FREE & WILD"

The king died... !!



That's how the Media works in India  
Today !!

You can't control it

\*\*\*\*\*

• Dad: I was just listening to the radio  
on my way in to town, apparently an  
actress just killed herself.

Mom : Oh my! Who!?

Dad : Uh, I can't remember..... I think  
her name was Reese something?

Mom : Witherspoon!!?

Dad : No, it was with a knife.

\*\*\*\*\*

• Where's God

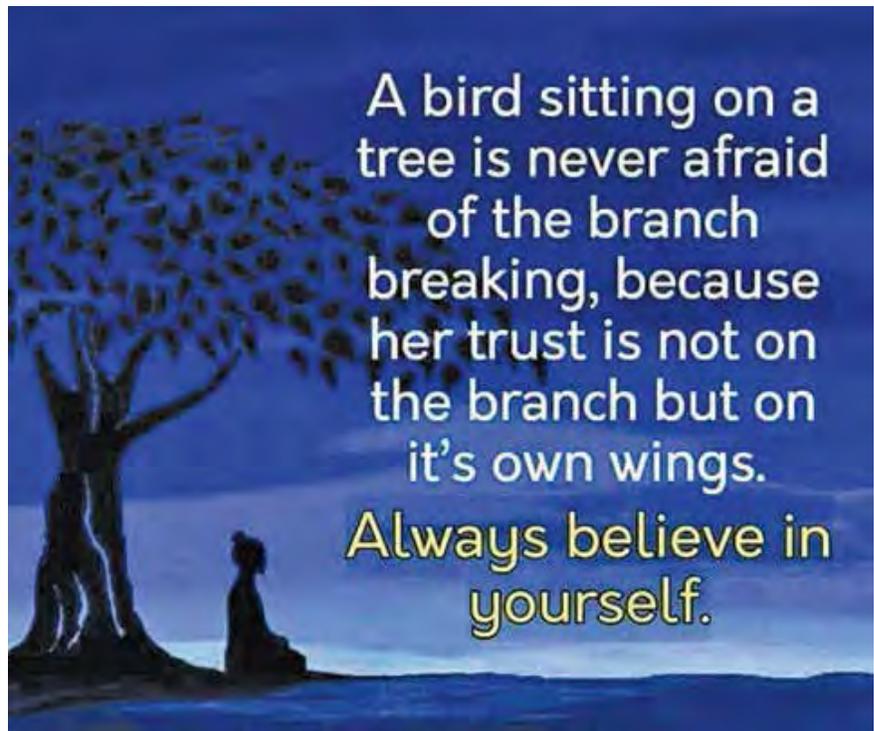
There were two young boys, one the  
age of eight the other brother the age  
of 10. They were always in trouble  
burning building, breaking glass this  
sort of thing and the parents and  
the locals could not do anything with  
them. They heard of a preacher who  
had a very good success rate straight-  
ening kids out and sending them on

their way. So the parents talked to the  
preacher and sent over the eight year  
old son to the preacher. The preacher  
set the boy down and said I'm going to  
ask you one question. Where's God?  
The little boy said nothing and got real  
scared, the preacher got so upset for  
not having an answer, he slammed his  
hand on the desk stuck his finger in  
the boy's face and said son I ask you  
a question and tell me now where is  
God? That eight-year-old boy got so  
scared, he ran all the way home crying  
and his 10-year-old brother found  
him upstairs and calmed him, down  
and said little man what's going on  
what's wrong what happened 8-year-  
old boy said we in some big trouble  
now God's missing and they think we  
did it.

\*\*\*\*\*

One morning Emma woke up with a  
start. Her husband Jim asked what  
was the matter, she told him. "I just  
had a dream that you gave me a pearl  
necklace for Valentine's day. What do  
you think it means?" "You'll know to-  
night," Jim said. That evening, Jim re-  
turned home with a small package and  
gave it to his wife. Delighted, Emma  
opened it - only to find a book entitled  
"The meaning of dreams."

\*\*\*\*\*



# Scoring Brownie Points In Letter Writing

by C.K. Subramaniam

**P**en is mightier than sword is true and the letter writing is an art. In the days of android phones, email, and text messages, letter writing can seem hopelessly outdated. But it is an art worth bringing back, and not because of some misplaced sense of nostalgia either. The writing and reception of letters will always offer an experience that modern technology cannot touch. Twitter is effective for broadcasting what you are eating for lunch, and email is fantastic for quick exchanges on the most pertinent pieces of information. But when it comes to sharing one's true thoughts, sincere sympathies, ardent love, and deepest gratitude, words traveling along an invisible superhighway will never suffice.

Because sending a letter is the next best thing to showing up personally at someone's door. Ink from your pen touches the stationary, your fingers touch the paper, your saliva seals the envelope. And something tangible from your world travels through machines and hands, and deposits itself in your friend's mailbox. Your letter is then carried inside as an invited guest. The paper that was sitting on your desk, now is passed on. The recipient handles the paper that you handled. Letters create a connection that modern, impersonal forms of communication will never approach.

Letter writing is definitely an art. Having experienced writing letters in all the news dailies of India and all the magazines I feel proud of my hobby and taste for letter writing. We really enjoyed the art of letter writing for nearly 70 years since our independence. Even though E-mail and electronic devices are there to communicate, the art of letter writ-

ing never diminished. By the click of the mouse it is possible to send messages all over the world to friends and relatives. But still the joy of posting a handwritten letter to your friend, relative or parents is really enthralling.

Hand-written letters exuding warmth are giving way to electronic messages slowly. Anyway, the personal touch is lost when you send a e-mail message to your father. The world has been brought closer, but the pleasure of writing letters with pen and paper and the eagerness to receive the letters and our expectation of their arrival are gradually diminishing. We now think of digital world not only and robbed the excitement of letter writing and lose close friendship, love and community feeling are losing their intensity slowly and steadily.

Post Cards played a pivotal role in conveying the messages in a short and crisp manner. Inland letters helped us in the past to convey detailed information in a closed form. Some more details can be sent through a closed cover with an attachment. Even though courier and speed posts are available now, the real joy of reading a post card written in small letters to squeeze as many words as possible within the available space is an art. Writing letters in English or in local language gives you lot of pleasure for the person sending as well as the receiver as well.

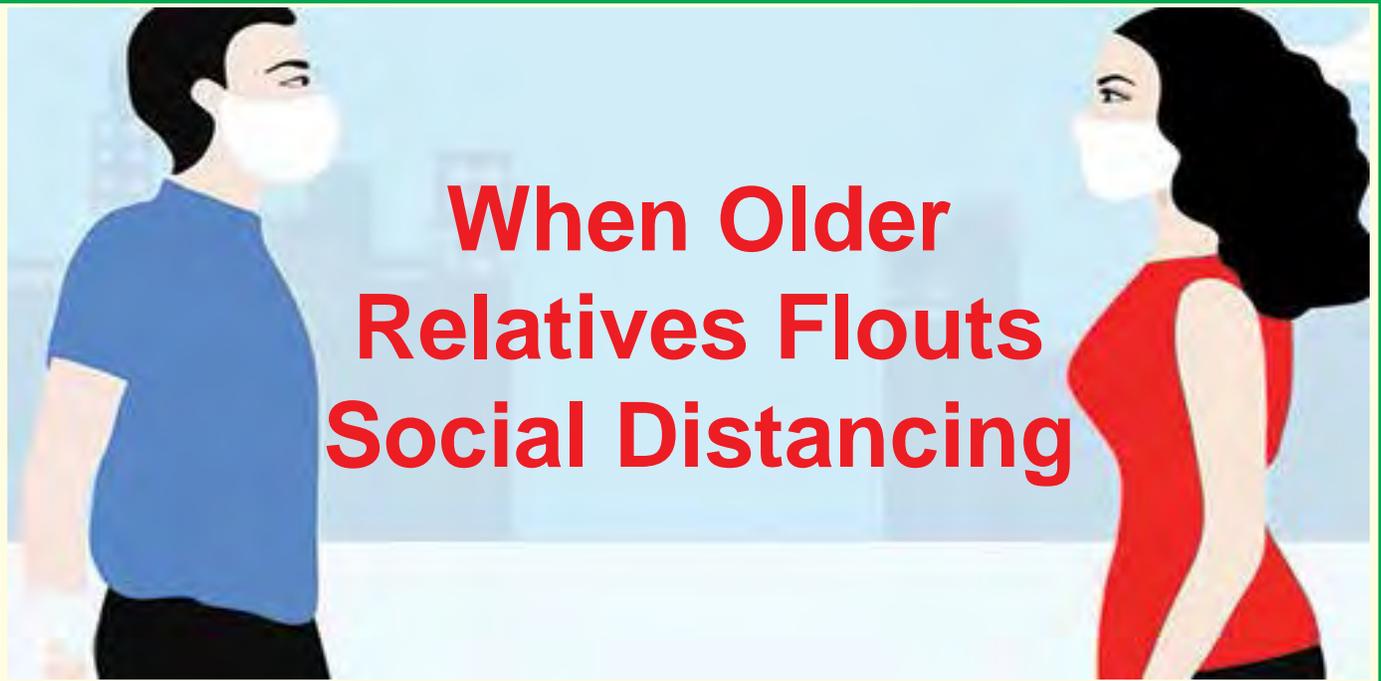
When a letter is sent to letters to the editor column of a news daily the caption carry more weight. With the caption, the writer can expand his thoughts and that will provide a greater impact on readers. Attractive catchy captions play a long way in providing the best chance to carry the day as the day's top letter. Maintaining a scrap book of all the writings can help the writer to attain excellence.

Steady stream of ideas should flow from the mind to express the views in an impressive way. Good language also play a pivotal role. The subject preferred should be of current topic and that carries weight in the media in the recent past and people follow that particular event in a very big way.

Free flow of language add to the repertoire of letter writing. Forceful thoughts should touch the heart and soul of the people and instead of criticising the views expressed by the writer, the people to read in between the lines and observe the finer points in a simple way. Crisp writing will help the writer to sustain for a longer duration as a letter writer in this competitive world.

The writer should play to gallery while expressing the views on sensitive subjects. Freedom of press should not be violated in any way and make the points very clear without any ambiguity. Clear mind and clear thought will flow in the early morning hours and a tired mind may not help the writer to bring out his thoughts in an appropriate way.

The views expressed by the writer should be thought provoking and unique. The readers are tired of reading stereo type of letters on various subjects in the past. The thoughts and views should carry vital information, thus giving the much needed weight and last for long time in the system in news media. Scoring brownie points in letter writing creates an impact in readers mind to look for the letter of the writer frequently and making the brand name a way of life in the busy life in Metro Cities.



# When Older Relatives Flouts Social Distancing

by Don Aguiar.

**M**y neighbour went hoarse shouting at his mother last week. “You really got into your building elevator with someone else?” She blamed the other person for standing in the middle of the elevator; he blamed her for getting in, putting herself at risk of catching the coronavirus.

By the time his 88-year-old father got to the phone, he remembered the researcher Brené Brown’s theory that vulnerability opens all doors. He would move his father by sharing his deepest fear. He told him he loved him. He said the thought of losing him was devastating. He asked him, “Dad, are you afraid?”

He laughed. “What’s to be afraid of? If I get it, Sayonara!”

Despite the virus’s heightened risk to older people, his parents seem inexplicably casual about it.

And he’s not alone. From every corner of our new virtual community, in Zoom cocktail hours, Google hangouts and private message boards, I’ve been hearing from fellow members of the sandwich generation fighting to persuade older loved ones

to protect themselves from a potential death sentence from Covid-19.

“My mother’s still going to the market and post office, even though she has an aide,” said my colleague who recently recovered from Covid-19. “She’s 90. She knows how sick I was, and still, there’s no stopping her. I’m beside myself.”

We have good reason to worry, eight out of 10 deaths reported have been in adults 65 years old and older.

We can’t pretend this is not life or death, this is the real thing. These are beings we love, and we’re scared we’re going to lose them.

For some adult children, this means grappling with the anguish of not being able to see parents quarantined in nursing homes. For those whose parents live independently, it is often a challenge to get our older loved ones to take the risks as seriously as we do. I caught my father-in-law, a radiologist, on his way out to play cards with friends at Bombay Gymkhana one day before the government issued its stay-at-home order.

“Just because they’re friends doesn’t mean they don’t have the virus,” I told him. He laughed and said, “We appre-

ciate your concern.” And then he left for his game.

It turns out, according to experts, my approach was doomed to fail. If you go in with anxiety and with the very innocent and loving intention to control, every human being on earth will push back against that. There’s something about being self-determined that is fundamental to being human.

Also at play is a high-stakes role reversal in the parent-child relationship. Earlier in your life, you were on the other side of this fighting-for-autonomy battle. Now aging parents are the ones struggling with limitations to their freedom and with others telling them what to do.

Part of the problem, is that older adults may not experience the same level of threat as younger people do.

A massive body of scientific work has documented age-related shifts in the service of making negative emotions smaller and positive emotions bigger. Older adults are often masters in turning their attention away from information that is threatening, upsetting and negative.

The priority of older adults, is to



(Contd.. from p. 18)

make the most of their limited time on earth, and their highest value is social connection. For them, being home alone with just their thoughts and nowhere to go can be a frightening place.

And then there's the fact that older adults may not see themselves as, well, old. Older adults may not think of themselves as being at heightened risk for Covid-19 because old age carries a lot of stigma. There's a huge reluctance to view oneself in those terms.

So how do you explain your concerns to older relatives? It begins with self-understanding. When you talk to them, ask yourself, what's going on for you? Once you start to name what's going on underneath under all the agitation, you get to your anticipatory grief: You don't want to lose them.

A simple, practical approach for coping, and managing anxiety, when older relatives don't see the risks the way you do. The idea is, you want to invert that — you have to manage your own anxiety first, being direct, providing solid reasoning and being clear about the consequences. You tell them why you're worried, and why you want them to do this thing. It has to be rational. It can't just be because 'I know better and I say so.

And you may have to acknowledge the worst-case scenario. So it might be like, 'Mom, you're living in Goa, and you're going to the beach. I cannot stop you. But if you get sick, I can't come to see you. And if you die, you may die alone, and I won't be there.' This may sound harsh, but it's true. Let them sit with the real possibility of what may happen.

When all else fails, try the art and power of radical acceptance, both for our loved ones and ourselves. There has to be a letting go, because ultimately, you cannot control them. They're responsible for their

living and dying. Once we understand that, you say to yourself, 'I am afraid. I am helpless. I am feeling the grief of what could happen.' And this is where the real pain is. You put your hand on your heart and offer compassion to the place in yourself that is helpless and fears the loss.

The act of physically putting your hand on your heart is vital, to coming to peace. There's a network of neurons in the heart area. When there's warmth and pressure on it, it actually calms the sympathetic nervous system and reduces the fear centres in the brain. And what about those anxious, racing thoughts?

We need to remember that just because this feels like it's a catastrophe doesn't necessarily mean that it is. What you're upset about right now is your imagination. It's not what's actually happening. Our minds are really good at anticipating consequences and making them very present for us, which is useful, except when it's not.

### THE SECULAR CITIZEN

News item, Articles, Stories, Opinion, interview, Poems, etc. can be sent by

WhatsApp: +91 9820485389

Email:  
secular@sezariworld.com  
news@sezariworld.com  
seculardivo@gmail.com

by Post

**The Secular Citizen**

99, Perin Nariman Street, 1st Floor,  
Fort, Mumbai 400001

**MERCY'S HUB**

- Modern Wedding Cakes
- Serving Cake Slices
- Silver & Golden Jubilee
- Engagement Cakes
- Christening Cakes
- Holy Communion Cakes
- Theme Based Cakes
- Eggless, Gluten Free Cakes
- Lactose Free Cakes
- Sugar Free Cakes

CUSTOMIZE YOUR CAKES FOR ALL OCCASIONS

**MERCY GEORGE** We also deliver cakes on request  
9664854133 Mercy's Hub  
mercyshub@gmail.com

Try Our Customized Cake Displays & Enjoy Baking at Home

## Entirety of God's Love is Found in the Crucifix!

In his homily on 22 April 2020, Pope Francis commented on the Day's Gospel (John 3:16-21): "God so loved the world that he gave His only-begotten Son, so that everyone who believes in Him might not perish, but have eternal life" (John 3:16). The Pope particularly focused on the Cross of Jesus as our source of redemption!

"The Crucifix is not a symbol or wall decoration. It is the entire expression of God's love, Who sent His Son to die for our sins. The Holy Spirit makes us understand that there is all knowledge, all God's love, and all Christian wisdom therein!"

"Look at the Crucifix in silence. Look at the wounds and at the heart of Jesus, the Son of God annihilated and humiliated for love! It shows the 'madness of God's love for his children!"

Allow me the author of this letter to elaborate: "We proclaim Christ Crucified, a stumbling block to the Jews, and foolishness to the Gentiles. But to those who are called, both Jews and Greeks, Christ is the power and the wisdom of God"// Christ bore our sins in His body on the Cross, so that freed from sin, we might live for righteousness; by His wounds we have been healed" (1 Cor. 1:23-24 //Peter 2:24).

Christ's unjust Crucifixion also resulted in His Glorious Resurrection! "If Christ had not been raised, our proclamation is in vain, your faith is futile and you are still in your sins" (1 Corinthians 15:14; 17).

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

# Royal Christian Family MATRIMONIALS - GROOMS

**5996. MUMBAI :** RC Bachelor (Born in November 1974) / 5'8", B.E., working in Senior position reputed IT firm. Pl. reply with photograph and details to keithcardozo@hotmail.com OR 9820338755

**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, Contact email : dsouzamalcolmneil@gmail.com. Phone/SMS 09480157258.

**6424. MUMBAI :** East Indian Roman Catholic Bachelor, (Born in October 1991), Ht. 5' 11", Wt. 65 kgs, Fair Complexion, Edn. B.Com., well employed, working as Sr. Customer Care Executive. Contact email : gerardd754@gmail.com, Mob:9594766322 / 9930620943

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

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

**6172. MUMBAI :** Goan Roman Catholic Bachelor, (Born in February 1978), Ht. 5' 9", Wt. 86 kgs, Wheatish Complexion, Edn. M.Com., Position : Financial Consultant. Contact email: raceangelreb@yahoo.in

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

Contact email : colind.3010@gmail.com

**6434. MUMBAI :** East Indian Roman Catholic Bachelor, (Born in November 1978), Ht. 5' 5", Wt. 50 kgs, Fair Complexion, Edn.MD, MS., Doctor by profession. Contact email : rayanvincent@rediffmail.com

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

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

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

**6841 MUMBAI :** Anglo Indian / Ker

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

**To Place Your Matrimonial Advertisement Call:**

**+91 - 9820485389 or 9820473103**

- \* Check your email at least once a week.
- \* Members are requested to inform us when they are settled, so that publication of their details can be discontinued.

alite Roman Catholic Bachelor, (Born in May 1991), Ht. 170 cms, Wt. 78 kgs, Fair Complexion, Edn. M.Com., working as a Sales Executive. Contact email :

mrsannieroy@yahoo.co.in

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

**6507. MUMBAI :** Mangalorean Roman Catholic Bachelor (Hearing Impaired) (Born in September 1989), Ht. 5' 9", Wt. 62 kgs, Fair Complexion, Edn. HSC., Dip. in Computer Hardware. Working as a Cashier. Contact email : clifford9948@gmail.com OR 9920331773

**6797 MUMBAI :** Goan Roman Catholic Bachelor, (Born in December 1987), Ht. 5' 7", Wt. 72 kgs, Wheatish Complexion, Edn. B.Com., working for Five Star Hotel in Mumbai. Contact email : johnserrao14@yahoo.com

**6585. MUMBAI :** Mumbai born and broughtup Roman Catholic Bachelor, Handsome, (Born in June 1988), Ht. 5' 7", Wt. 78 kgs, Wheatish Complexion, Edn. EXTC Engineering, working as a Networking Engineer. Having own accommodation. Contact email : 18.elaine@gmail.com

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

**Please renew your subscription if expired. Mention your subscription no. while sending the renewal amount**

**Address your replies to :**  
Regd. No. \_\_\_\_\_  
**ROYAL CHRISTIAN FAMILY,**  
99, Perin Nariman Street, 1<sup>st</sup> Floor,  
Fort, Mumbai - 400 001.

## IMPORTANT NOTICE

Telephone no. of candidate will be printed only with the consent of members.

For Tel. Nos. Please contact:

+91- 9820473103 / 9820485389 or

Email : royalchristianfamily@gmail.com

# Royal Christian Family MATRIMONIALS - BRIDES

## MATRIMONIAL

**7066. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in June 1987), Ht. 5' 4", Wt. 78 kgs, Fair Complexion, Edn. B.E., (EXTC) M.S. (International Business Management), working as a Consulting Manager. Contact email : 12018anselm@yahoo.com

**6962. LONAVLA :** Mangalorean Roman Catholic Spinster, (Born in February 1990), Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. M.Com., working. Contact email : fernandesjennifer90@yahoo.com

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

**6958-R. BANGALORE :** Mangalorean Roman Catholic Spinster, (Born in November 1987), Ht. 5' 4", Wt. 50 kgs, Fair Complexion, Edn. B.E. (Biotech), working as a Business Analyst. Contact email : rodrigues.kavin@gmail.com

**6947. NEWZILAND :** Goan Roman Catholic Spinster, (Born in July 1984), Ht. 5' 4", Wt. 55 kgs, Wheatish Complexion, Edn. B.Com., MBA Finance, working as a Finance Analyst. Contact email : ronifernandes2001@yahoo.com

**6944. MUMBAI :** Mangalorean

Roman Catholic Spinster, (Born in July 1991), Ht. 5' 8", Wt. 74 kgs, Fair Complexion, Edn. M.Com., working as Accounting & Finance. Contact email : lavinadsouza16@gmail.com

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

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

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

**6907. MUMBAI :** Mangalorean Roman Catholic spinster, (Born in May 1987), Ht. 5' 6", Wt. 70 kgs, Fair Complexion, Edn. B.Com., working for American Bank as a Bank Teller. Contact email : carolp\_1987@yahoo.co.in

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

**6932. MANGALORE :** Mangalorean Roman Catholic spinster, (Born in

September 1990), Ht. 5' 4", Wheatish Complexion, Edn. M.Com., working as an Asst. Manager. Contact email : francisjerome.barrocas@gmail.com

**6937. POONA :** Roman Catholic Spinster, (Born in July 1988), Ht. 5' 5", Wt. 58 kgs, Fair Complexion, Edn. MBA (Finance) working as a Financial Analyst. Contact email : sheron.muller@gmail.com

**6950. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in July 1990), Ht. 5' 3", Wt. 68 kgs, Fair Complexion, Edn. Post Graduate, working as a Relationship Manager in Private Bank. Contact email : mendoncas2307@gmail.com

**6935. MUMBAI :** East Indian Roman Catholic Divorcee (1st marriage annulled by the church), (Born in February 1983), Ht. 5', Wt. 61 kgs, Wheatish Complexion, Edn. M.A., working as a HR in MNC. Contact email : cocom4053@gmail.com

## MATRIMONIAL

**7126. U.S.A. :** Mangalorean Roman Catholic Spinster, (Born in January 1992) from Mumbai, Ht. 5' 7", Wt. 60 kgs, Fair Complexion, Edn. B.E. (Computers) from Mumbai, M.S. (Information Systems) from US. Possesses H1B visa and is working as a Technical Analyst with a MNC in USA. Contact email : wilfyjoy1315@gmail.com or call +91 98603 02527 / + 91 9970172527

**Registered members can publish their ad in all the 50 issues in a year for Rs. 8000 only.**  
If you wish to publish your matrimonial classified advertisement in all the 50 issues in a year, you can do so for an amount of Rs. 8000 only.

### To Place Your Matrimonial Advertisement Call:

**+91 - 9820485389 or 9820473103**

- \* Check your email at least once a week.
- \* Members are requested to inform us when they are settled, so that publication of their details can be discontinued.

## MATRIMONIAL

**6741 Mumbai :** Mangalorean RC Spinster 26 years, 5' 3", Doctor, Qualification : MD. Very fair and beautiful. Belongs to an affluent business family. Email : sona68500@gmail.com

## MATRIMONIAL

**7128. MUMBAI :** Affluent business family R.C. East Indian Spinster, (Born in April 1988), Ht. 5' 2", very beautiful and pretty. Edn. MS General Surgeon, Doctor by profession. Contact email : drvd2019@gmail.com

## IMPORTANT NOTICE

Telephone no. of candidate will be printed only with the consent of members.

For Tel. Nos. Please contact:  
+91- 9820473103 / 9820485389 or  
Email : royalchristianfamily@gmail.com

**Royal Christian Family  
Helps In Choosing  
The Right Life-Partner  
Serving Since 39 Years**

# Bangalore Archdiocese reaches aid to Transgenders, Migrants

Bangalore: Over 300 Transgenders living in communes in various parts of Bangalore city were in for a surprise when relief teams constituted by the Archdiocese of Bangalore carried more than a week's ration bags to provide succour for them during these depressing times.

The Metropolitan Archbishop Rev. Dr. Peter Machado who addressed his team of relief workers (priests, nuns, seminarians and volunteers) said "We are overwhelmed by the

cares for us. They expressed gratitude to the relief workers as the delivery vehicles chugged out to return again.

The Archdiocese of Bangalore serving 6 districts, has on 23rd April has garnered donations amounting to Rupees 8,789,174 .and also cooked food contributions from various sources including Atria Foundation.

"In times of such despair and hopelessness, we have not lost hope. Our specific focus is also on migrant workers who are jobless, the homeless sick and even ailing on the roadsides. The dark clouds may loom large over us,

generosity of so many individuals and organizations helping us in reaching help to people on the peripheries and more importantly, the socially ostracized".

Transgenders who are usually found seeking alms at traffic junctions when the red-lights turn-on, have found themselves in deep despair after the lockdown with minimal traffic movement.

Malathi ( name changed), reflects the extremely pathetic situation of many of her kind "We already suffer much humiliation, but with rations running out, we share the little we have with each other, even if it means skipping a meal a day. We have a generous bonding. But when such help comes in these trying times, we feel God

but there is the radiant heart of God above those clouds" The Archbishop said. The Archbishop had inaugurated a Shelter-home within his campus on Easter Sunday 2 years ago.

At present, 6 Educational Catholic institutions after fumigation and sanitization, are housing hundreds of migrants and also the homeless. We will do more after assessing the situation, the Archbishop said.

Trained personnel are also regularly rendering health and hygiene instructions at these camps and counselling

to the emotionally disturbed are also being carried out.

Relief work continues daily as vehicles with relief material reach parts of Bangalore (Urban and Rural) and also other districts under the Archdi-



ocesan jurisdiction.

A 100-plus strong team of volunteers are packing ration kits daily at Paalana Bhavan at Archbishop's House.

Fr. Naveen Joseph, Director of the Bangalore Multi-purpose Social Service Society (BMSSS) is co-ordinating with both donors and also

the hapless poor who are seeking help. "In these days of suffering love surfaces much more from generous people. We are pray together everyday in thanksgiving to God".

*-Fr. Adolf Washington*

# Corona Virus Reduces The Real Fun Of Mangos In Mumbai

by C.K. SUBRAMANIAM

The mango season brings cheers to both the young and the old to enjoy the choicest king of fruits in the best time of the year. Appus mango provide the best taste and the mango shake with plenty of milk and sugar added in a ice cool state is a nourishing food during summer season. People from South make Manga Kadi during this season. Apart from Appus, Mumbai happen to get Desari, Badami and Banganapilli mangos of sweet taste and good quality. Market is full of mangoes and one can pick and choose of his time in the busy season. Corona virus add to our misery in getting the best of the best at a competitive rate. To add to that, chemical ripening of the fruits is causing ripples in the minds of people taking this delicious fruit.

Adulteration in food items is passed on to mangoes and other fruits as well in the name early ripening of raw fruit. The small one is the delicious one. One of my uncle used to consume it in full, instead of cutting into pieces and push of the mango seed from his mouth straightaway. While staying in Chinchwad, Pune my balcony top had a mango tree and the choicest fruit is just away from hands distance and I used to grab one in the evening after coming from office and taste it for my evening tiffin. Ladies from Kerala prepare good pickles out of mangoes and preserve it for taking it with curd rice. Curd rice and mango pickle is the right combination. Mango means munch, munch and yummy and all the age people like it in one way or the other. But the best of the best is the mango and cream bowl made with Alphonso mango at Mumbai's Haji Ali Juice Centre. Now everything is closed with lockdown.

Mango season mark summer season in Mumbai. During this peak season of Mangoes, the fruit is a luxury for the poor, affordable for the middle class people and for the rich it is their main side dish in their meals. Gujarati's

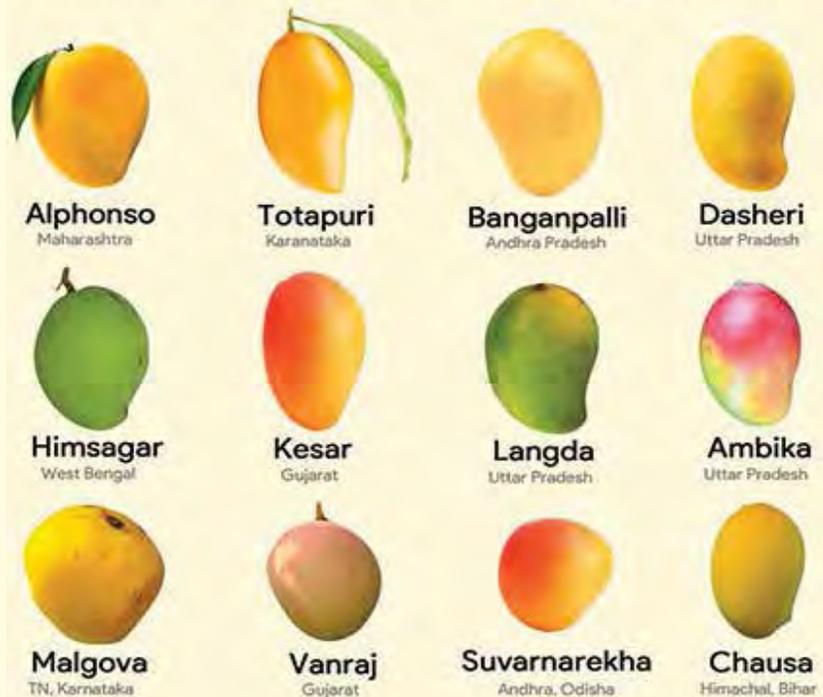
taste Aam rus during this season and preserve it for the off season as well. Even though there is bumper crop this season, the rates of Appus mango is not coming down drastically, making people think twice before buying from the retail or the wholesale market.

Generally, the middle class is waiting for the prices to come down to affordable rates before thinking of buying. In

fruit is good as the same is hot and may sprout boils in your body later on.

The consignment of Alphonso mangoes to UK were once rejected once as they fruits were ripened by chemical application. Mango exports to the U.S. have been restricted to the air-route as the fruit ripens rapidly once harvested. Following the strict norms imposed by the U.S. on import of the

## Indian Mango Varieties by State



our family we just purchase Appus once for the sake of tasting. While walking across the gardens we find mangoes on the trees. But they are not found in arms distance and we can try to get one from atop of the tree by throwing stones at them and wait for them to fall on the ground. By picking one from the tree tastes better as we have put it lot of efforts to get the same. The best piece is the one that was tasted by the parrots first and leaving it at half way stage to get the taste of the other part. The favorite recipe is the mango juice available without ice and no flavours added to the spoil the real taste of it. Mango and summer go hand in hand and taking up limited amount of mango

fruit, shipments needs to undergo irradiation, which kills pathogens and other bacteria. Fifty-two per cent of the world's mango production is in India. However, official figures indicate that only 2 per cent is exported. This year, around 175 tonnes of mangoes was exported to the U.S. by air. But that was more expensive compared to exports to other countries. The sea route is seen as offering better returns and is capable of handling more mangoes. Mango business is thriving in India and with more and more support from the government we can see booming business in the years to come.

# A-Z Dictionary for Corona Times



**A: Avoid Crowd:** Stand out from Crowd to be Responsible, honest and Authentic that adds meaning to life.

**B: Beware of Fake News:** All News is not Good News and Not all News is True News. According to Socrates to safe guard from fake news one has to scan through the triple filter test: 1. Is it True?; 2. Is it Kind? 3. Is it Useful.

**C: Clean Your Hands:** Corrupt hands sometimes needs cleansing Corona Virus Season sometimes nice time to keep our hands clean.

**D: Don't Go Out:** Inner Peace and Outer wellness both begin with a deep breath inward and a deep breath outward. Stay home is the new mantra for inner calm and for healing balm.

**E. Empty the Streets:** Kabir the mystic reminds the global marketing lot: Oh Man finish your buying and selling on the Other Shore there is neither buying nor selling. The Empty Streets are the God-sent experience for a busy fast track humanity.



**Fr. George  
Olivera OFM  
Cap, Mysore**

**F. Feed the Pets:** Emile Zola says: Man's highest duty is to protect animals from cruelty. Credo of A.D. Williams as follows: When I look into the eyes of an Animal I do not see an animal. I see a living being. I see a friend. I feel a soul. Feed the Pets is noble thing to do during this stress-times.

**G: Gathering is Bad:** Normally gathering is good but it is the rarest of rare occasion gathering is bad. Physical distancing could save the humanity for a better bright future.

**H :Hand Sanitizing:** Hand Sanitizer has started to become your best friend. Catchy slogans are meant to motivate for habitual hand sanitizing: Dirt doesn't belong on your hand. And Spare your stomach from germs.

**I: Inside the Home:** There is nothing more important than a good, safe, secure home. Home is where love resides, memories are created, friends and family belong and laughter never ends.

**J: Join Fight Against the Corona:** Corona is temporary but our lives are more durable. Corona has limited warranty and time-bound guarantee but

our family and social life much more precious and life-time durable.

**K: Kind to the Needy:** Helping others is one of the simplest ways to fill our life with Joy and fulfillment. Compassion is the radicalism of our times says Dalai Lama and again he adds: My Religion is very simple. My Religion is Kindness.

**L: Learn a New Skill:** Lockdown times are the best of times to learn a new skill. The Capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice says Brian Herbert. Once you stop learning, you start dying warns Albert Einstein. Ancient Greeks were known for their erudition and it is Aristotle who differentiated the two Greek terms: tekne and arete – tekne means skill and arete means virtue – so the Greeks advice for us: learn skills and practice Virtues.

**M: Meditate Daily:** Meditation is being in tune with our inner Universe. The goal of meditation isn't to control your thoughts, it's to stop letting them control you. Slow down; Calm down; Don't Worry; Don't Hurry; Trust the Process; Repeat it daily.



(Contd.. from p. 24)

**N: No Handshakes:** No handshakes but Namaste is perfectly OK. Namaste is more hygienic and less harmful to wholesome health. By making Namaste I greet my neighbor with these sentiments: I honor the place in you that is the same in me. I honor in you where the whole universe resides. I honor the place in you of love, of light, of peace and of truth. I honor the place in you that is the same in me. There is but one Namaste.

**O: Offer Help to Others:** Ronald Reagan says: We can't help everyone, but everyone can help someone. Tennis star Andre Agassi reminds us to make each other feel safe. He adds: This is the only perfection there is, the perfection of helping others. This is the only thing we can do that has any lasting meaning. Someone says: A helping hand doesn't need to be big in size. It is the helping attitude that matters the most during the crisis times.

**P: Passion for Life and Compassion for others:** Passion for life even during crisis times adds positive meaning for life. Compassion for others gives an impetus for altruistic orientation in life.

**Q: Quarantine Yourself:** the quarantine period is the best time to showcase your creativity, not on the bed, but on the home desk. Quarantine is when you can't do what you want, but accept to do what you can, to protect others from what you have.

**R: Regular Exercise:** Regular physical exercise can improve your general health of mind and body. Exercise not only changes your body, it changes your mind, your attitude and your mood. Wake up with determination, go to bed with satisfaction.

**S: Social Distancing:** Staying connected while practicing social distancing is the new style of life. Doing Namaste is the new craze of 2020. It is how we say 'hi' these days. Soli-

tude matters, and for some people, it's the air they breathe.

**T: Travelling is Dangerous:** travelling is never dangerous from the beginning of times. But now it is dangerous. Corona Virus unwelcome visitor from overseas greeting people from city to city; from village to village. Fear is fastest travelling agent from person to person certainly faster than any virus spread itself. Staying at home is the real best option during the Corona times.

**U: Use Masks:** Technology owes an apology to Ecology is much true now a days than earlier times. Mask is necessary for stage-acting; Mask is a negative term in some schools of Psychology. But during the climate change era use of Mask is the saving grace of Humanity.

**V: Visit Your Doctor Online:** the ten best doctors and no one can deny: Sunshine, Water, Nature, Prayer, Well balance diet, Sleep, Laughter, Healthy Relationship, Deep breathing. Plus you need a family doctor for your personal health reference certainly online.

**W: Weaponized Immune System:** One minute of anger weakens the immune system for 4 to 5 hours. One minute of laughter boosts the immune system for 24 hours. According to expert opinion – the most powerful therapeutic in the world is our own immune system. Bruce Beutler reminds: If we think of immune system as a machine, then we are far from even knowing all of its parts.

**X: X-Tra Precautious for Elders:** An old woman took her phone to repair shop. Repairer:- Nothing is wrong with this phone ma'am; Old Woman:- They why don't my children ever call me?

Recognize and cherish the blessings of ageing and offer older people a message of encouragement. Beware of the needs of people with dementia and make their personal care a top priority. Tackle loneliness with "little places of belonging" to help frail older

people continue to have a sense of meaning in their lives.

**Y: Your Awareness is a Prevention:** According to Ralph Fiennes: Education, awareness and prevention are the key, but stigmatization and exclusion from family is what makes people suffer most.

**Z: Zero Face Touching:** Gods' must be Crazy because they do not have face to touch because they are faceless spirits! And humans too are crazy because they must exercise zero face touching willingly, knowingly and deliberately. Thanks *Heaven that too is timebound warning for certain duration till the Eclipse Corona Virus.*

*Lockdown is a time to: Listen to God's voice and reflect. This is an acrostic on the term Lockdown: L.O.C.K.D.O.W.N*

*Let Go and Let God. Obey His Word and His Teachings. Call on Jesus's name and be Calm. Know that God has a purpose for all of this. Dwell in His presence. Do not panic. Offer a prayer for everyone's safety. Wait on the Lord and be patient. This too shall pass. Nurture our personal relationship with God.*

### Subscriptions for

**THE SECULAR CITIZEN**

Renewal as well as New, can be sent through Bank Fund Transfer to any one of the following banks:

Bank: HDFC Bank  
Branch : CST - Mumbai VT  
Account Name: The Secular Citizen  
Current Account No. 03552000006744  
ISFC code: HDFC0000355

or  
Bank: Citizen Credit Co-op Bank Ltd.,  
Branch : Colaba, Mumbai  
Account Name: The Secular Citizen  
Current Account No. 209003100000489  
ISFC code: CCBL0209003

Please inform us through email: secular@sezariworld.com or through phone: 9820485389 after transferring the same.

**Serving the community trustworthily for the last 38 years!**



*Good Proposals*

Many happily married

Wide Choice of Christian Brides and Grooms  
Available from all over India & Indians settled abroad



**In its service spanning over 39 years,  
ROYAL CHRISTIAN FAMILY**

has helped thousands of marriageable boys and girls in finding their suitable Life-partner from its wide data-bank of Christian Brides and Grooms from across India and all over the world

Our databank covers all major community profiles like Goans, Mangaloreans, East-Indians, Konkans, Keralities, Tamilians, Anglo-Indians, Maharashtrians, Telugus, Gujarathi Christians, North Indian Christians and many many more. We also cover major Christian Denominations Catholics, Protestants CSI - CNI, Jacobites, Orthodox and many more.

Highly educated graduates, double graduates, Ph.D, Engineers, Doctors, Business-persons and also simple high school educated boys and girls are available.

Indians abroad like Canada, USA, Australia, New Zeland, Europe, UK., Gulf countries and other parts of the world are registering to find a suitable match.

We have Brides and Grooms of interesting nature, taste and talents. qualities Lovable, homemakers, devoted from good family background.

Online registration at our website:  
[www.royalchristianfamily.com](http://www.royalchristianfamily.com)

Download the Registration Form from the below link:  
[www.sezariworld.com/images/pdf/rcf\\_form\\_full.pdf](http://www.sezariworld.com/images/pdf/rcf_form_full.pdf)

or Contact:

**ROYAL CHRISTIAN FAMILY**

99, Perin Nariman (Bazargate) Street, 1st Flr, (Nr. GPO) Fort, Mumbai 400001  
Tel.: +91 - 9820485389 / 9820473103. Email: [royalchristianfamily@gmail.com](mailto:royalchristianfamily@gmail.com)

**THE SECULAR CITIZEN**

**Subscribe for five years at  
Rs. 2000 and save Rs. 500**

A National Family Weekly

Subscriptions for

**THE SECULAR CITIZEN**

Renewal as well as New, can be sent through Bank Fund Transfer to any one of the following banks:

Bank: HDFC Bank  
Branch : CST - Mumbai VT  
Account Name: The Secular Citizen  
Account No. 03552000006744  
ISFC code: HDFC0000355

or  
Bank: Citizen Credit Co-op Bank Ltd.,  
Branch : Colaba, Mumbai  
Account Name: The Secular Citizen  
Account No. 209003100000489  
ISFC code: CCBL0209003

Please inform us through email:  
[secular@sezariworld.com](mailto:secular@sezariworld.com) or by phone:  
9820485389 after transferring the same.



Subscription Rate:  
One year Rs. 500  
Five years Rs. 2000

Largest  
Nationwide  
Christian  
Readership

29th  
Year of  
Successful  
Publication

The subscription amount can be paid by NEFT, Cheque, MO or by Cash (in the office)

Mail the address to  
The Secular Citizen, 99, Perin Nariman Street, 1st Floor, Fort, Mumbai 400001.

I wish to subscribe for The Secular Citizen

Name \_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_ Country \_\_\_\_\_ Pin \_\_\_\_\_

Tel.: \_\_\_\_\_ Email: \_\_\_\_\_