

RNI No. 56987/92

# THE SECULAR CITIZEN

Vol.29 Issue No.24 ■ (Total Pages 24) ■ Mumbai, 15 -21 June, 2020 ■ Rs. 10

A NATIONAL FAMILY WEEKLY

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# Crises or New Beginning

by Don Aguiar.

**W**e are in the continuous grip of the pandemic, although we are slowly starting to see some light at the end of the tunnel. I only wish that it is not the headlights of a train coming towards us.

Some airlines plan to gradually resume flying their normal routes, but of course, it won't help much if you will have to go into quarantine on arrival or if your desired destination doesn't even allow you to enter. So, yes, it will take a bit of time for sure to get things back to the new normal!

Whatever our personal situation is, we all have been confronted with a disruption of our everyday lives on a scale we never imagined. If we look beyond the actual stress of feeling locked up or the worry about financial survival, this situation offers a rare opportunity for reflection.

India has a sickness so serious, that even its response to the Covid-19 pandemic betrays a fatal infection. Nowhere in the world has a lockdown been as inhuman or imposed with such contempt for the lives of its millions of working poor.

The crises of hunger and hatred that the pandemic has amplified have been incubated in this country by major political parties, policy makers and media. Communalism and Corporate Capitalism have waltz together and we are now seeing the ravages of their deadly dance.

We are witnessing one of the largest humanitarian crises in our history. Migrant workers are stranded, hungry, homeless, exhausted, hurt and in some instances even dead.

India also emerged the only country in the world where lockdown had been imposed wherein migrant

labour revolted en masse to return to their homes by walking. 40 million migrants walking makes it the largest migration in human history and this tragedy even dwarfs what was seen during partition. Apart from a virus pandemic, India now battles a self-inflicted refugee crisis on a scale seen never before!

The cruellest collateral damage was inflicted on the millions of migrant labourers and slum dwellers in our cities. They did not know or hear of such a virus in their vicinity and were not prepared to face the lockdown. It was crucial to have arranged the fastest transport by special trains or interstate buses for the migrant workers to reach their home towns before imposing a long lockdown.

The SC wakes up to the migrant crises 2 months after it was brought to its notice, after hundreds died walking home or in trains without food or water! But they say better late than never.

The state Chief Ministers, instead of caring for migrant labour as Indian citizens, were more interested in getting rid of them. These guys would rather see more numbers of dead in the weaker sections of society & the economy would be affected either way, like every other country, India is no exception.

The Modi government's turning of a health challenge into a human catastrophe and the approval of a large section of India's elite can only be explained by casteism, which grades people on a hereditary of worth and legitimises the brutalization of 'lesser beings'. The lockdown is in effect a caste atrocity i.e. a wilful act of violence inflicted on marginalised castes and invisibilized in the name of halting a virus – the Covid-19 pandemic to Modi governments advantage without moving an inch away from their core ideology of Hindu nationhood.

Servitude for the lower castes, 'social distancing' for the upper, India's response to Covid-19 is resurrecting the worst excesses of its casteist past. The virus will eventually pass but there is no recovering from the collapse of values of solidarity and fraternity which were the moral inheritance of a republic born in the cubical of anti-colonial struggles. They have always only flickered in the world's largest democracy, but now their light is going out.

In moments of crises, it is useful to sometimes visit the wisdom of the past. Some 2300 years ago, Chanakya wrote this insightful nugget, strangely relevant to our current dilemma. "The root of wealth is economic activity and lack of it brings material distress. In the absence of fruitful activity, both current prosperity and future growth are in danger of destruction. In the interests of the prosperity of the country, a king should be diligent in foreseeing the possibility of calamities, try and overcome those which happen, remove all obstructions to economic activity and prevent loss of revenue to the state. A king with a depleted treasury eats into the very vitality of the citizens and the country."

Obviously today the king stands for the government. The message is clear. The government must resolutely fight the pandemic, but also allow the economy, which has moved from the ICU to the ventilator to revive.

Lockdown is an extreme intervention to break the chain of transmission. It has great repercussions for the economy, society and psychology. Lockdown accordingly was to be used strategically only when significant community transmission has started in a country. A tool of last resort.

(Contd.. on p. 4)

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A NATIONAL FAMILY WEEKLY

**Vol.29 Issue No.24 June 15-21, 2020 Rs.10/-**

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

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during the Lockdown  
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(Contd.. from p. 2)

In contrast India gave just 4 hours warning and that too after shopping hours were closed! And used it as a tool of first resort when a country wide lockdown was abruptly clamped down on the night of March 24th with only 9 deaths and 550 cases at that time. Without any evidence of such community spread, arresting people in their homes made no sense.

In its usual way, India was copying measures rich countries take to protect public safety and welfare, which low income countries cannot afford. In other major emerging countries, none advocated total lockdowns because, without the resources to support new armies of the unemployed, closing the economy would lead to more hunger and death.

To confine 1.3 billion people to their homes (for those who have homes) and stopping all economic activities was a needless drastic step - without evidence where the virus was and where it isn't in this vast country, it was a wild shot in the bush even before the game had reached the bush.

India's Lockdown would go down in future Public Health and Disaster Management textbooks as what typically ought not to be done during a pandemic. By abruptly closing down the whole economy of the country, instead of flattening the curve, the Modi government only managed to flatten the economy, putting us back decades...

With only 175 out of 740 Districts having confirmed cases at the commencement of the lockdown, the Modi Government has to date not provided a justification why a countrywide lockdown was deemed necessary and why micro containment as being applied during Lockdown 4.0 was not considered a more appropriate strategy.

The result - India became the only nation in the world to bring her economy to a complete halt. Having done

so, it now becomes extremely difficult to kick start the economy... The irony now is that with India headed for what could be the worst post-independence recession, economic pressure is forcing a retreat to lockdown life, even as the virus case count surges.

It's Hobson's choice whether the lockdown should be lifted. Both options are perilous. Despite time for preparation we will observe the extent of the spread of the virus once the lockdown is eased as the numbers continue to soar because we ended up with the worst of both worlds. On one hand, a porous lockdown makes sure the virus will exist and it is waiting to hit when it is unlocked. The problem is not solved but definitely the economy is decimated. The wrong curve is flattened... not the infection curve, but the GDP curve.

If we persist with the fiction of a new lockdown to tackle the virus, we may end up falling flat between all stools. Neither the virus will be contained, nor will the economy efficiently recover. Besides it is not possible to open up industries without migrants coming back to the labour force.

Chanakya advice was prophetic. If we heed it, we will, indeed be able to cull out opportunity from crises. But nothing is worse for effective policy making, than for the government to remain hesitant, unsure and undecided about where they want to go.

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## New Unity and Solidarity!

The U.N, Secretary-General, Antonio Guterras a Catholic, in an interview with Vatican News on Tuesday 26 May 2020 said:

"This pandemic (corona-virus) should be a 'wake-up call'! This deadly global threat requires a 'new unity and solidarity'! From the very beginning I have been actively advocating this, within societies and among countries. Our response must be based on the protection of human rights and human dignity!"

In December 2019, Guterras, recorded a video message along with Pope Francis at the Vatican. Both urged the importance of "religious freedom, human dignity and environmental protection!" Also, at the end of March 2020, both called for a global ceasefire; so that nations could focus on combating the spread of the novel corona-virus – COVID-19!

"Pope Francis' global engagements and calls for unity, reaffirm the core values that guide our work – to reduce human suffering and promote human dignity! 115 governments, more than 200 civil societies, and even 16 armed groups, have pledged to end violence and promote human values; but mistrust remains!"

The organization, Doctors Without Borders, said on 21 May 2020, "Yemen which is in the midst of a civil war is also on the brink of a COVID-19 catastrophe! What we are seeing at our treatment centers is just the tip of the iceberg!", according to Caroline Seguin, its operations manager.

Doctors Without Borders is an independent medical humanitarian organization that delivers emergency aid to people affected by conflicts, epidemics and natural disasters; irrespective of race, religion, gender or political affiliation.

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



## When is the End Sunday obligation

The Covid-19 lockdown is now in its tenth week but yet the government remains silent on how it will end. While the current emergency makes some home truths unhelpful, explaining where we are going with this lockdown is not one of them.

If as a country we are unable to control Covid-19, the lockdown must continue.

The longer and tighter the lockdown, the less Covid-19 infection will remain to be transmitted to the uninfected population. But how can Covid-19 be controlled after the lockdown ends?

We can hope for some vaccine to come to the rescue but not for many months.

Or we must wait in lockdown for the Covid-19 infection to reduce to a level we can control through increased testing and tracking and so hopefully reduce the infection rate to insignificance.

The important number to watch is the percentage of people tested for Covid-19 who are found positive, a percentage today running at 40 per cent. This is far too high to end the lockdown, not even adequate to properly allow the essential testing of NHS and social workers.

Let us hope we see that crucial percentage quickly dropping in the coming weeks, so to allow a proper test and track programme to begin and thus allow us to ease up on the lockdown and start life once again afresh.

—*Jubel D'Cruz, Mumbai*

While churches are preparing to open their doors and restart daily masses and other church services after a prolonged lockdown of over 2 months, it must be stated that the lockdown has proved to be a blessing in disguise for many Catholics. Thanks to the on-line live streaming of daily masses, which has transformed the spiritual lives of many, who were earlier known to be only 'Sunday Catholics', and for whom now, the day does not end without the on-line mass. With the easing of curbs in the 5th lockdown, it remains to be seen now, how the church copes up with the state guidelines and additional burden of social distancing and the restrictions on the large number of Catholics waiting to participate in the sacramental mass with the receiving of holy communion. Under these circumstances it would be prudent for the church to consider doing away with the Sunday obligation of hearing mass during the pandemic, till the situation comes back to normal. This will avoid over-crowding on Sundays when crowds become unmanageable and prohibited.

—*A. F. Nazareth, Alto Porvorim*

## Loopholes

There are a lot of loopholes in the process of tackling Covid-19 outbreak in India, but we cannot completely blame the government for that.

There are several other reasons because of which even after a long lockdown of three months, the number of cases are still increasing.

If we think about this, considering the present condition of India, we have to say that the country is fighting the outbreak in a very strong and

positive way because ---

1. India's population density is very high.
2. Health infrastructure of India is not very well established.
3. A large population cannot afford basic health at home.
4. Social distancing is just impossible in densely populated towns.
5. The number of cases where people are seen violating the lockdown, moving from one place to another carrying the virus and not cooperating with police, doctor, etc.
6. The high spread rate of Coronavirus is also one of the reasons that has made it very difficult for the India to control it from spreading.

—*Jubel D'Cruz, Mumbai*

### Murder most foul

It wasn't a cracker,  
it was a bomb  
It took a mother's life  
And her calf, unborn

Humanity is dead  
No heart no head  
There's no denying  
We deserve Covid

—*Prof Robert Castellino mumbai*

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## On doing away with

# “We Can Never Say Goodbye To You!”

## Dearest Aunty Linda,

On 31 May you said “good bye” to your life here on earth and to us, your loved ones; the next day 1 June, your mortal remains were interred. As I look back these days since your departure, there is just one feeling that keeps resonating in my heart and in my mind: **‘we can never say goodbye to you!’** Strange as it seems, that is the plain truth!

On the day you died, I wrote a spontaneous tribute to you; in that I highlighted three qualities which epitomised you : **compassion**, that remarkable gift which you had to reach out in love, to one and all- particularly to the lost, the last and the least; **courage**, that special gift you had to walk the unbeaten path, to go where none others dared to go, to be a pioneer, in a world where ‘mission’ is often relegated to a comfortable act; **charismatic**, radiating and exemplifying those gifts which truly come from the Holy Spirit. Just basking in these exceptional qualities means **‘we can never say goodbye to you!’**

You celebrated your golden jubilee of your religious profession in the Congregation of the Daughters of the Heart of Mary on 15 August 2012. It was also your 87th birthday; the Feast of the Assumption and the 65th anniversary of the independence of our country. In my homily on that day, I used an acronym, **‘OLINDA’** for Mary, the Mother of God, saying at the end, *“Olinda as a Daughter of the Heart of Mary, has in more ways than one, tried to imitate Mary, her model in Ownership, Leadership, Interiority, Nurturing, Dedication and Availability. Through her exemplary life, we all know, she has meant so much too so many people all these years from the time she made her first profession in the wake of Vatican II exactly fifty*



*years ago”.* A clear indicator that **‘we can never say goodbye to you!’**

In 2015, you completed ninety years on this earth: no small achievement, besides you were physically rather agile and your memory phenomenal. That day, I compared you with Sarah, the wife of Abraham- who received an extraordinary blessing from God at the age of ninety saying, *“in a world which is plagued with all kinds of ills and problems, a woman like Olinda Pereira comes like a breath of fresh air: ninety years young with deep faith, tremendous fortitude and great foresight! Ninety is the beginning of new life!”* Since you have bequeathed to us that faith, fortitude and foresight means **‘we can never say goodbye to you!’**



BY FR. CEDRIC PRAKASH SJ

The following year in a tribute to you, I recalled that immortal song of yesteryears by Nat King Cole, ‘You will never grow old!’ Among many other things I said in that tribute is **“You will never grow old!”** *Is a sentiment that will be shared by many of your companions, colleagues, family and others whether you were in Mangalore or in New Delhi; in France or in Kenya- you always made friends and reached out to them in very personal and specific ways. You have always been able to communicate a spiritual depth, a great intellectual calibre and a loving warmth which has endeared you to them. For many you are and will always be a priceless treasure”.* Since you will

always be that priceless treasure there is no doubt that **‘we can never say goodbye to you!’**

From the moment people heard that you were ‘no more’, in spite of the restrictions because of the pandemic, many at great risk, came to pay homage to your mortal remains. There have been hundreds of messages and calls from everywhere. Condolence messages also carry tributes to what you meant to people. Social media and well-known online portals have been carrying glowing tributes and even poems of what you meant to people across the years. There is one underlying message in all that people say: that is, **‘we can never say goodbye to you!’**

In a tribute to you in his homily at the funeral rite, the Bishop of Mangalore Dr. Peter Paul Saldanha said, *“our beloved Sr Olinda has done so much for so many people in the field of education, geriatric care, helping those who are struggling and suffering in life, in training and in social work. We should follow her as our role model. Everybody has a good word about her; she was a person who mixed with people irrespective of caste or creed. She has accomplished her mission on Earth, and she will now continue her work in heaven. Thank you Sr Olinda for all that you have done for our people and our city”.* Sr. Philomena D’Sa, the Provincial (South) of your Congregation in her eulogy said, *“As a faithful Daughter of the Heart of Mary Olinda lived the charism of our religious Society by being flexible and available to respond to the needs of the time and place, either by living in the community or out of the community, in the midst of the people as the mission demands of us.”* And in an



(Contd.. from p. 6)

emotional address to you she added, "Dear Olinda by your simple, humble selfless and unassuming service to humanity, you have inspired us". True, **'we can never say goodbye to you!'**

In the last couple of years, you were 'convinced' that your grand-uncle, the Servant of God Msgr. Raymond Mascarenhas, the founder of the Bethany Congregation, was already canonized a Saint. You would vividly 'describe' how the process took place since this Pope had no doubt about the holiness of your grand-uncle. No arguments to the contrary could change your convictions; that however, no longer matters now: we are sure you are with him now in that communion of saints, blessing the Congregation he founded and all of us too. Sr Rose Celine the Superior General of the Bethany Sisters writes about you, *"She was an embodiment of compassion to the poor and the neglected especially women. She committed herself for women empowerment. She had great trust in Bethany and appreciation for us"*. Need we say why, **'we can never say goodbye to you!'**

What you have achieved in this life on earth is simply amazing: you were the visionary and the builder of some of the finest institutions in the country. You were able to help people when they were in dire straits: someone writes from Canada of how a scholarship you helped him get was the turning point in his life. People from all walks of life say that to them you were a friend, a companion, a teacher, a philosopher, a counsellor, a guide, a mentor, an inspirer, a light, an angel, a saint. The profound words and the metaphors used by them to describe the impact you had on their lives easily run into several pages. For us in the family, you were our lodestar, our guiding light, someone we could confide in, a 'mother-figure' particularly after Cynthia, your sister and our mother, left for her eternal reward in November 2010. The world

## Eulogy

As I gaze at the mortal remains of our dear sr. Olinda, I visualize a video of events and memories of my association with her right from the year 1968 till today. I would like to sum up the journey of her life in the following words of Mother Mary " Behold the handmaid of the Lord be it done to me according to your Word". Asa faithful Daughter of the Heart of Mary Olinda lived the charism of our religious Society by being flexible and available to respond to the needs of the time and place, either by living in the community or out of the community, in the midst of the people as the mission demands of us. She had the experience of both forms of life, especially the later form from the year 1998, when she lived in an apartment in Falnir with late Mrs Britto so to be available for counselling services to religious and others, and later on in Valencia " at Vishwas " cottage as Directress of Vishwas trust to serve the senior citizens.

Following the footsteps of the Master who lived for others, Olinda too dedicated her entire life for the Education of young people by imparting professional training to empower oneself and to serve the marginalized, through the School of Social work which was her brain child. Like Mother Mary the daring woman, Olinda worked tirelessly for the empowerment of women, and of course her heart went out with love and compassion to all, especially to the senior citizens, where she negotiated with the Government and managed to get a 24 hour help line for them and also fulfilled her dream of having a Golden Age, Eco village at Fermat for the Senior Citizens. Even when she

recognized your talents and services too: you have received awards and other accolades whilst on earth. For you, those did not matter. You have run the race and that final reward is deservedly yours. In essence though **'we can never say goodbye to you!'**

There much more to say dearest Aunty. I will stop here; when one's heart is full, words really do not easily flow. In writing this, I needed to emphasize that your warmth, your compassion, your selfless service, your humility, your simplicity, your ability to reach out, will always be etched in the hearts and memory of all! You will

was ill during these past few months and confined to bed due to the fall on April 11th followed by a major risky surgery she never, ever complained about her aches and pains but always grateful to the services she received and very lovingly she inquired about others.

She has touched many lives, and lit many lamps which today are shining all over the world serving humanity. May the good work which the lord began in her, be carried on by all those whom she has, taught, inspired and mentored.

I am very grateful to our dear Bishop Peter Paul Saldanha for his hospital visits to Olinda, and today for joining us during this last phase of our dear Olinda's journey to the Father. I appreciate and thank our Parish priest Fr. James D'Souza and team for all the help they have given us. Many well wishers, Family members, friends, staff, members of Vishwas trust, Alumnae, Drs and Nurses, care givers, especially Geetha and Gracy have assisted Olinda and the Roshni community, we are touched by your concern and love, thank you one and all. I appreciate and thank the superior of Roshni community, Vida Sequeira and all the members for your tender, loving care of Olinda.

Dear Olinda by your simple, humble selfless and unassuming service to humanity, you have inspired us. Today as we thank God for the gift of your person to our religious family, and to the larger Society, we pray that the Good Lord who has accomplished His mission in you may reward you hundred folds, and grant you Eternal Peace. Thank you for your edifying life. Rest in Peace dear Olinda.

—**Philomena D'Sa**

live forever! Yes Aunty that is why **'we can never say goodbye to you!'**

Intercede for us from above,  
**Cedric**  
4 June 2020

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A tribute to his aunt **Dr OLINDA PEREIRA**, a religious of the Daughters of the Heart of Mary who expired in Mangalore on Pentecost Sunday 31 May 2020. Further details/photos of her are on the net.  
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\*(Fr Cedric Prakash SJ is a human rights and peace activist/writer.  
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# Should One Go To Church Now?

A week ago religious leaders heaved a collective sigh of relief when they came to know that places of religious worship would be opened w.e.f. 8th June. Some even issued victorious press statements hailing the decision. They had obviously not read the fine print on the distinction between places of worship, and holding of religious congregations.

The cat was out of the bag when the Ministry of Health and family welfare issued its Office Memorandum F No Z 28015/19/2020 – EMR (Pt) dt 4/6/2020, whose directives come into effect from 8th June.

Clause No 1 describes places of religious worship as those that “get frequented by large numbers of people for spiritual solace”. Clause No 3 enumerates “generic preventive measures” that are common to several other public places.

They dissuade those above 65 years of age, or below 10, from attending. The other generic measures include maintaining a minimum distance of 6 feet, masks or face covers, hand washing with soap, use of alcohol based hand sanitizers, respiratory etiquettes, no spitting and encouragement of the Arogya Setu App.

Clause No. 4 specifies additional measures applicable to places of religious worship, like our churches. Some of these border on the stringent or impractical. Sec 1 stipulates that the “Entrance to have mandatory hand hygiene (sanitizer dispenser) and thermal screening provisions”. This would be simple enough if there were just one entrance. But most churches are designed with a naive and wings, sig-

nifying a cross. So they have multiple entrances, which also help in cross ventilation. Keeping all the doors open is necessary, at least at this time of the year. A medium sized church would have 7 to 9 entrances. This would require that many sanitizers and thermal scanners, besides the trained personnel to man them. Section iv asks for prominent display of posters/standees enumerating the preventive measures to be taken. That would be a one-time task, not unreasonable. Section v advises the “staggering of visitors”. This is a serious problem. A church usually has a congregation that worships together, and not a string of visitors. This section says that this should be done “if possible”. It thereby leaves it open to misinterpretation and high handedness by overzealous enforcement agencies. Most Catholic churches are packed like sardines on Sundays. Large parishes already have several services beginning from Saturday evening, and right through Sunday. How much more can



by chhotebhai \*

they “stagger” these services without being at daggers drawn with the Government?

Section vi is even more peculiar. It says that shoes/footwear be preferably taken off inside one’s own vehicle, or be kept in separate slots by the persons themselves. In urban parishes people rarely remove their footwear. Is removing footwear now mandatory? The Memorandum is not clear on this. Other than Christians, all other believers do remove their footwear, but it is only the Sikhs who have a well organized way of storing footwear by issuing tokens. Now they too would not be allowed to do so!

Section x says “preferably separate entry and exits for visitors shall be organized”. This again is alright for visitors, as to a temple; but impractical for congregational prayer/worship as in

churches and mosques.

Section xii mandates washing hands and feet with soap and water before entering the premises. This again is as vague as the Government can be. A premises is different from a building. So are these ablutions to be performed at the entrance gate of the premises, or at the entrance door of the building? Only mosques have mandatory provisions and infrastructure for washing the face, hands and feet. Setting up such an infrastructure in a practical and hygienic manner could take time. The government does not seem to have applied its mind to different scenarios in various religions.

Section xvii states that seating arrangements must have adequate social distancing, that is six feet. However, in most churches the pews/benches are just about two feet apart and seat 6 to 8 persons. We would now have to remove most of the pews/benches, and not allow more than two persons on a bench. In effect this would mean that a church could at most allow only 1/6th of its seating capacity.

Section xv very specifically forbids the touching of statues, idols and holy books! What about the lectionary and hymn books? Would these also be part of the banned list?

Section xvi prohibits large gatherings and congregations. This in effect means that the Eucharistic or large prayer services, including novenas and rosaries, are on the banned list.

Section xvii forbids choirs and singing groups. Only pre-recorded devotional music would be allowed. This is understandable because a choir would not be able to maintain physical distancing. Besides, loud voices would harbour the additional danger of carrying respiratory drop-



lets to a greater distance. St Cecilia had said that the one who sings prays twice. This is just the opposite. Imagine a service without singing. It would be dull and meaningless.

Section xx is the final blow to any hopes of celebrating the Eucharist. It expressly forbids physical offerings like prasad/distribution or sprinkling of holy water. As far as I am aware, only Catholics and Orthodox churches have the asperges. In Hindi Holy Communion is referred to as Param Prasad (actually a horrible translation). This would be banned. What about water used for baptism? This too is prima facie banned.

Ironically Section xxi states that community kitchens, langars, anndaan and food distribution is permissible! So sections xx and xxi are contradictory.

Without going into the merits of congregational or community worship, it would seem that in the present circumstances and guidelines, it would be impossible to organize the same in our churches. Christians are hardest hit, and to some extent the Muslims. But Hindus and Sikhs could easily "visit" their places of worship with minor restraints.

In the circumstances it would not be advisable for dioceses or parishes to rush into organizing congregational worship or community prayer services. Perhaps, the CBCI would do well to seek more clarity on the many confusing and contentious issues in the Government Memorandum. Till such time I would say that our people should simply stay home and stay safe. We are already touching 2,50,000 cases and 7000 fatalities. So as of now, going to church is simply not worth the risk.

• *The writer is a former National President of the All India Catholic Union*

## Government instructions for church

### Terms and conditions for worship in the church;

- 1: - First the church has to be sanitized,
- 2: - Only 10 people can gather inside the church at a time,
- 3: - Church clergy will be required to wear PPE kit, and wear new kit every week,
- 4: - It will be mandatory for all the members of the church to wear masks, and the mask will have to cover the entire face,
- 5: - Each member will have to maintain a distance of 2 yards,
- 6: - It will be compulsory for 2 people to stand at the gate of the church, who will scan the visiting people and take a temperature,
 

Church should have facilities for scanning and taking pictures (machines),
- 7: - No one member will touch the other member,
- 8: - The pastor of the church will stand away and do the work of the church, (prayer, worship, preaching etc.)
- 9: - The pastor of the church will not touch anyone, nor will he bless anyone by touching,
- 10: - Once in the church people will be able to stop and pray in the church for 30 to 40 minutes,
- 11: - After they leave the church has to be sanitized again,
- 12: - Then 10 people can be called with this parikarya, in this way you will be able to run a church with 10-10 people for 5 hours a day,
- 13: - The pastor must remove the PPE kit and destroy it,

Latest from CDC, USA [07/06, 12:10]

## Who is expected to catch corona....

an interesting analysis

### WHAT IT TAKES TO INFECT

To successfully infect you, the virus needs a dose of: ~1000 viral particles (vp)

*The typical environmental spread of activities:*

Breath: ~20 vp/minute  
Speaking: ~200 vp/minute  
Cough: ~200 million vp (enough of these may remain in air for hours in a poorly ventilated environment)

Sneeze: ~200 million vp

#### FORMULA

Successful infection = Exposure to Virus \* Time

#### SCENARIOS

- \* Being in vicinity of someone (with 6 ft distancing): Low risk if limit to less than 45 minutes
- \* Talking to someone face to face (with mask): Low risk if limit to less than 4 minutes
- \* Someone passing you walking/jogging/cycling: Low risk
- \* Well-ventilated spaces, with distancing: Low risk (limit duration)
- \* Grocery shopping: Medium risk (can reduce to low by limiting time and following hygiene)
- \* Indoor spaces: High risk
- \* Public Bathrooms/Common areas: High fomite/surface transfer risk
- \* Restaurants: High risk (can reduce to Medium risk by sitting outdoors with distancing and surface touch awareness)
- \* Workplaces/Schools (even with social distancing): Very high risk, including high fomite transfer risk
- \* Parties/Weddings: Very high risk
- \* Business networking/conferences: Very high risk
- \* Arenas/Concerts/Cinemas: Very high risk

#### RISK FACTORS

*The bottom line factors you can use to calculate your risk are:*

- indoors vs outdoors
- narrow spaces vs large, ventilated spaces
- high people density vs low density
- longer exposure vs brief exposure

The risks will be higher for former scenarios.

**STAY SAFE**

# “Migrants Denied Basic Dignity, Respect”

## Testing Time For Migrants

The coronavirus pandemic has brought out the harsh reality of migrants and their vulnerability in leading life with dignity to the forefront of the nation. Article one of the Universal Declaration of Human Rights and Article 21 of the Indian Constitution provides the Right to Life as a fundamental human right. We as a nation have failed the migrant workers. The casual attitude of the government has pushed migrant workers into hunger, starvation, poverty and deaths. Insensitivity of the political and bureaucratic elites towards the migrants and their lives is evidence of policy failure. It's time for both union and state governments to formulate a comprehensive migration policy so as to address the issues in a systematic manner. The continued denial of right to life to the migrant workers does not augur well for our democracy and the ethos of civilization.

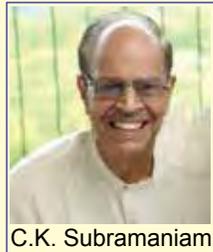
It is now widely believed that the lockdown thrust on India at four hours' notice was a knee-jerk reaction rather than an astute move. The visuals of thousands of migrants-feeble, frail and famished, trudging along highways and railway tracks symbolized a humanitarian crisis that could have been averted with a little planning. Here also, the central and state governments as also the railways failed to ensure smooth travel for them. However, just playing the blame game all the time is not good. Here is a study case. Mi-

grant workers returning to Bihar jump off trains to flee isolation. If it is true then who will guarantee for their life. Solving the plight of migrant workers should be the top most priority of the Indian government in the post Corona era. But educating the migrants is not so easy. Again, when they reach their home or adopted state they are not getting a heroes welcome, instead



they suffer more.

Culvert, Toilets and unfinished ruined buildings. These are all the abodes of migrants who have now become refugees in their own motherland. One estimate says almost 60 crores of population are migrants. The hitherto ruling parties either Congress of 55 years or BJP of 12 years did nothing for the half of the nation. Time has come to search for a suitable alternative. A rude welcome for Odisha's migrants as villages lack basic facilities. And it is very difficult to follow social distancing if it is not being followed at official centres.



C.K. Subramaniam

Is anybody working for free to build

high rises in cities. They are getting paid for their work. So by the same logic Taj Mahal was built by Laborers and not the king who envisioned it? Villages lacking basic facilities are known to them. It's not like they are going back to someone else's place. Why not they try to improve it, just like the way they built high rises. The villages lack the basic facilities because nobody has a vision at the microscopic level of improving villages. Given the first opportunity they will migrate to the city. There are also model villages having all basic facilities to take care of its residents. India and its people should develop villages.

The pandemic will continue for the next half of the year and we should learn to live. States should make provisions for job opportunities for the migrants returning back. Training centres should be opened to make them technically equipped and

learn different types of labour work with or without working on machines. If states have taken proper care then there is no need for making migrant issues to an enormous proportion. The resultant actions and in actions put the whole lot in trouble. Now the city is coming back to normalcy slowly but there is a lack of labourers to get the job work done. Instead of simply blaming the centre, the states as caretakers should have provided a better standard of living and still if they feel it was not enough, then there was a need for their transportation to their home state. In the melee and in the pandemic they are neither here nor there. In all, the migrants denied basic dignity and respect.

# Nurses Deserve More For Their Yeoman Services



Nurses from Kerala, who form the backbone of almost every hospital in metro Mumbai have left in droves, crippling operations at several major hospitals. The contribution of Kerala in the medical field is commendable. In Mumbai and throughout the Country Kerala Nurses are a common sight. With the Nurses from Kerala gone city Hospitals are struggling to cope up with the workload during Covid-19 crises.

Around 300 nurses have gone back to their native and it is reported that all the major hospitals like Jaslok, Bhatia, Nanavati, Lilavati and Hirabandani face shortage of nursing staff. Kerala nurses are well trained and they adjust to the job in the best way possible. A lot of nurses specially from Kerala have resigned. Unhappiness about facilities or perhaps insecurity stemming from rapid disease spread compared to their home state may be possible reasons. We need to strengthen their confidence and incentivise their working conditions,

It seems that more than 300 nurses got infected with Covid and even during the mandatory quarantine period too they were asked to work. This has been the reason for them to leave Mumbai. Valsama Jose, Secretary of All India Nurses Association claimed that some were asked to report for duty and their Parents felt that they would be exposed to risk.

Staffers complain of unhygienic isolation facilities, lack of medical attention from employers, inadequate PPE are the major reasons for quitting their jobs. Moreover the position in Kerala is improving fast and the nurses from that state feel security in their homeland and with the introduction of flights and trains thought it wise to leave the Covid affected city to escape from serious health problems.

Nurses are the most important pillars of the medical fraternity and abroad they are profiled just one level lower than the Doctors but in India they are considered just one level above ward boys. The COVID-19 has exposed our medical preparedness. It is high time that the concerned authorities increase the beds in Government hospitals and also Nursing colleges to increase. It is time that Maharashtra becomes Atmanirbhar with enough Nurses to serve in hospitals.

Praise poured in from all quarters for the nurses, who have been rendering commendable service in fighting the dreaded coronavirus, on the occasion of International Nurses' Day. They celebrated the occasion on a grand scale and paid floral tributes to British nurse and social reformer, Florence Nightingale, on whose birth anniversary International Nurses' Day is celebrated every year.

At many places, nurses lit the candles and paid tributes to those who died

due to COVID-19, and took oath to render justice to their profession and to the society. In some hospitals, nurses felicitated the retired and the senior ones to mark International Nurses Day. But, the Nurses who are serving the patients in COVID hospitals are great. Nurses are facing many troubles at homes and in the localities they are staying.

Nurses care for patients like a doting mother. Nurses should be compensated with high salaries and should be allowed to have more time-off. Also, make the nursing job more lucrative so that more people take up this extremely responsible job. Men should also try to match women and learn nursing. Presently, India has very very negligible number of male nurses.

Patient satisfaction is first and foremost. And nurses are doing their best and keep the patients in good humour. Hospitals should recognize and reward nurses who provide exceptional patient care and fantastic presence of mind. This can be in the form of on-the-spot recognition, achievement-based awards and team awards for total team work. Nurses deserve more for their yeoman services to the society.

**C.K. Subramaniam**

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# Protect children from the Internet

Online classes have become a must for every child in this Covid-19 pandemic period. Online classes have become a go-to solution and have helped educational institutions to an extent to mitigate the consequences of Covid-19. Overuse of digital devices and too much exposure to the Internet, experts and psychologists fear can harm young minds. Even UNESCO and UNICEF have expressed concern regarding this. UNICEF has stated that millions of children are at increased risk of cyber menace as their lives move increasingly online during the lockdown in the Covid-19 pandemic. They can be exposed to all sorts of cyber crimes particularly, cyber-bullying and even fall into the hands of sexual predators as children, especially teens.

While travelling in a train I saw a lady sitting opposite to me with a 6 year old kid. They both were reading books seriously. Astonished by seeing them, I curiously asked the lady; mam nowadays even smaller kids are playing with smart phones but this kid is reading. How did you make him do that? The Lady calmly replied that most of the kids are not listening parents, they only copy us. And this is what I adopted. A small sentence... but a deep meaning. We all parents must think and try to follow.

Reading is one of the most fundamental skills children need to learn to be successful. Not only do good reading skills benefit students academically, they are also a skill required for lifelong success. Reading develops vocabulary, increases attention span, and promotes stronger analytical thinking. The key to encouraging reading habits in kids is reading with them at home from a young age.

Increasing interest in the Internet is



very much intruding and the youngsters fall prey to the web world. Even advertisements are screened showing a youngster sitting and operating his mobile. So the online culture is groping the children to darkness. The young generation sit late hours to browse through the net and gather good as well as bad information through their search and thus losing valuable sleep in the late night hours.

In the high competitive world students are striving hard for success. As the stakes are very high the younger generation vie for top honors and social media is playing a pivotal role in making their dreams come true. So, blaming the youngsters for their inclination to operate the Internet is given a chance in the days of virtual learning. Whatever you mention in social media is passing through to people faster than light and one should take proper care before posting messages in respect of sensitive matters.

There is no question of doing it knowingly or unknowingly but make sure before you do controversial postings in social media. Misuse of Password and hacking are part and parcel of the present day working. A number of cases are referred to the Economic Offence Wing to get clarity and justice of such financial frauds taking place in

the Banking Industry. In this context, the young generation should mind it not to enter into such cyber crimes and lose their credentials in the society just to make a few thousand rupees. The greed may land them behind bars.

Diverting the children's mind for different options can give them a better prospect. At times the evil mind turns to cyber crimes and the number of offences is on the increase as per Crime Records Bureau. This is a very bad precedence as we expect that the young generation is the future of our country. It is indeed a matter of great concern and thus we as parents should desist the youngsters from falling prey to this habit. Parents and teachers have to be double vigilant in this matter. They can very well have open talks with youngsters and warn them of such dangers.



*Jayanthy Subramaniam*

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# An anguished musing by a resident of Mumbai

Where will I go ?

For the last 2 days, all my trusted soldiers - carpenter, fabricator, plumber, electrician, mason, auto driver, *istriwala*, have been leaving ..... some with their families as well.

Somewhere I feel that they are not leaving on their own volition - it is our Mumbai that wants them to leave, much like unwanted guests.

But they were not guests. Mumbai is as much a city of migrants, much as it is yours and mine.

The only sons and daughters of the soil have been the Kolis ( the fisher-folk) and *rest all of us are migrants - do we realize that ??*

White collar, blue collar, red collar, tattered vests.... .. we make the city.

The city was never wanted. Which is why it is the only city, may be in the world, which was given away as dowry - on 11 May 1661, as part of the marriage treaty, Bombay was placed in the possession of the British Empire, as part of Catherine's dowry to Charles.

Yet the city rose in prominence and eminence as migrants swamped the swamps- the *Khadis*.

They came in hoards so much so that even the sea had to be reclaimed to make space for them.

- Some live in Antilla,
- Some live in Mannat,
- Some live in NCPA,
- Some live in Jalsa
- Some on Napean Sea Rd

- Some live in sky-scrappers in Cuff Parade

*but* the majority lives in Clusters at Dharavi, Mankhurd, Vashi gaon, Kopri gaon, Ghansoli, Vasi naka, Mira Road, Jogeshwari, Chembur, Kandivali, Nerul.

\* Every brick in Antilla was laid by someone who maybe, lives in Dharavi;

\* The valet who parks your car at the Taj lives in Lal maati;

\* The crisp ironed clothes you wear were probably ironed by someone who is now walking towards his village in Gorakhpur;

\* The chair in which one is sitting on to trade in shares was built by someone who is now jostling to get on to the train to Jaunpur.

Some came to bid goodbye to ME

No, they didn't come for help.

Just like you, they too are humans, but certainly have a little more self respect than you or I'll do.

They will not beg, they will not steal on their tax, they will not schmooze with you for benefits.

They would rather die of hunger or perish on the road to home.

- As the state relinquishes it's responsibility ;

- As the middle class herds themselves together in the comforts of their home and refuse to pay the maid her salary, but lament at daily bulletins of new cases registered in last 24hrs ;

- As the whirling air conditioners in

the rich homes drown the outside chaos and

- As the uber rich lock their share values and swirl their whiskeys..... while they discuss " Social Distancing" norms,

Me ?? - I keep washing my hands because the blood doesn't go.

I sanitise, I soap, as :

- I see Kanhaiya packing up with his 2 month old son in arm, and wife gathering their tattered clothes to tie in a bundley

- As Aslam checks his phone for the call from the police station for his train,

- As Ranjit keeps going to the police station to check the status of his form,

- As Chand asks my advice, if he should leave on foot, or the lockdown will open and he can earn again;

- As Javed wonders what to do since he has nothing left in his village,..... the Dharavi CCTV was his only home.

And I keep washing my hands - for the blood doesn't go.

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# Dr. Olinda Pereira - A heroic social warrior.

All over the world people familiar with this great Icon of human compassion, were plunged into deep grief on May 31 at her death in Mangalore. Communication platforms were overflowing with the sad news that Sr.Dr. Rita Olinda Pereira, had passed on from this earth where for 95 years she was loved, admired and looked up to by countless people from all walks of life for countless reasons in all seasons. Thousands of people high and low, naturally give accounts of close encounter/association with this great Icon of humane social action - but, in truth while she belonged only to her 'Master on High', she gave a place to all humans in a motherly embrace that brought harmony and peace deep in heart, mind and body. Surely there is much joy and festivity in that promised land where she was always headed to, an angel among angels. Her memory will be deeply etched in millions of minds, and may be gradually forgotten but never erased for centuries.

In India and overseas, she will always be seen as a pioneering social work educator, innovator, inspirer, mentor and more. Sr Olinda Pereira, a member of the Daughters of the Heart of Mary (DHM) congregation, a band of humble prayerful workers, was the key founder of the famous School of Social Work, Roshni Nilaya, Mangaluru, and served as founder principal from 1961 to 1982. This great heroic lady was a true 'sister' to countless simple down trodden and suffering, as well as to higher ups. Her services in Delhi, Manila, Canada, Nairobi and so on gave her extensive knowledge to build on. She made Kanara a cradle of social work and learning to needy humans, through several facets unknown half a century ago. She



was singularly an instrument causing a powerful induction to weak humans with special emotional needs and nothing prevented her from motivating thousands of volunteers through social action and education. Her simple last farewell was a landmark in the times of "Lockdown", funeral rituals were held in the afternoon of June 1, 2020, at Roshni Nilaya, followed by burial at near by St. Vincent Ferrer Cemetery, Valencia amidst strict regulations in force, since early morning that day hundreds of admirers filed past her remains in a refrigerated casket.

Olinda, as all knew her, was born on August 15, 1925, the third of three children of Martin and Lily Pereira, in Mangalore, a renowned family of Falnir. She completed her bachelor's course from Mangalore's St Agnes College, master's in psychology from Banaras Hindu University and doctorate from Mysore University.

Dr Pereira played a unique role in developing professional social work as a dignified mission, highlighting

social justice and equality; her initiatives prodded and motivated the Church to renew its traditional concepts on social reform. A former master's student of Roshini Nilaya, said Dr. Pereira was "fondly remembered as the mother of social work by several of her students and the general public in Mangalore and many other places." Sr Pereira's involvement in many civil organizations was vast, right from women's education to social upliftment of the rag pickers and drug addicts. Sr Olinda was instrumental in organizing the Council of Catholic Women of India.

"Love Made fruitful in Service" was the motto of one of many institutions/organisations she spearheaded and the words deeply set forth her sentiments and desires as a foundation of all her actions and service. She started several grassroots institutes such as Working Women's Hostel and Women's Development Centre in New Delhi, Vishwas home care for the elderly, community development centers, family welfare organizations, and many other organisations in Mangaluru. Her work for welfare and care of elderly is iconic in the region and she was well known in Govt /official circles. It was her sole effort that near 20 years ago the "Elders HelpLine -1090" was set up in the city police HQ premises. Later when she was physically weak and was not able to hold her grip; some with several divers motives got control of the good works and as is well known among our 'superior' circles, integrity became a casualty. She was often worried that finance from official sources was not regular, fair and sufficient.

Her awards and appreciations are countless, among the several



(Contd.. from p. 14)

awards she won are Mahatma Gandhi Peace Award from McMaster University, Hamilton in 1979, Women Achiever Award from St Agnes College in 1997, Sandesha Award for Social Service in 2002; Rachana Woman of the Year in 2008, Karavali Honorary Award 2015-16.

The Mangaluru community has expressed its appreciation to Dr. Pereira's long service, by conferring her the prestigious Abbakka award by the Veerarani Abbakka Utsava Samiti in January 2011. The International Institute for Public Policy (IIPP) recognized her as the Outstanding Community Leader for the 2013-1014 year. Dr. Pereira was also honoured with the privilege of inaugurating the International Day Against Drug Abuse on June 26, 2014.

As a result of her tireless work she set up a number of community outreach service agencies such as the Urban Community Development Centre, the Fibre Centre, School for the Blind, Home Science Institute, Family Service Agency, and Anganwadi Training Centre around Mangaluru. Golden Age Eco Village, a comprehensive community-based care for the elderly was her dream, Dr. Pereira said, "there should be a law which enables Right to Dignified Death on the lines of the Right to Education and Right to Information ". Olinda Periera has been a tremendous source of inspiration to hundreds of young men and women. Olinda Periera is synonymous with selfless service to humanity. May the day dawn when her wish will be a reality not only here, but all over this wide world in need of care and concern.

**- Compiled :  
Ivan Saldanha-Shet.**



Doctor: How did you fall into the gutter?

Alcoholic patient: What can I say, doctor. There was a manhole, without a lid and I mistook it for a social distancing circle.

— Jubel D'Cruz,  
Mumbai

\*\*\*\*\*

Today I saw one sticker on a car, \*Ex. Covid 19 Patient\* I was amused to see this sticker & as a curiosity, I enquired, when stopped at the signal, he said, \*Sir, seeing this sticker no Police man now dares to do Alcohol Breath Analysing Test\* Indians convert adversity into opportunity...

### Classic example of honest politician..

A Businessman went to see a politician to get his work done.

He said "Sir, we want to present you a \*Brand new car\* in lieu of the approval for our work"...

Minister : No .... No ... No.... I don't want to get it free. I want to give some money for this car .....

Businessman after high persuasion agreed and said okay sir ! Please give one rupee.

The minister did not have change and gave two rupee coin.

Businessman jokingly said : sorry sir, I have no change of one rupee to return ...

Minister : No problem.....  
You give me another car for \*my wife\*....

\*\*\*\*\*

### Quarantine Travel Puns

\*Oman\*, I really can't wait to \*Rome\* around.

\*Venice\* this going to get over?



You can't say when this lockdown will be over, \*Kenya\*?

Quarantine has made my \*Delhi\* routine too boring.

I've been \*Washington's\* of utensils.

This \*Spain\* is real.

Stay home, stay safe. What's the \*Russia\*?

Maybe \*Indore\* is not such a bad place after all.

Wives are now \*Cochin\* their husbands new skills (dish washing, mopping?)

At this rate, I see my savings \*Dublin\*

I've decided to finally wear my \*New Jersey\* which I've been storing for ages

\*Mysore\* throat is on account of endless Zoom chats these days.

We need all the \*Lucknow\* more than ever before..

I'm sorry, but \*Iran\* out of travel puns.

\*DUBAI\* your masks and gloves and wear them

\*\*\*\*\*

Boss : We are very keen on cleanliness. Did you wipe your feet on the mat as you can in?

New Employee : Yes sir.

Boss : We are also keen on truthfulness. There is no mat

\*\*\*\*\*

Father : Son, success is when your signature turns into an autograph.

Son : No dad, success is when my signature turns into Black Label or Chivas Regal.

\*\*\*\*\*

### JERRY IN THE HOUSE

Girlfriend : Baby, I am in big trouble.

Boyfriend : Why is that?

Girlfriend : I saw a mouse in my house.

Boyfriend : Oh, well, all you need to do is use a trap.

Girlfriend : I don't have a trap.

Boyfriend : Well then, buy one.

Girlfriend : Can't afford one.

Boyfriend : I can give you mine if you want.

Girlfriend : That sounds good.

Boyfriend : All you need to do is just use some cheese in order to make the mouse come to the trap.

Girlfriend : I don't have any cheese.

Boyfriend : Okay then, take a piece of bread and put a bit of oil in it and put it in the trap.

Girlfriend : I don't have oil.

Boyfriend : Well, then put only a small piece of bread.

Girlfriend : I don't have bread.

Boyfriend : Then what the hell is the mouse doing at your house?

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# The Legacies Of Fatherhood

*"You don't raise heroes, you raise sons,*

*And if you trust them like sons,*

*They'll turn out to be heroes,*

*Even if it's just in your own eyes."*

- Walter Schirra, Sr.

Legacies of Fatherhood are planted with love and built with love. There is nothing when there is no love. A father is affectionate, caring, even tempered and encouraging. He is the average person, a hard worker and often not rich. He has a small family in an ordinary home, he might have a normal hobby and a kind personality. His closeness to the children deserves praise as he guides his children gently, yet firmly. A role model father is often self-sacrificing, motivated with a deep sense of love for his wife and offspring.

The apostle John said: "The father loves the son and has entrusted everything into his hands." (Jn. 3:35).

"My father gave me the greatest gift anyone could give another person, he believed in me." Jim Valvano.

In Christian history the focus on God the Father as an angry God was greatly misunderstood by followers of the Old Testament. Jews portrayed God as being ever present to punish and reprimand if they broke His word, yet, the Bible in the New Testament speaks of a God of love and forgiveness.

For centuries Christian parents followed the teachings of Jesus as the

Father, a role model who instructs children to be pious, faithful, truthful and spiritually strong in all that God the Father expects of his children. The same children grow and understand the values of fatherhood to teach their children love, charity, sharing and caring in the reality of Christian fatherhood.

Sent by the Father and obedient to His Father's will, Jesus came and instituted a new covenant, giving His blood to save sinners and to bring together Jews and Gentiles as one people, not in the flesh, but in the spirit. Christ is the light of the world and the salt of the earth. (Lumen Gentium). Jesus healed the misunderstanding of an angry God. He spoke of God as a loving Father, forgiving, kind and always prepared to listen to our problems. "I and the Father are one," said Jesus. "Anyone who has seen me has seen the Father." (John. 14:9).



BY MELVYN BROWN

Father's Day is an international celebration, a day dedicated to fathers' every 3rd Sunday in June. In Germany, Father's Day is celebrated on the same day as Ascension Day.

In Spain, Portugal and Italy, Father's Day is when the family thanks the father for his work, love and dedication to the welfare of his family and home.

The gift of fatherhood is plainly seen in the memories and music of Lisa Presley, who makes a tremendous effort to keep her father's legacy alive. When Elvis Presley died his daughter Lisa was nine years old. Today, Lisa spends her life to promote the story of her father on and off stage.

Bernice King, the youngest daughter of Martin Luther King Jr. was 5 years old when her father died, shot and killed on April 4, 1968. Martin had four

sons, three are alive, and with their sister are determined to further the vision of their father. Their mother died in 2006. Like the father, his children have become leaders in their own way at the Martin Luther King Jr. Center for non-violent Social change. They speak on social problems on every occasion.

Charles Kettering once said, "Every father should remember one day his son will follow his example, not his advice."

How proper can one be in the stewardship of fatherhood, in the gift God has given for the construction of His kingdom on earth, for building His Church through the goodness of father's who stand by the norms of life and the teachings of the Church? Most fathers' are good men who do their best to inspire the young. And that is what God wants.

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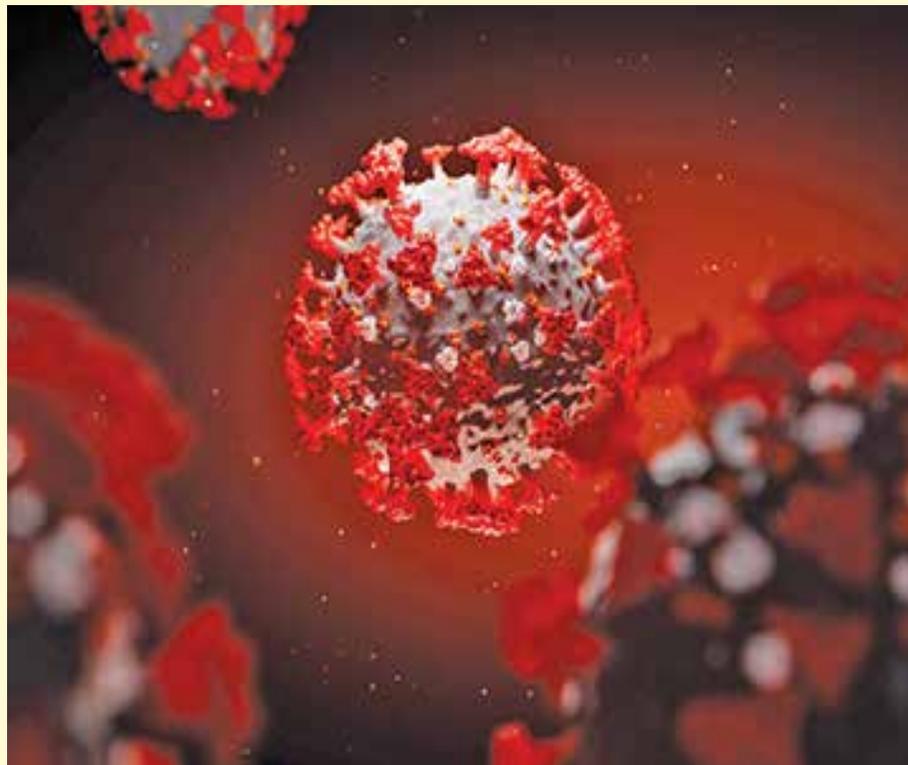
# Pandemic A Punishment Or A Blessing In Disguise

I know a lot of you think that the whole concept of 'Manifestation' is new age fluff - and perhaps some parts of it might be. Yet the core idea underneath it is very very simple. It is the basic premise that "We create our Reality - Individual and collective". Why both? Because while we can separate ourselves from others at the level of bodily definition, when it comes to our thoughts, emotions, and energetic fields we are way more interconnected than meets the eye. This is what research in neuroscience electromagnetism as well as quantum physics shows us.

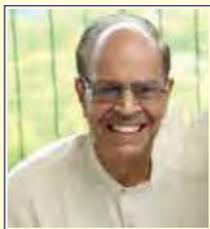
The scientific mechanisms behind that is not yet fully conceptualized to be laid out in clearly testable hypotheses but the core logic is crisp and pure and lends itself to easy self-experimentation. Self experimenting on managing my own inner world and self-experimenting on managing the energy fields and flows around me and observing what changes show up in my external reality - the reality of observable matter.

My own personal experience and study has left no room for me to doubt the core idea - we do indeed create our reality. Now you might ask me - if this is so then why we have not been able to create a reality for ourselves which is like one in a perfect fairy tale? The answer is three-fold (a) The art/science/skill of managing thoughts, emotions and energy fields is something we are still learning and continuously upgrading our knowledge.

The notion of "perfect fairy tale" itself is not a static well-defined idea - it is



fluid and changing and growing - influenced by many forces and so even my own notion of 'perfect' if at all we chose to hold on to one, is growing and evolving as we grow and evolve.



C.K. Subramaniam

Given the simple dynamics of the core idea - "we create our reality" why are we surprised by things like violence or the pandemic we are now seeing in our observable reality? We have been creating these for a long time - through our choices of what interests, excites and entertains us. Through what we show our value for through our attention and minds-eye and repetition. You want proof - look at the movies and the rhetoric and narratives and stories we have been writing and creating and repeating.

The artist creates first in his or her

head and then on canvas. We create first in our thoughts and emotions and energy fields (we do this even as we contemplate or give our attention to another persons creation energetically) and then that creation shows up in our reality. The physics of creation has no value judgment about anything - creation is just like pure art - value free! We can paint whatever we want - white, black, red, flowing, geometric, sharp, rounded. And it shows up the way we paint it - violence, flu excitement, panic, fear, horror, passion, abuse, whatever we want to see more of - whatever interests us, whatever engages us.

Seriously, if flu pandemics and violence and abuse and horror did not interest, thrill, or entertain us then why did we create (and consume through our popularity votes) such



(Contd.. from p. 18)

movies and stories and narratives? Let's be honest - these are emotions we actually 'like' or at least are drawn to (and therefore find attractive and interesting) at a subconscious level. In Ahmedabad a father-son duo dug a well of 16 feet during the corona pandemic.

So now what? Do we just fold our hands and sit? We could if we wanted to. Do we keep blaming one another for having co-created what now feels intolerable to many of us? We could if we find the blame game entertaining or engaging. Or we could step back into acknowledging ourselves as the potent artists and creators we be and decide to start using our creator's toolbox (thoughts, emotions, energy fields and energy flows) to create what we find beautiful and more palatable in the future.

Our now is extremely important to acknowledge. It is an indicator of what we have been doing with our creative powers so far. But it is just that. Nothing more, nothing less. If we cling to it we will only reinforce and create more of it. Imagine putting copy-paste on a loop and re-pasting it every time you repeat and re-consume a news item reporting violence or a panic based viewpoint related to the flu.

The good news is that we can create otherwise. It is possible. It takes a bit of discipline and a bit of practice with managing our thoughts, our emotions, and our energy fields and flows. Mostly however what it takes is your personal choice. It also really really helps if you can do this as play, as creation, as art - taking a non-judgmental approach to what you have created so far. Because the more we are in judgment the more we are actually energetically attached and limited by the structures and details of what we created in the past and so the less imaginative and fluid and potent.

We can be when painting the strokes with which we want to create our future. And believe me, our toolkit consists of thoughts and emotions and energy flows so if you sacrifice your joy, your happy cheerful self because you are mourning your past creation then your creative powers are only a shadow of what they could be otherwise. This is what we are discovering again and again. Experiment with yourself - you have your own personal toolbox to start with a right and an appropriate approach.

So if we don't like what we are seeing in our collective reality today, why not pick up our creators' toolkit and start creating! That is one creative and constructive way we can respond to what we are seeing and experiencing. You could debate this idea philosophically forever or even wait for science to catch up and prove how this happens - and that might take a long long time. Or you could decide to just experiment with this core idea and as your initial experiment results show up you will yourself be motivated to take greater charge of your creative potency. Pandemic is not a punishment but take it as a blessing disguise.

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## Bishop Kneeled in Prayer for George Floyd

CNN reported on 06 June 2020, that Catholic Bishop Mark Seitz had no idea that his 'act of solidarity' in El Paso, Texas, would be met with a phone call of gratitude from Pope Francis.

With eyes closed, mask covering their faces, white roses in hand, and handwritten signs that read, "Black Lives Matter", Bishop Seitz and 12 other priests from the Diocese of El Paso knelt in silence for George Floyd, a black man who died in the custody of Minneapolis police after an officer knelt on his neck for the same amount of time.

"Frankly, what I did with others, and what I have said, is only a very small way to take part in what so many are doing in their peaceful protests", Bishop Seitz said. Two days after the clergy's prayer, Bishop Seitz had just finished celebrating Mass when he received a call on his mobile from the Pontiff who spoke in Spanish.

"Through me, he is expressing his unity with everyone who is willing to step out and say, 'This needs to change. This should never happen again. Whenever there is lack of respect for human beings, where there is judgment based on color of their skin, this has to be rooted out ... Whether in law enforcement, in business, in government, or in any aspect of society, this has to change!' And now we know very clearly that this is the prayer of the Holy Father!"

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

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**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 :

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**7149 GUJRAT :** Anglo Indian Catholic Spinster, (Born in July 1991), Ht. 5'2", Wt. 60 kgs, Wheatish Complexion, Edn. MBA, PGDM., working. Contact email : barnes.rufina@yahoo.com

**7148 MUMBAI :** Smart, goodlooking, Roman Catholic Spinster, (Born in November 1993), Ht. 5'2", Wt. 40 kgs, Fair Complexion, Edn. H.S.C., having own business. Contact email : teresa.joseph.1993@gmail.com

**7147 MUMBAI :** Goan Roman Catholic Spinster, (Born in July 1992), Ht. 5'4", Wt. 65 kgs, Fair Complexion, Edn. MBA Finance, working as a Fund Accountant. Contact email : stefasha09@gmail.com

**7145 MUMBAI :** East Indian Roman Catholic Spinster, (Born in December 1992), Ht. 4'11", Wt. 50 kgs, Fair Complexion, Edn. M.Sc., Lecturer by profession. Contact email : andrea210358@gmail.com

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2", Wt. 58 kgs, Wheatish Complexion, Edn. M.Com., working as a Sr. Manager. Contact email : harryanthony.7@gmail.com

**6868. CANADA :** Goan Roman Catholic Spinster, (Born in January 1992), Ht. 5' 4", Wt. Medium, Wheatish Complexion, Edn. M.A., HR Toronto and International Business Management Toronto. Only U.S. and Candian Citizens from good family background apply. Contact email : sugarlog2009@hotmail.com

**6690. MUMBAI :** East Indian Roman Catholic Spinster, (Born in December 1986), Ht. 5' 2", Wt. 54 kgs, Fair Complexion, good looking, smart, intelligent, Edn. CS., LL.B., working as a Asst. Company Secretary. Seeks a suitable educated and well settled bachelor. Caste no bar. Contact email : joylinafaroz@gmail.com

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**6958. 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

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# Are We Justified In Opening The Churches For Holy Mass?

**T**he death count in India has nearly doubled in the last seventeen days. The number of infections is now twice what it was fifteen days ago, and given the rate of growth in this period, could hit the 300,000-mark by next Thursday. The number of new cases of novel Coronavirus in the country is going up almost every day. Between May 15 and May 20, about 4,000 to 5,000 cases were being discovered every day. For the last three days, between 9,000 and 10,000 new cases are being detected.

When these figures are scary, the places of worship are opening to welcome the faithful. The situation in a church is not the same as in a temple or as in a mosque. The faithful in the church spend more time together during holy mass. The CBCI has sent a circular that the Sunday mass may have to be restricted for one hour and daily mass to 30 minutes.

Those who are ill due to COVID 19 infection to those who are tested positive and in quarantine may not attend the holy mass. The ICMR has reported that for every symptomatic case there are two asymptomatic cases that can still transmit the disease. There can be a few people who

are in a presymptomatic period who shed more viruses than a person who is sick.

When you spend one hour on a Sunday holy mass, just imagine an asymptomatic (infected) person or a person in a presymptomatic phase sitting in a bench next to you with or without maintaining social distance. The church might have been disinfected before the mass. All precautions might have been taken. He or she may be wearing a mask, but you may not know that he /she lowers the mask because it is suffocating to wear it continuously. Moreover many of the ordinary masks may not prevent droplets with virus spreading out. Unknowingly you can be infected. One can also get infected through the furniture inside the church, railings, door knobs etc where an asymptomatic or presymptomatic person could have shed the virus. If you happen to use the wash-room in the church premises, the chances of infection are high unless it is properly disinfected.

When spending time in a crowd can be so harmful are we justified in opening the churches for holy mass? The faithful are so conditioned that they feel it is a sin if they don't attend a Sunday mass! Some faithful are so obsessed to

attend the mass and feel God will save them from infection. I am not against their faith or belief, but is it sane to accept this? Will it be possible to send the faithful who has come to the church for mass, because the church is full? We will be allowing them to find a place inside the church.

In many of our churches, the priests are above the age of 65. Some of them have one or other ailments which may be risky. Remember the priests who died in Italy.

I feel our church leaders should not allow the people to gather for prayer till the pandemic is settled. We have waited for 10 weeks; let us wait for another 10 weeks or more till the rate of infection comes down. Let the faithful pray from home. Many are comfortable with online mass. Their faith has not dwindled because they could not physically attend a holy mass in a church.

The faithful should be careful to protect themselves and the vulnerable at home. You might get the virus, remain asymptomatic, but you can give it to all at home-aged, young. The virus can infect everyone but it harms only a few.

*-A concerned faithful*

# Dr. Prema is HOD at Yenepoya M'luru

**A** medical doctor and academic, well known in Medical Circles, Dr. Prema Saldanha, has just been appointed Professor & Head, Department (HOD) of Pathology, Yenepoya Medical College, Yenepoya (Deemed to be University) in Mangaluru, a prestigious appointment. Dedicated to Medical education for over two decades the medical fraternity sees this as a positive development. Her strong Mangalore background, it is indeed a matter of pride for the city.

Dr. Prema is highly specialized from renowned institutions and is known to be very competent in the field of Pathology; she holds several premier degrees : MBBS - St. John's Medical College, Bengaluru, MD (Pathology) - St. John's Medical College, Bengaluru, DNB (Pathology) - St. John's Medical College, Bangalore, MNAMS (Pathology) - National Board of Examinations, New Delhi, PGDHOM (Hospital Management) - AIIMS, Chennai, ACME (Advance Course in Medical Education – formerly called FIME – Fellowship in Medical Education) Christian Medical College, Vellore.

She is looked up to and admired for her expertise by her institution, peers and students. Glancing at her services in this context, it is clear that she has served in renowned medical colleges : Launched out as Lecturer, Fr. Muller's Medical College, then, Assistant Professor /Associate Professor : Kasturba Medical College (KMC), Mangalore, Associate Professor: Yenepoya Medical College, Professor : Yenepoya Medical College - from September 1, 2006 and now from June 1, 2020 as HOD - Head of Pathology Department.

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sity, Improving the teaching of Pathology by Innovative Techniques, Clinical orientation to the teaching of Basic Sciences, Development of learning objectives for outcome-based education, Use of electronic resources in medical teaching, system which is now looking to gain prominence is a big way. Dr. Prema gives special attention to research guidance, she presently guides 19, MD Dissertation students and two PhD Thesis scholars. She is part of various administrative committees contributing to many in-house activities consistently. There are several too numerous to list here, she also is office bearer in several medical bodies. Dr. Prema Saldanha in her capacity as a senior professor in the Medical college involves herself in numerous activities.

Prof Dr Prema Saldanha, is the elder daughter of a renowned medic of Fr. Muller's medical college Hospital and a pioneer homeopath Dr. V T D'Souza, who was practicing until recently, on a sabbatical now he is a medical icon. Her mother Mrs. Irene

Lobo, from a Falnir family, was for a long time an officer with Syndicate Bank. The family is highly respected in catholic and civil circles of Mangalore. Dr. Prema's sister Ms. Shanta, (married to Dr. Alexander Martin), is CEO of Pentagon Group, a global Integrated Logistics operation in Mumbai. Dr Prema's husband - Dr. Julian Saldanha, is a key medical person in focus at Govt. Wenlock Hospital, Mangaluru, being the popular 'Resident Medical Officer' (RMO) - now in the pandemic war. As of now both are contributing at the forefront of the 'Corona War'.

It is a matter of pride and admiration, to note that Dr. Prema will uphold and enhance renowned standards making Kanara scholars and professionals to be highly esteemed, appreciated and trusted in the highest terms at home and Globally in the all vital medical field now and in the future through the high quality of specialist doctors that will result.

**- (Ivan Saldanha-Shet. as per official information).**

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