

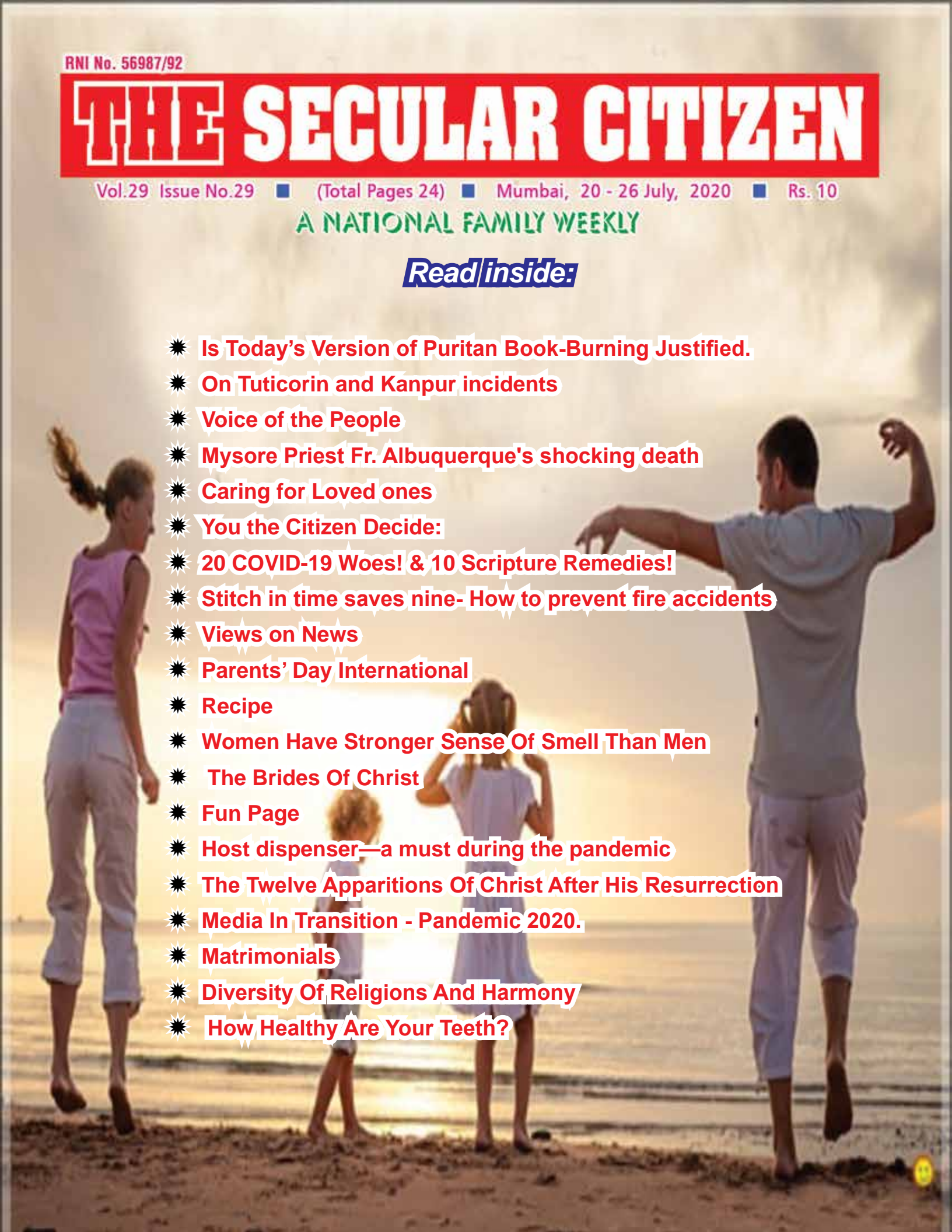
THE SECULAR CITIZEN

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A NATIONAL FAMILY WEEKLY

Read/inside:

- ✦ **Is Today's Version of Puritan Book-Burning Justified.**
- ✦ **On Tuticorin and Kanpur incidents**
- ✦ **Voice of the People**
- ✦ **Mysore Priest Fr. Albuquerque's shocking death**
- ✦ **Caring for Loved ones**
- ✦ **You the Citizen Decide:**
- ✦ **20 COVID-19 Woes! & 10 Scripture Remedies!**
- ✦ **Stitch in time saves nine- How to prevent fire accidents**
- ✦ **Views on News**
- ✦ **Parents' Day International**
- ✦ **Recipe**
- ✦ **Women Have Stronger Sense Of Smell Than Men**
- ✦ **The Brides Of Christ**
- ✦ **Fun Page**
- ✦ **Host dispenser—a must during the pandemic**
- ✦ **The Twelve Apparitions Of Christ After His Resurrection**
- ✦ **Media In Transition - Pandemic 2020.**
- ✦ **Matrimonials**
- ✦ **Diversity Of Religions And Harmony**
- ✦ **How Healthy Are Your Teeth?**



Is Today's Version of Puritan Book-Burning Justified.

by Don Aguiar.

When society is divided and tensions run high, those diversions play out on social media platforms which hold up to mirror society. We have reached a watershed moment: either the government guarantee the rights and freedoms to all, or we will risk allowing a small group of right wing communal ideologists to dictate the lives and interests of the rest.

People have said that India needs to have an honest conversation about the guarantees offered in our Constitution to the minorities and to caste and race. Is this what the government has in mind - Censorship is to art, news and cultural output as lynching is to justice – this drama of spreading fake news, riots, shop burning, window smashing's, escalating murder rates and the distant thunder of editorial boards?

George Orwell said; "He who controls the past controls the future. He who controls the present controls the past." While politic determines the control of the present, history determines control of the past. It's about time we freed them from the shackles of one sided narratives.

Years ago my priest friend had dedicated a new parish to St Peter. A woman wrote to protest: "Why would you name a Church after such a coward, a sinner who denied even knowing the Lord when Jesus needed him the most, at the hour of His arrest and crucifixion?"

Knowing her and what parish she was from, my priest friend wrote back, "But you are a proud parishioner at St Mary Magdalene Church she was not sure a paragon of virtue for a chunk of her life. Yet, by God's grace, she became a radiant inspirational saint. If we can't name Churches after sinners

the only titles we'd have left would be Jesus and His mother!"

Isn't the same true of India's historical personalities? All of them had flaws, yet all of them still contributed a lot of good to our nation's progress. India's true heroes are those who fight to preserve order, deliver us from evil and ensure all Indian's are treated equally. Pro secessionists who split the nation in two and killed so many of their countrymen don't deserve to be honoured.

Defacing, tearing down, changing names of roads, towns, cities and states, rewriting history and hiding facts and figures is today's version of Puritan book-burning. Our children need to know their country's past, its normative figures and their virtues and vices. That's how we learn and pass on our story. Is there any effective way to comprehend India's history of caste and racism?

The same is true of the Church. Yes there are scandalous parts of her history, and countless episodes when popes, bishops, priest and others-including some who are now saints - didn't act as they should have.

God forbid we'd go through a cultural revolution as China did five decades ago. Beware those who want to purify memories and present a tidy and inaccurate history. And who to say which names of roads, towns, cities and states, books and dedications are spared? Remember when some objected to raising the stature of Mahatma Gandhi's birthday to a national holiday, citing his self-admitted flaws?

If literature that depicts prejudice or words or scenes that are today rightly abhorred, is to be banned, I don't know if even the Bible can survive. If we only honour perfect, saintly people of the past, I guess the only one left is the Cross. And some people would

ban that too.

I want to remember the good and the bad, and recall with gratitude how even people who have an undeniable dark side can let light prevail and leave the world better and how even such giants in our history had crimes, unjust acts and plain poor judgement mixed in with the good we honour.

We live now in the regime and culture of confrontation – ideology as performance, anger as proof of authenticity. In any case the silenced majority, out of moral courtesy, has been reluctant to criticise the government in the wake of minorities and weaker sections of harassment and killings. **We live in polarised times and the easy scapegoating of an innocent with the wrong kind of name, dissent being criminalised, acquittal being followed by harsher charges, bail being followed by more prison.**

Veterans in the field of less than revolutionary race relations learned that a certain amount of truth suppression is actually helpful preferably to the "honesty" of hatred, for example. Much progress had been accomplished with the past secular governments under cover of artful hypocrisy or if you like it civility and good manners.

Five years later much of the country's political leadership, most of its academic establishment, most of the people who control the news and cultural output, and a good deal of its corporate elite view India as an irredeemably malignant force for enslavement and oppression, a uniquely evil power founded on an ideology of racial supremacy. These Jacobins demand that India's repudiate most of the nation's history, tear down the icons of its creation, and engage in a cultural expurgation of its sins.

The problem is selectivity. When the lynching of a Muslim doesn't attract the same sympathy as the death of a

(Contd.. on p. 4)

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Mobile: +91 9820485389 / 9820473103

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

Website: www.sezariworld.com

Editor: LAWRENCE COELHO

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lynched Hindu monk, that's selectivity. When Azan on the loudspeaker is a problem but the DJ on a Ganapati truck is not, that's selectivity.

The rot of India's cultural institutions was spread for more than half a century by a self-loathing cultural establishment. Now it has matured amid a public malaise induced by five years of elite driven political and economic failure that has undermined faith in the system that made India great.

The most tragic impediment to an honest conversation about minorities and caste and race in India is fear – an entirely realistic fear of being slain by the communal culture. This fear to speak is a civic catastrophe and an affront to the Constitution. It induces silent rage in the silenced. It is impossible to exaggerate the corrupting effect that the terror of being called a racist even a whiff of a toxin, the slightest hint, the ghost of an imputation has on freedom of discussion and the honest workings of the Indian public in mind.

Racism and the communal culture in India is the new totalitarianism and what has become a lethal and systematic ignorance of history, almost a hatred of it. All that wild, unearned certainty, all that year-zero zealotry, discredits those who associates themselves with the cause and makes a mockery of their sweet intentions.

All the while the capitalism that had produced so much opportunity for so many has become increasingly a vehicle of power for a few. Mega companies in finance and technology have grown unchecked. The modern woke corporation publicly disdains and derides the values on which the nation – and its profits – were built, even as it pursues global opportunities at the expense of Indian communities.

And it's going to backfire, Newton's third law of motion hasn't been repealed: For every action there is still an equal and opposite reaction. **There a backlash quietly building up which will express itself in due time.**

This country hasn't passed from great to evil in five years. India hasn't failed. **But Indians have been failed – misled by inept and deceitful political leaders, deserted by predatory and mercenary corporate chiefs, and, above all, betrayed by a parasitic cultural elite that exploited India's freedom to trash the country,** it isn't India's history that needs to be repudiated. It's it present.

On Tuticorin and Kanpur incidents

Attackers & Attacked both same - incidents differ.

In a matter of few days, this Country saw two hair raising incidents- one where the Police were "murderers" the other where the Police got "murdered". In both places, in my estimate, innocent blood was shed.

In a country crying for abolition of "lawful" capital punishment, massacre takes place in broad day light, so to say, with impunity.

In a Socialist, Secular, Democratic Country, there are some who have the audacity to dispense justice of "jungle raj".

If what happened in Tuticorin, Tamilnadu was against human rights, the incident of Kanpur was not less.

If, in, Tuticorin the law enforcers thought it fit to kill two lawful citizens, on flimsy grounds of keeping their shop open beyond permitted limits; their counter parts, from all reports, in Kanpur were gunned down by a convict and that too aided by the men in uniform.

While the High Court of Madras, Madurai Bench was quick to take cognizance of the custodial deaths and directing charges of murder to be levelled against concerned policemen, the Uttarpradesh Police has announced a bounty of Rs..2.50 lakhs for information on the well known suspected accused!.

There is a saying that "justice delayed is Justice denied" and conversely the saying "justice hurried is Justice burried".

Whatever grave may be the allegations, with the belief that we still are living in Civil Society, the cry today is for honest, accurate and speedy investigation, an effective prosecution and importantly an honest, fair and fearless decision from the "temple of justice- the court".

Hope both the investigation, prosecution and judiciary fails not.

In the meantime let us bow our heads in prayers, seeking eternal Rest to the killed and solace to their families.

*Raphael D'Souza,
Advocate, High Court &
President, The Bombay Catholic Sabha.*



239 scientists from 32 nations say the Coronavirus is airborne

In a letter addressed to the W.H.O. 239 scientists from 32 nations have warned that coronavirus is airborne. This is contrary to the current belief that the virus is not airborne and hence wearing a mask is relatively safe. An expert doctor explained on a TV channel that when we cough or sneeze, the aerosols containing the virus and other matter, are relatively larger and heavier and hence fall to the ground. However, when we talk or shout, the aerosols are smaller and lighter and are suspended in the air for a longer time. Hence it is always advisable to wear a mask when out-doors even in a relatively safe environment.

—*Prof Robert Castellino*
Mumbai

A welcome move

The recent move by the Indian government to ban 59 Chinese apps, including TikTok, SHAREit and UC Browser is a welcome move. This will encourage children to divert their attention to more productive activities instead of wasting time on such apps. It will also teach China not to play games and wage war with India.

—*Jubel D'Cruz,*
Mumbai

CM's Lockdown Pandharpur Trip

Wasn't it audacious of the Chief Minister of Maharashtra, Shri Uddhav Thakre, to have visited the Vitthal Temple at Pandharpur recently to pray

for an end to the Corona virus in the country when the the common man, cutting across the spectrum, has long been denied the opportunity to visit the shrines of pilgrimage closest to their hearts to pray precisely for the same intention?

Even Ordinations to the Priesthood in the Catholic Church have been put on hold right across the country on account of the lockdown while something similar would probably be the case with other minorities in the state and the country. So on what basis has the CM allowed himself and his wife such a facility?

Further, given that India is a SECULAR DEMOCRACY, it ill-behoves the head of the state government to have chosen to go on a prayer mission to a Hindu Temple only rather than to the places of pilgrimage of ALL other faiths in the state, especially considering that he himself had recently asked the people to pray to their respective deities, specifically singling out Jesus.

Methodinks it's time the CM realized that on the one hand, such actions on his part smack of unacceptable bias and double standards, thus portraying him in poor light and that, on the other, it is expediting the reopening of all places of worship that could in all probability lead to the cessation of hostilities on the part of COVID-19, the brazen single-virus army that has come to be so feared by ruler and the ruled alike.

—*Ladislaus Louis D'Souza*
Malad West

Where is God in the pandemic crisis?

The end of the world is near it seems, if the present pandemic is a precursor of things to come. There appears to be no end to stop the Covid-19 juggernaut on its destructive trail, claiming thousands of lives and infesting millions in the world. In India the number of new cases testing positive has reached a whopping 8 lakh, putting India in third position world wide. While people have lost faith in the govt's measures of containing the spread, questions are also being raised as to "where is God" in these days of crisis and tribulations?. Prayers are being offered daily all over the world and other places of worship, Yet, God appears to be nowhere. Neither in space, nor in outer space-----probably where we left him, viz outside our lives. We need to put God back into our lives, and the best way to do it is to repent and bring about a change in our sinful lives. In the book of Jonah we read how God relented and saved the sinful city of Nineveh, after their king and subjects fasted and sat in sackcloth and ashes. Probably, this is what God is asking us to do. The last straw to save the drowning world

—*A. F. Nazareth,*
Alto Porvorim

Big Loss to Bollywood

Very sad to learn about the passing away of veteran Actor Jagdeep Saab, his most famous role was "Soorma Bhopali" in Sholay. In a career spanning 70 years, and a Filmography of over 400 films, he worked in many genres. Not many can boast of such an Achievement. Jagdeep Saab, Thank you for all the laughs.

He had also directed a film titled "Soorma Bhopali", based on his character in Sholay. He will continue to live on through his films. May his Soul Rest in Peace Amen."

—*Agnel Dmello*

Mysore Priest Fr. Albuquerque's shocking death

- Ivan Saldanha-Shet.

The Konkani Catholics from time immemorial, consider the priest of the church 'another Christ' and shower utmost affection and respect. At Mysore, on March 3, 2020, the death of Rev Fr. William Albuquerque of Mysore diocese, a compassionate and priest known for his caring and concern for the ordinary human came as a thunderbolt. Particularly his large family on the outskirts of Mangalore and many corners of the world were shattered,



as they loved him much and he was not ill or expected to die, he was 62 years and in the prime of the ministry to Christ, his Master. This was a priest who always put the needs of his flock and friends before his own at all times. He had met the bishop of Mysore on March 2, the previous day of his death and was very depressed. He is known to have never stepped back when he saw morals and God's laws flouted by anyone above or below, his love in Christ was immense and impressive.

Untimely death : During his well known exemplary priestly ministry in Mysore diocese of Karnataka, he served the people of God in Siddapur, Virajpet, Kudlur, Hattihole and so on where he is looked upon as a blessed "Guru". Due to unusual circumstances, he was given a one

year break and resided at St Anthony's church, Gayatripuram, Mysore. He was in this position for nearly a year when he suddenly passed away on the early morning of March 3rd, an unbelievable shock to all. On 4th morning a requiem mass was arranged for the mortal remains of Fr. William where about 150 priests and a large number of religious and nuns were present mourned his death and many had tears recollecting the goodness he showed and expressed unbelief. Later, afternoon the mortal remains were brought to his hometown and the body was in the hospital morgue overnight. On March 5, Thursday forenoon the final funeral rites and burial took place at St. Xavier Church, Ferar, and the mortal remains were interred in St. Francis Xavier Church cemetery at Ferar, on the outskirts Mangalore. "The end for which God instituted the priesthood has been to appoint on earth public persons to watch over the honor of his divine majesty, and to procure the salvation of souls." - St. Alphonsus Liguori

Exemplary Priest & human : Fr. William was a scholarly figure, resourceful, approachable and friendly - the word around was "He was a priest for simple people". The tributes and honours that flowed in from all quarters indicated respect and love for a pastor and human of great treasure. His home parish was present in full strength and the feelings were manifest on his sudden untimely death. All who spoke mentioned that Fr. William, their own member, worked for the welfare of fellowmen who were in need; he visited them, listened to their woes and helped them in every way possible. He always was concerned about the youth and spared no effort for their welfare, they used to sit with him and exchange their views and sorrows, taking guidance for their life and studies. Fr. William helped many students for their education. Elderly people considered him as a support and saviour. He treated rich and poor



alike with respect and dignity. Whenever he rendered his services he was popular and liked by the people of all classes. Among his siblings he was the youngest and most loved. Family gatherings, big or small, were complete only if dear Fr. William was present. His sudden death has been unacceptable and a trauma still to heal. The deep consolation is, he will bless all his brother priests of Mysore and family members abundantly through his Supreme Master; often saying "His grace is sufficient for me."

Early life : Rev. Fr. William Albuquerque was born on 14th September 1958, at Manjankatte, Mangalore Taluka, in DK to Pascal Albuquerque and Leena Albuquerque as their seventh and last child. His dear father passed away due to cancer, when he was one year old in 1959. His father worked hard at his business and provided well for the family; his early death inspired the elder children to work hard and succeed in a middle way. Young William did his primary schooling in St. Francis Xavier church school and High School in Vivekananda High School, Yedapadavu. Since his mind was attracted by the Lord and he desired to become a priest, his priest uncle Rev. Fr. Valerian Lobo supported him and kept at Jog Falls, where he was to complete his PUC. After preliminary studies he joined Mysore diocese in the year 1975.

He initially was at St. Mary's minor seminary and later went on to



Caring for Loved ones



There are so many incidents of children abusing, illtreating, harassing their own parents especially in their old age. At a time when they should be enjoying the fruits of their labour, they are left in a depressing state. In several instances, the parents have had to take recourse to the courts in order to secure their rights. And this at a time, when they are living on their pension or savings. Isn't this a bad scenario?



Melville X. D'Souza
- Orlem, Malad West

Agewell Foundation, an NGO working for the rights of the elderly, had revealed after their study, and based on their interactions with elderly people, that more than **71 per cent of senior citizens in India face harassment or humiliation by their own family members, relatives or children, and others unknowingly, rather unintentionally.**

There may be a number of cases which go unreported. Children continue to harass their parents and the parents in return, continue to shower love & affection on their children, no matter what. Why is that so, one would tend to ask. This is something which is difficult to understand. Where do we find the answer? Perhaps, the answer is right there within us. Each one of us need to look into ourselves and search for the answers.

Life is full of uncertainties and one never knows where fate can lead us at any point of time. Losing a loved one, whether it is a parent, brother, sister, in whatever way it may be, either in an accident, sickness or even the present coronavirus, is indeed very difficult to accept. It is very difficult to overcome such a loss.

I recall reading a true incident which happened somewhere in Ireland.

There was this family engaged in the fishing business. The woman, Rosaleen Coady had lost her husband and a year later she had lost her son as well., She was heartbroken, understandably so, having lost two of her most precious possessions within a span of one year. One would have expected her to be in a state of despair all the time. But this woman was different. A year after her son's death while she was on her regular strolls on the shore, another woman who was sitting away from her, caught her attention. She could tell that the woman had lost a dear one. She shared her sorrow with the woman sending across the message that they need to move on.

When a reporter asked her how she was coping with the loss of her loved ones, she had some very beautiful words to say. There must have been sadness in her heart but the words she uttered, need to be pondered. She said, **"Hold your loved ones as tight as you can, when they're gone, they're gone and no bickering, and no squabbling and all the things that families do".**

This is something to think about. While we celebrate the feast of St. Joaquim & St. Anne which incidentally is celebrated as Parents Day, we need to reflect on our behaviour towards others in the family, be it our parents, our elders, our brothers, sisters. We need to be understanding and accommodating, especially those of us who still have our parents around. **As Rosaleen says, Hold them as tight as you can while they're still around.**

There is really no point grieving over somebody who is no more. All our words of praise at the grave and our obituaries would be meaningless. You need to show your Love and your concern while they're still alive. We need to brush aside all our differences with our near and dear ones, difficult though it may seem. **As Audrey Hepburn says, "The best thing to hold onto in life is each other".**

(Contd.. from p. 6)

St.Peter Pontifical Seminary at Malleshwaram, Bangalore. He was ordained on 14th May 1984 in St.Philomena's Cathedral, Mysore by Rt.Rev. Basil D'Souza, then Bishop of Mangalore. After his ordination, he was appointed at St.Philomena Cathedral church, as asst.Parish Priest. His next assignment was as the Asst.Rector of St.Mary's minor seminary. While serving in the seminary he did his M.A. in Christianity and taught at St.Philomena College, Bannimantappa. He progressed to be a senior and well known priest for Christ, "You are a priest forever, in the order of Melchizedek." Hebrews 7:17; and is sure of justice on earth and in heaven.

WHETHER INDIA CAN MANAGE TO HAVE PEACEFUL AND SECURE BOARDERS WITH ITS NEIGHBOURS AND CONCENTRATE ON DEVELOPMENT AND ELIMINATION OF POVERTY?

by Eric D'Sa

A few days ago I read an article in Times of India by the author Chetan Bhagat with interest. What he has suggested are temporary measures to avoid a physical confrontation between the armies of two large nuclear powers. However, I sincerely believe this is the best opportunistic time for us living in India, to live in lasting peace with all our neighbours. To do so we need to permanently settle the boarder issues both with both China and Pakistan. May be simultaneously we could also do so with Nepal and Bhutan as part of the overall settlement.

I was born in 1941 in a state called Mysore and remember drawing the INDIAN map in school which was actually the British India Map as it existed before 1947. Some Indians may be dreaming of getting back to those days. At the same time as students we had to learn the history of the State of Mysore and its glorious past under Tippu Sultan and the Maharajas of Mysore, as an Independent state. It was just a few centuries earlier that we Indians lived in separate sovereign states like Mysore, may be fighting wars with each other. Our great grandfathers I am sure had a different sense of nationalism.

Most of my adult years have been partly filled reading and listening about the never ending Kashmir problem and the boarder dispute with China. My own brother joined the Indian army and retired as a decorated Colonel. He has spent many years as an Engineer building boarder roads on the Indian side of the disputed boarders. So I have lived like many senior Indians through a war with China and 3 more with Pakistan. Much bloodshed has taken place and crores of rupees have been spent in fighting terrorism and defending some of the terrain on the boarders, where no humans can live.

Both the above disputes we have with China and Pakistan are left behind for us to handle by the British. The more one reads about the past histories of about 3 or 4 centuries of disputed areas of Kashmir, Jammu, Ladakh, Aksai Chin, Tibet, Tawang and

Arunachal Pradesh etc, the more confused even a person with some knowledge of nationhood will be. Hence it is not surprising these hot spots between 3 nuclear armed nations have not been solved for more than nearly 8 decades after Independence and will continue to do so for conceivable future period, unless better sense prevails among our politicians and is solved.

To have permanent peace between these three nations which together hold more than 1/3rd of the world population, there is an urgent need for well defined boarders between them. There is also a need to find out the views of the majority of people liv-

YOU THE CITIZENS DECIDE:

ing in these disputed areas. More than anything else there is a need for all the 3 nations to be headed by political leaders who can act as statesmen. There will be also a need for these leaders to be flexible in their approach and be ready if necessary to give more than take, for the overall economic benefit of their citizens. This needs for the leaders to be also sufficiently popular in their own countries and have the backing of the parliament and majority of the people, to sign a proper boundary settlement with the necessary adjustments. This has been done in the recent past in case of India - Bangla Desh boarder.

So how do we solve this boarder problems we have with our neighbours once and for all and live in relative peace? After considerable thought over the years, being a Liberal Democrat who has enjoyed touring the world and believes that in this one global world we live in these days there is no place for jingoistic nationhood, I have the following suggestions:

The boundary between India and China:

It is a well known fact that around 1960 China offered to settle the boarder dispute with India. We are told the offer was that China would accept the McMahon line in the east which meant the area we call

Arunachal Pradesh would remain with India in return for Aksai Chin in the west to be handed over to China. Both these had Tibetan speaking people and were Buddhist. The areas earlier were for a few centuries part of Tibet. India unfortunately did not accept the offer.

The boarder skirmishes ended in the 1962 war between the two countries. China at the end of the war withdrew from the occupied part of India in the east, but retained the area called Aksai Chin, part of Ladakh in the west. The boundary between the two countries since then has continued to be termed the Line of Actual Control (LAC) with no set marked boundary line on a map. It is high altitude barren mountainous region where no humans live and during winter unaccessible. As such from time to time there are trespasses by armed personnel in each other's territory and skirmishes. It is believed China once again made a similar offer as they did around 1980 with minor changes in the earlier offer to settle the boarder issue, which was again turned down by India.

Things continued to remain the same on the border between India and China with no maps being interchanged between the two nations, indicating each nations claim of others land if any. Some agreements were reached between the two countries to ensure no major clashes take place between the two armies and a buffer spaces of a few miles on either side of LAC are maintained. During the last 3 decades the China's GDP grew much faster than of India and they have become the 2nd largest economy in the world, behind the United States of America.

However the people living in Ladakh and Arunachal Pradesh have enjoyed being part of a democracy and been able to practice their Buddhist religion. They also know how the Chinese have been restricting the practice of Buddhism in Tibet with no real democracy. Hence they will not show any eagerness for their region to be part of China even if China would like them to be. This needs to be taken into account while reaching any settlement.

(To be contd...)

20 COVID-19 Woes! & 10 Scripture Remedies!

—Dr. Trevor Colaso

As of 06 July 2020 more than 11.4 million cases of COVID-19 have been reported in more than 188 countries and territories, resulting in more than 533,000 deaths. In Mumbai there were 84,524 confirmed cases, of which 55,884 recovered with 4,899 deaths! Deaths were however, ten times more common in those aged over 60 years, and those with co-morbidities. The chief overall cause of death was respiratory failure (4.7%); hence the need for expensive ventilators which were in very short supply. Yet Pope Francis through the Vatican donated 35 ventilators to overwhelmed hospitals in developing countries, as the number of COVID-19 cases worldwide neared 10 million. The cost of a ventilator ranges from \$30 -50,000. But to inject a bit of humor into an otherwise serious situation, here are (A) 10 New Proverbs, and (B) 10 Quarantine Puns! But also to inspire the general public, those are followed by (C) 10 Scripture Remedies!

(A)* Divided we live, United we die! * A sneeze in time infects nine! * Home-stay is the best remedy! * One person's mask is another one's poison! * An unmasked person is the Covid's workshop! * As you spray so shall you reap! * Curiosity killed the Doc! * Every cough has its spray! * When the cough is away come out to play! * Better to be poor and healthy than rich and sick!

(B)* "Oman", I really can't wait to "Roam" around! * "Venice" this social isolation going to get over! * "Kenya" say when this lockdown will end! * This "Spain" of mine is real! * Stay home, stay safe! What's the "Russia"? * Maybe "Indore" is not such a bad place! * Wives are now "Cochin" husbands in new home skills! * At this rate I see my savings "Dublin"! * "Mysore" throat is due to endless Zoom chats! * I'm sorry but "Iran" out of

puns!

(C) With COVID-19, millions of people are filled with fear! This word and its associates occur over 300 times in the Bible! But regardless of our fears, anxieties and situations, we serve a God Who is all powerful; even of things in our life that are outside our control! These 10 Scripture verses selected at random, remind us of God's total sovereignty! They are trustworthy, yesterday, today and forever. Here are two sets of five!

1. "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline (2 Timothy 1:7). // 2. "Be strong and courageous for the Lord Your God goes with you. He will never leave you or forsake you ever" (Deut 31:6). // 3. "Even though I walk through the darkest valley, I fear no evil, for you are with me; your rod and your staff, they comfort me" (Psalm 23:4). // 4. "Who of you by worrying can add a single hour to your life? (Luke 12:25). // 5. "For I am convinced that neither death nor life, angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in creation, will be able to separate us

from the love of God that is in Christ Jesus Our Lord" (Romans 8:38-39). //

6. "The Lord is My light and My salvation – Whom shall I fear? The Lord is the stronghold of my life of whom shall I be afraid?" ... Because the fear of the Lord is the beginning of wisdom; all who follow His precepts have good understanding" (Psalm 27:1 ... Psalm 111:10). // 7. "So do not fear, for I AM with you; do not be dismayed, for I AM Your God. I will strengthen you and help you; I will uphold you with My righteous right hand" (Isaiah 41:10). // 8. "Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One Who can destroy both soul and body in hell" (Matthew 10:28). // 9. "God is our refuge and our strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the sea, though its waters roar and foam and the mountains quake" (Psalm 46:1-3). // 10. "That is why I am suffering. Yet this is no cause for shame, because I know whom I have believed, and I am convinced He is able to guard what I have entrusted to Him" (2 Timothy 1:12).

In conclusion, we Christians should never be afraid: "Do you not know that your body is the temple of the Holy Spirit" (1 Corinthians 6:19)!

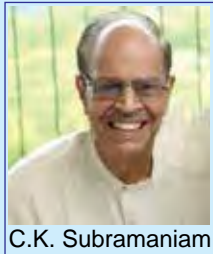
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Stitch in time saves nine- How to prevent fire accidents

A CORONA CLARION CALL

Mumbai is full of flats and most of the flat owners use Gas and piped Gas is more common in a number of societies in and around satellite city. Summer this year was quite hot and it is up to the residents to take all the precautions to avoid major fire accidents. Number of electrical short circuits are taking place because of Air-conditioners used for a long time and computers kept on during night also by mistake. Preventions that are better than cure are applicable to Fire Accidents as well. Before closing office premises all the precautionary measures have to be taken in full to avoid fire mishaps.

Current statistics of deaths and injuries, in relation to fires proves to be alarming and an increasing number of people affected by losses and fatal injuries are being reported and accounted for each year. Leak in Pipe Gas and Gas cylinders are the root cause for most of the fires in the flats. This is in line with smoking, faulty wiring as well as heating equipment as some of the possible causes of home fires occurring throughout the country. Given these rates and information, it is only fitting to know the importance of home fire prevention and tips.



C.K. Subramaniam

First, invest in proper equipment. Smoke detectors and fire extinguishers are some common examples of these. You may begin with installing smoke detectors on every level of your homes/offices and bed rooms. Maintenance is also required; therefore detectors must be kept clean and dust-free. Make sure to replace batteries regularly. In the case of fire extinguishers, it is also essential to know these simple reminders. Fire extinguishers should be mounted in accessible places like workshops or kitchens. Learn how to use extinguishers properly. You also need to read instructions and make sure to follow it accordingly. More so, do not treat a fire extinguisher as a miracle worker. Remember that such are made to put out small fires. It is still better to go out and call for help if situations become worse.

Remind yourself that fire safety entails proper planning. You need to be ahead of yourself. Preparing oneself means considering relevant details like the importance of escape ladders and fire exits. Some household owners take these things lightly but little did they know how useful these matters could be. Besides, with so many stores selling easy-to-use ladders, access is never really a problem. On

the other hand, if you think that this option is still costly, you can just rely on awareness. For instance, sleep with your room's door closed, as this could help in holding back smoke. Also, make sure that your windows can be easily opened from the inside, thus allowing you to escape using the opening as an alternative route. Keep house corridors and stairways free from obstructions. It is also advisable to keep track of unused supplies like newspapers as these are known combustibles. Clearing out unnecessary items in closets and garages are preventive measures too.

Another good tip on how to prevent home fires is through proper use of appliances and home equipment. Space heaters are useful items but can be a cause of concern if not properly installed. Any type of heating equipment must be maintained and subjected to regular inspection. Fire safety also entails the appropriate use of other tools like extension cords. It is also important that electric appliances are plugged in separate outlets more so placing space heaters away from magazines or old newspapers. The kitchen is one place where residents tend to play safe. Unfortunately, it is also the same area where home fires usually begin. Therefore, creating that ambiance of safety is crucial for any homeowner. You can start by placing a fire extinguisher in your kitchen. You can also try checking for possible frayed wires or loaded electrical outlets. Generally, fire prevention and its success lies in one's ability to determine possible causes and setting out full-proof plans in order to counteract each. Societies don't maintain fire safety equipment in working condition and create panic at the time of fire. Prevention is better than cure is very correct in case of fire in high rise buildings. Mumbai towers need to beef up Fire Prevention measures soon.

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Vikas Dubey 'silenced'?

The dreaded gangster, who ensured 'vikas' for himself, Policemen and the politicians massacres eight of the raiding Police party and escapes in the darkness. Whether his get-away was facilitated by vested interests needs to be probed. With UP police looking 'elsewhere' the man surfaces in MP where he has a godfather with whose blessings he allows himself to be 'arrested'. Before that he mingles with the temple crowd waiting to be recognized. Mind you, he is a dreaded don carrying a reward on his head and when arrested he was not even hand-cuffed. The policemen were sure he would not make an attempt to flee. That itself raises some questions. The 'arrest' is announced by MP CM who pats his men [for the drama well enacted?] while the UP police were 'waiting for the don' in Noida with garlands may be – that much for UP Police intelligence. The PM and HM do not tweet lauding the efforts of the Policemen of the two BJP States. Did the UP CM meet top Police officials to plan things? Maybe!

Without any transit remand, the man was being ferried by the UP Police by car to Kanpur. It appears, midway, the vehicle in which he was being brought was changed which surprisingly was initially denied. The vehicle overturns they say due to cattle on the highway. Was there no pilot vehicle ahead to ensure smooth passage? Media-men suddenly posed danger and restrained from following the convoy just a few kilometers from the 'accident/encounter' site. Mind you, a feared gangster [not feared by the police may be] is being taken in a car without any handcuffs. Policemen's bullet proof vests were lying on the back seat. Were the Policemen going on a picnic with their buddy? The vehicle 'meets' with an accident and in the melee the gangster is reported to have snatched a gun and made an attempt to flee.

In the ensuing exchange of fire, the gangster is shot dead. If he was fleeing his back would be towards the Policemen. How come 3 shots were fired on his chest? Sounds a little odd but the investigators will surely go into this aspect as well. The moot point to consider is who were in favour of him being brought to book to face the law for all his crimes. On the other hand who were the politicians and Policemen close to the deceased don who did not want

VIEWS on NEWS

him to spill the beans? He had already started talking which must have sent shivers down their spines. He became a big liability for them overnight. Did this lot hatch a conspiracy or a plan to ensure that Dubey does not reach Kanpur alive? Again mind you, this incident took place just before reaching Kanpur. Going into the connections of the gangster with politicians of all shades, one can easily come to the conclusion that they were dreading the day when the gangster would expose them. He had done favours to them, grabbed land for them, financed their election campaigns, eliminated their rivals and they in turn reciprocated by shielding him over the years. Now each political party will point fingers at the other and try to wriggle out of this messy situation.

Like the encounter in Hyderabad not very long ago when four suspected criminals were eliminated, this encounter is equally bizarre and baffling. In this case, it is highly unlikely that Vikas Dubey would try to flee. If that was his intention he would not have come to the Ujjain temple 'unarmed' and let himself to be 'arrested'. He could have fled from the temple as the private guards were unarmed anyway. Such elements do not normally roam alone. Their fully armed henchmen always provide cover. So Vikas Dubey trying to flee before he was 'shot' sounds preposterous. The Supreme Court should appoint the investigating officer and monitor investigations. All pending cases against the don should be tried OUTSIDE the State of UP. The S.I.T. set up by Yoginath is to probe the sins of the past regimes rather than its own lapses. The CM will 'sit' on the lapses of the UP government and the Police. People are sick and tired. The Politicians and the Police meant to serve the people have let them down very badly. Their loyalty is misplaced. It will not surprise anyone if some of these Policemen figure in the list of nominees for national honours for their heroics. This is India!

Shaking the 'Foundation'

The BJP by questioning the sources of funds to the Rajiv Gandhi Foundation [RGF] and the one in memory of Indira Gandhi has raised some very important issues which need to be answered by the Gandhis and the Congress Party.



by Marshall Sequeira

When the foundation was formed, obviously the intent must have been very noble and perhaps continues to be so. There are eminent people as trustees though almost all of them belong to the Congress Party. That said, the funds would normally come from well wishers and even from the business entities provided there was no quid quo pro. Considering that both the former PMs sacrificed their lives for the country, the donors would have been generous. If the allegations are right, funds to the RGF came even from the PM relief fund which has a specific purpose – to help the affected people in case of calamities etc – surely not for charity. Even the PSUs have donated to the RGF. Private enterprises too have contributed but if the amounts are unreasonably high, it could raise questions. Chinese ruling party donating to the RGF is surely not acceptable.

In questioning the Gandhis the BJP feels that undue favours were granted to the donors or their interests. By the same yardstick, BJP collected huge funds from Corporates including PSUs for the tamasha associated with Trump's visit to India. Was there a quid quo pro in this case too? If it is so in the case of Congress, the BJP unwittingly admits that they too did the same. If the Congress funding was suspect and overt, BJP's was covert. Congress thought they would rule the country for eternity and did not exercise due diligence. The BJP has learnt from the Congress minus the diligence part of it. How well the Electoral Bonds scheme was framed? You take huge donations through the Bonds and in turn favour the donors through contracts, policy changes etc. BJP wants transparency in RGF. Will it agree for transparency in Electoral Bonds as well as all donations to the political parties by bringing them under the RTI? If you want others to be transparent, you need to lead by example. By the way, the Congress has said it is willing to be covered under the RTI. BJP – now its BJP's turn to reciprocate.

Parents' Day International



parameters of which alone it was that Mary said her “Fiat” to the Angel Gabriel. The feast day set aside for them by the Church Universal is 26 July [Eastern Rite 25 July] but astonishingly, being merely a MEMORIAL [Litururgically ranked as a Class III feast by the Church], it doesn't figure in the diocesan ORDO if the date falls on a Sunday. Of course, the occasion is celebrated in certain parishes on the proper day itself or a day nearest to it [adjustable in accordance with parish programmes and situations prevalent] as **PARENTS & GRANDPARENTS' DAY.**

The difference . . .

It may be noted here that essentially, the focus of the feast of Saints Anne and Joachim is on **CHRISTIAN PARENTHOOD within the context of Catholic Marriage**, whereas the 'World Days' set aside for 'mothers' and for 'fathers' SEPARATELY by the UN or whoever, the focus obviously is largely on SINGLE PARENTHOOD. It must also be noted that single parenthood has no specific link to marriage per se whereby individuals can have children without marrying, each partner free to copulate with anybody one chooses, sans commitment, and so be a parent to any number of children independent of a MARITAL PARTNER as such, obviously with no family structure as such. Sadly and strangely, the Prime Minister of a country whose avowed State Religion is the CHRISTIAN FAITH, is a sordid example of such fault-ridden parenthood that is fraught with grave risks for the future of human society as a whole. At the cost of sounding judgemental, one may assert that it is certainly a matter of shame that the Head of Government of a Christian Nation has a live-in partner in his official residence and has recently had a baby with her. **The flip side of such illicit, morally unhealthy unions is that the children born thereof grow up with no sense of fidelity pertaining to marital relationships and begin to look upon sibling relationships as more significant**

“Is there a message for us, a different realization of the significance of 'Parents Day' as we reflect on the lives of Saints Anne and Joachim whose feast we celebrate as models and patrons of Christian parents?” muses Pearl D'Souza in her Guest Editorial for the Parents Day issue of The Examiner dated 21 July 2012 [Vol 163/# 29]. Eight years down the line today, the significance of the Feast of Saints Anne and Joachim, parents of the Blessed Virgin Mary and Grandparents of the Redeemer, is apparently—slowly but steadily—on the wane, what with Catholic clerics the world over—not excluding the Pope and bishops!—giving out sound bites [maybe even megabytes and gigabytes!] of encomiums on motherhood and fatherhood on the occasions of World Mother's Day [2nd Sunday of May] and World Father's Day [3rd Sunday of June] and making just veiled or perfunctory references to the feast of Saints Anne and Joachim on or around 26 July.

“Heavenly Father, you entrusted your Son Jesus, child of Mary, to the care of Joseph, an earthly father. Bless all fathers as they care for their families. Give them strength and wisdom, tenderness and patience; support them in the work they have to do, protecting those who look to them, as we look to You for love and salvation, through Jesus Christ our rock and defender, in union with the Holy Spirit, one God forever and ever!



by Ladislaus L D'Souza

Saint Joseph, pray for all our fathers! Amen”

True, Joseph was the Foster Father of Jesus and is, as such, duly remembered and celebrated not only on 19 March with a Solemnity as 'Spouse of the Blessed Virgin Mary' and on 1 May with a Memorial as 'Patron Saint of Workers' but also with a **Feast** during the Christmas Octave as part of the **HOLY FAMILY** comprising of himself and Jesus and Mary, apart from him and Mary being named during the Divine Praises at the Benediction of the Blessed Sacrament no less! Yet, significantly, neither is Joseph held up by the Church as the Model and Patron of Catholic Fathers nor is Mary offered as the Model and Patroness of Catholic Mothers. **That distinction is reserved for Saints Joachim and Anne, Parents of the Blessed Virgin Mary, who obviously were responsible for laying the groundwork of the Jewish Faith in her, within the**

Misplaced emphasis

Frankly, the acts of priests and religious putting out nice little songs online for mothers/fathers on Mother's/Father's Day would have been considered truly magnanimous were it not for the fact that the prayer poster accompanying such greetings makes undue reference to Saint Joseph as follows:



than marital unions. Moreover, are we animals that we can cohabit at will without marrying and procreate with gay abandon?

Church's Responsibility

"The unity of marriage, distinctly recognized by our Lord, is made clear in the equal personal dignity which must be accorded to man and wife in mutual and unreserved affection" [CCC 1645]. Further, Vatican II clearly enunciates the Church's understanding of Catholic Marriage thus: "Firmly established by the Lord, the unity of marriage will radiate from the equal personal dignity of husband and wife, a dignity acknowledged by mutual and total love" [Familiaris Consortio 19]. It does stand to reason then that **it is the responsibility of Holy Mother Church to conscientiously take a clear stand on the Mother's Day-Father's Day-Parents' Day issue by, on the one hand declaring with due emphasis 26 July as UNIVERSAL CATHOLIC PARENTS' DAY and on the other, raising its observance from a mere 'memorial' to the status of a SOLEMNITY with conditional indulgences attached. And then, to rightly consolidate the gains expected to emanate from such a move, it would help in no mean measure if the Vatican would actively push for the establishment of a parish-church named after Saints Anne and Joachim in every diocese in the Catholic world whereby the celebration of their feast with due solemnity would duly put the spotlight on the beauty and significance of Catholic parenthood and its undeniable implications for the very concept of marriage and the family in general.**

We have not missed even a single issue during the Lockdown Period



Payaka Salan

Ingredients:

6 goat's trotters (Ask the butcher to chop them in half or smaller chunks that will fit in your vessel).
4 bay leaves
6 black peppercorns
3 tbsp vegetable oil
2 onions finely chopped
3 green chillies
8 cloves of garlic
2"-piece of ginger
2 tsp red chilli powder
4 tbsp whisked yoghurt
3 tbsp chopped coriander leaves
2 tbsp chopped mint leaves
Juice of 1 lemon
Salt to taste

For the spice powder:

2 tbsp coriander seeds
1 tbsp sesame seeds
100 gms freshly grated coconut
6 green cardamom pods
5 black peppercorns
5 cloves

Method:

In a vessel, add all the cleaned and cut trotters along with the bay leaves and peppercorns. Add water covering all the trotters. Bring it to a boil and simmer gently till the trotters are nearly cooked.

For the powder, add all the ingredients to a frying pan and dry roast the spices on medium heat. Stir them around for two-three minutes until you see the colour change. Turn off the heat and let them cool slightly. Now put them into a blender to form a coarse powder. Set aside. Blend the ginger and garlic to a fine paste too with a little water and set aside.

Once the trotters are nearly cooked, turn off the flame. Strain the stock and keep the trotters aside. At this stage, the trotters might be slightly gelatinous and sticky, which means it needs a bit more cooking along with

the spices in the gravy.

Heat oil in a large heavy based vessel. Add the onions along with the green chillies. Fry the onions and let the chillies infuse their flavour in the oil. Soften the onions on medium heat for five minutes. Now add the ginger and garlic paste. Stir well cooking out the raw flavour for further three to four minutes. Put the paste and fry mixing well for five to six minutes until you see the oil leave the sides of the vessel. Add the chilli powder and stir. Lower the heat and add in the yoghurt, a tablespoon at a time. Stir well to make sure it doesn't curdle but enhances the flavours to form a rich gravy with all the spices.

Add the trotters to the gravy and put the heat back to medium, coating all the pieces in the spice mix for two to three minutes. Ladle in most of the stock and bring the curry to a boil. (Leave a couple of ladles of the stock aside for later use).

Simmer gently but make sure to stir it every now and then so that it doesn't stick to the bottom of the vessel. If you find the gravy too thick, you can add a little more of the left over stock. Season with salt and juice of a lemon.

To serve, garnish with fresh coriander and mint leaves.

A rich dish like this needs really soft bread to soak in all the flavours. You can even eat it with rice or chappatis.



— Sweta D'Cruz

Women Have Stronger Sense Of Smell Than Men

The genetic variation from person to person determines that some people have slightly more smell receptors in their noses than others. People who work in scent-related jobs like inventing perfume, have a stronger sense of smell. This is due to frequent exposure to different smells. It is generally believed that women have a better sense of smell than men.

Our perception of smells, and to lesser degree the smells we emit, are very functional, evolved to guide our ancestors to survival of their line. Evolutionary, men are more competitive, women are more cooperative. We therefore evolved for Male's smell to be more confronting. For a man, another man is a competitor for reproduction. For a woman, another woman is a likely part of the safety network. As far as the other gender is concerned,

SWEET SMELLING WOMEN



Jayanthy Subramaniam

it is evolutionary more important for a woman to find a healthy man, so women evolved to be more sensitive to male smell.

Women have a better sense of smell than men, probably because they have more brain cells as per science. Humans can remember a scent with 65% accuracy after a whole year. Women's finer senses of smell partially explain observations like women keeping cleaner homes than men, and their being pickier about food. Women choose to wear fragrance more than men, and it seems to be more for themselves than for the benefit of their male partners. It is more difficult

to mask a man's natural odor from a woman than it is to mask a woman's natural odor from a man, which is why you can get away with that third-day sweatshirt around him, but he appalls

you. That is why the women need a better sense of smell.

On standard tests of smelling ability, including odour detection, discrimination and identification, the women consistently score significantly higher than men. One researcher has claimed that the superior olfactory ability of females is evident even in newborn babies. It is also possible, however, that many studies have not taken account of the changes in female sensitivity hormones as the reason for stronger sense of smell than men.

While it was known that males and females greatly differed in their perceptual evaluation of odors, with women outperforming men on many kinds of smell tests, there was no evidence for biological differences that would account for this. Since smells are linked to experiences and emotions, the superior capability in women suggests an increased cognitive or emotional feature than just a perceptual one, the scientists have suggested. The fact that few cells are added to our brains throughout life suggests that women are already born with these extra cells.

Women are bombarded with advertisements about odors. Feminine odors, body odor, seductive perfume odors, bad breath odors, even pet odors. I don't think men care as much and their awareness is not as high.

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The Brides Of Christ

—Fr. Michael G., Vasai.

These days there is a loud talk in the town about Catholic priests committing suicide! How sad! The heralds of the Good News are themselves ending their lives out of frustration! Lately three young Catholic priests committed suicide in a span of a few days! Various reasons

Mission Suicide?

are guessed as those pushing priests to suicide like the hopeless situation of lockdown and its resultant frustration, loneliness, unbearable celibate life, improper seminary formation, etc. All deserve some merit. Mr. Chhotebhai in his article 'Mission Suicide' 'lack of community life as the cause of hopeless state of mind, "No priest can in isolation or single headedly accomplish his mission in a satisfactory way. He can do so only by joining forces with other priests."

Community is certainly a help in working and achieving missions religious or otherwise, but to consider it as a sine qua non condition for Jesus' mission is to undermine the power of Jesus working through his disciples! Jesus sent them saying, "Go, give the good news to the whole world! I shall be with you!" (Mt 28.19). He gives them tremendous powers, "Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you." (Luke 10:19, Mt 10.7-15). His relationship with disciples is intimate. He defended them as his not just friends but brides! Against the Pharisees he said, "My disciples will not fast because I, their bridegroom is with them." (Mt. 9.14-17).

The Brides of Christ:

Where have these promises gone now? Only to be recited in the Mass as memories of the Apostolic times?

Are they not to be experienced in reality by the priests today? Has the priesthood become a burden? Priests are the brides of Christ! What a powerful and wonderful idea! When He is with me, who else is required to give me company? Thousands of missionaries from the start of the Christianity have gone alone in the four corners of the earth, among uncivilised forest dwellers of China, Africa and South America. They have died alone without even being included in the Church's martyr logy. Being in love with Jesus was their only strength and reward, heaven on earth!

Am I speaking *mysticism*? Well, the mystical union is offered to us priests! Why not avail of it? Do we priests grow spiritually to the point that we feel the loving and vivifying presence of Christ all the time in our life? Has the seminary training taken the trouble to make sure that each priest reaches this mystical height? It is knowing 'who am I?', the realisation of the self. It is reaching the oneness with Jesus who is at the bottom of our hearts. Do the spiritual directors direct candidates along this path? Mere moralising and intellectual talks and vocal prayers do not help when faced with basic questions like "Why should live and live alone?"

Interior Religion:

One cannot help but think of Indian spirituality here. Do not push it away as 'non-Christian' and miss it. Where is Jesus? Not up there in heaven, He is in one's heart. He is in the tabernacle or the Eucharist only to come into our hearts! Corona by 'locking' our churches, has drawn our attention to this inner spirituality! It is all together different way to find God than devotional rubrics. By Meditation *Dhyan* one has to reach Jesus. *Dhan* is a means which helps us to take up an interior journey and know first one's body, then mind, then heart, then soul

and finally the Core of the being, God himself. As Jesus too realised his oneness with the Father and declared, "and father are one" we too.. "so you be one with me!" (Cfr. Jn 15.1-12).

I am afraid, we are producing priests only as social workers, teachers, 'hired' shepherds. Nay, first they should be 'brides of Christ' and then they will feed the sheep of their bridegroom without remuneration (Jn 21.15-17). The brides will never feel bored with the groom, never frustrated, no suicides, no infidelities, no scandals, no corruption; but always full of joy and enthusiasm in life!

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Some new proverbs that have arisen that are likely to be included in the English language...



1. Divided we live, United we die!
2. A sneeze, in time... infects nine!
3. All that snuffles has caught a cold!
4. Homestay is the best policy!
5. One man's mask is another man's poison!
6. An unmasked guy is the Covid's workshop!
6. As you spray, so shall you reap..
7. Better to be poor & healthy than being rich & sick!
8. Curiosity killed the doc!
9. Don't count your chickens before next March!
10. Every cough has its spray!
11. Rome wasn't infected in a day!
12. When the cough is away, you can come out & play!
13. Don't judge a face by its mask
14. A family that masks together stays together..

A Woman Sends a Text to Her Husband

“Honey, don't forget to buy bread when you come home from work and your girlfriend Valerie greets you.”

Husband: Who is Valerie?

Wife: Nobody, I just wanted you to answer, to have confirmation that you saw my text.

Husband: But I'm with Valerie right now, I thought you saw me?

Wife: What??! Where are you?

Husband: Near the neighborhood bakery.

Wife: Wait, I'm coming right now!

After 5 minutes, his wife sends a message:

Wife: I'm at the bakery, where are you?

Husband: I'm at work. Now that you're at the bakery, buy the bread!

A man asked Actor Vijayakanth, "why Nareendra modi goes walking at evening not in the morning". Vijayakanth replied "Brother, Modi is PM, not AM"'

Doctor: Which soap do you use?
 Patient: K. P. Namboodiri's soap.
 Doctor: Paste?
 Patient: K. P. Namboodiri's paste
 Doctor: Shampoo?
 Patient: - K. P. Namboodiri's shampoo.
 Doctor: Is K.P. Namboodiri an international brand?
 Patient: No.
 K. P. Namboodiri is my Roommate !

A bookseller conducting a market survey asked a woman – “Which book has helped you most in your life?” The woman replied – “My husband's cheque book !!”

A prospective husband in a book store “Do you have a book called, ‘Husband – the Master of the House’? Sales Girl : “Sir, Fiction and Comics are on the 1st floor!”.

Someone asked an old man :
 “Even after 70 years, you still call your wife
 "Darling, Honey, Love".
 What's the secret?
 Old man: I forgot her name and I'm scared to ask her.

A man in Hell asked Devil: Can I make a call to my Wife ?
 After making call, he asked how much to pay.
 Devil : Nothing.
 Hell to hell is Free.

Husband to wife,
 "Today is a fine day"
 Next day he says : Today is a fine day. Again next day, he says same thing.
 Today is a fine day. Finally after a week, the wife can't take it and asks her husband – since last one week, you are saying this “Today is a fine day’. I am fed up. What's the matter?
 Husband : Last week when we had an argument, you said, “I will leave you one fine day.”
 I was just trying to remind

Argument between British and Indian.
 British: we spoiled your mother land for 200 years
 "hahaha"

India:- "hahaha"
 we are spoiling your mother tongue daily "hahahahahahaha"

Teacher - what is the full form of MATHS..
 Student- mentally affected teacher harassing student

Sardar in computer exam.
 Examiner- what is microsoft excel ?
 Sardar - I thnk it is a new brand of surf excel to clean the computer...



Host dispenser— a must during the pandemic

In a communication to the clergy, Cardinal Oswald Gracias, appealed to them to not open churches in a hurry or hold church services without the standard operating protocols in place. Cardinal Oswald Gracias is the president of the CBCI which covers all churches in India consisting of 174 dioceses out



of which 132 are Latin rite, 31 are Syro-Malabar, and 11 Syro-Malankara dioceses

Referring to Holy Communion as a "most vexing issue," Cardinal Gracias stated that the safety of the people and the priests was of utmost importance and that every attempt must be made to guard against transmission of the virus from priest to communicant or from communicant to communicant. Several suggestions were received including keeping the consecrated host in the ciborium on a table for self communication, restricting the number of people attending the mass and distribution of communion after mass at another place.

Personally I think that present circumstances justify the need to make a paradigm shift in way we receive Holy Communion. The conventional way of giving and receiving Holy Communion may no longer be tenable as it is fraught with the danger of transmission of the virus. None of the ways suggested by people will ensure complete safety of the celebrant/ EMHC and the communicant.

I believe a host dispenser, which is being used in a few churches abroad,

can be the only solution to our dilemma. While such a gizmo would be unimaginable a few months ago, times have changed and even the church



has shifted to our homes. A host dispenser will be seen as the new normal and may continue even after the pandemic is over. Such host dispensers are available on Amazon today. These dispensers ensure complete safety of celebrant and communicant. While the gizmo is pricey, I think it can be produced in our country for a fraction of the price abroad. Moreover, as we will require several hundred thousands of these dispensers to cater to all our churches in India, the economy of scale will be applied, further reducing the cost of production.

—Prof Robert Castellino
Mumbai

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The Twelve Apparitions Of Christ

After His Resurrection

Whenever we focus on the foundations of our Catholic faith, one condition is necessary, to be motivated by God's grace. From Catholic Church records rooted in the mission of Christ, His words and activity, it was discovered that the apparitions of the Savior from the time of his Resurrection till the hour of his Ascension were made in twelve appearances

Across the passage of his last forty days on earth he appeared to his Mother, disciples, followers and friends, a total of 12 times.



BY MELVYN BROWN

The First Apparition: In keeping his divine and human body together, the 'Cosmic Christ', heavenly and earthly rose from the tomb, and as tradition states (not recorded in the New Testament) Christ first appeared to his blessed Mother. (states tradition).

The Second Apparition: was to Mary Magdalene, who had been alone weeping at the tomb. Jesus said to her, "Mary!" She turned and said to him, "Rabboni!" (Jn.20:16). Jesus told her to inform the disciples that he had Risen.

The Third Apparition: 'Other women' came to the sepulcher after sunrise. Among them were Mary of Cleophas, Salome and Joanna of the Cross. The holy women rushed back to their homes to give witness of what they saw, the risen lord.

The Fourth Apparition: A few women came with spices to anoint the body of

Christ. An angel was sitting inside the tomb he told the women that Jesus of Nazareth had been raised. "Now, go and tell his apostles and Peter..." The women fled from the sepulcher in terror and misgivings. They said nothing to anyone.

The Fifth Apparition: Two disciples of Jesus were walking on the road to Emmaus, a small village from Jerusalem. Jesus joined the two men who were not able to recognize him. He stayed with them in an inn, "When they were at table, he took the bread, said a blessing, broke it, and gave each a piece (Lk.24:30). Suddenly, they recognized Jesus.

The Sixth Apparition: Ten of the apostles were gathered in the Upper Room of the canacle. Thomas was not present. It was the first day after the Sabbath. The doors to the room were locked from the inside, in fear of the Romans. "But Jesus came and stood among them, and said to them, "Peace be with you!"(Jn20:19).

The Seventh Apparition: Eight days later Jesus came to the same room and stood before the apostles. Thomas was present. "Then he said to Thomas, "Put your finger here, and see my hands; stretch your hand and put it into my side. Do not continue in your unbelief, but believe" (Jn. 20:27).

The Eighth Apparition: Jesus revealed himself to his followers by the Lake of Tiberias. (Jn. 21:1-4).

The Ninth Apparition: Saint Paul in his First Letter to the Corinthians informs us that after the Resurrection Jesus had appeared to 500 of his followers in a single day. (1 Cor. 15:6).

The Tenth Apparition: Christ appeared to James and told him to be the shep-

herd of his church in Jerusalem.

The Eleventh Apparition: Jesus Christ meets Joseph of Arimathea, his friend and benefactor.

The Twelfth Apparition: In the presence of over 120 disciples of the infant church, on mount Olives at Bethania, the Lord blessed the gathering and was taken up to heaven Body and Soul.(Lk.24: 50-51).

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Media In Transition - Pandemic 2020

-Ivan Saldanha-Shet.

Extrême unexpected, unplanned chaos, with the familiar and friendly norms we have been used to for decades are not workable any more, the 21st century norms of development in all facets of life are now uncertain. The fast transport, instant communication, and several types of organised comfort services and more are just now in limbo. No one is sure which way this CORONA Pandemic caused by the "COVID 19" virus will attack in the coming months of July, August. Since mid March till today in June the lockdowns and fear raging have caused panic which is total terror.

July 1, each year is marked as 'Press Day' by a section of the publications. Sadly your esteemed Weeklies, 'Secular Citizen' & 'Divo' that served the cause for long, has been appearing online only. Media houses all over India and the world are unable to bring out hard issues in print. The few local ones have just been making uncertain appearances due to postal uncertainties and so on. The future is yet to be gauged and you all are aware that educational institutions and all such essential services too if at all are 'online' causing serious anxiety and crippling impact everywhere. Though electronic IT communication has come to the rescue in a big way it does not meet all requirements of ordinary people. Older folks above 60 years and so on are facing serious consequences, the online publications are not their cup of tea for now and they are handicapped badly.

The print media for long has been developed in a big way, literature and reading has played a major part in the lives of people. Many electronic media houses are in the forefront and people too are getting comfortable with this. Gadgets developed in the last few years, simplifies and brings

to the reach of the common man the electronic mode of communication for education and commerce. This will surely change the future of print media. Going back in history and dwelling on the past will give us better insights.

First News Paper in Mangaluru :

The very first Kannada News paper, surprisingly originated from Mangalore, South Canara, during British rule. Hermann Friedrich Moegling, (1811-1871) a Basel missionary from Germany settled in Mangalore, his dream was a Kannada news paper to enable people to be educated and understand the happenings around them and in the wider world. The German Evangelical Mission Press was set up at Balmatta in Mangaluru in 1841. Moegling, who evinced great interest in Kannada literature and education, was of the view that only rumours get circulated and not the genuine news among locals - fake and fabricated news results in such circumstances. This first tabloid offered authentic news. On July 1, 1843, the fortnightly publication 'Mangaluru Samachara' using litho printing technology heralded a new era in the history of journalism. Its contributions to journalism are remarkable,

Tuluva region which was under the Madras Presidency made rapid progress in education, industry, business, agriculture and cultural matters. In 1862, when the missionaries started a Tulu medium school, it was the local residents who protested that they did not want it and wanted western education. If not for the protests of the local residents, today Tulu would be an important language here, which is in present times gaining demand. Mangaluru Samachara made a remarkable impression, this four-page publication priced at one 'duddu' aimed at presenting authentic news and with high integrity. The newspaper or letter as it was termed contained eight different aspects that included 'voora varthamana' (local news), 'sarakarada niroopagalu' (East India Company and its laws and regulations), 'sarva rajya varthamanagalu' (state news),

'nuthanavada ashcharya suddigalu' (unusual news), 'anyara nadathegalu' (mannerisms), 'subuddigalu' (good conduct), 'kathegalu (moral stories and songs of Purandaradasa) and an announcement stating that "anybody can send the news and it will be published if it is true."

Progress and modernism :

According to the Basel Mission report - Later the publication was taken over by the London Missionary Society at Bellary which had the advantage of printing newspapers by letterpress. The first publication in Kannada had an average circulation of 530 copies during its existence in Mangaluru.

After the Sepoy mutiny, which created more curiosity in political developments of the country, Moegling evinced interest in bringing out a new publication to inform readers about political developments. The new 'Suvaratika', a fortnightly came out in 1857 and lasted for two years. Though he was sent as a missionary, Moegling devoted more time to education, literary activities and newspaper publications. For the commendable work he did for Kannada literature and journalism, the Eberhard Karls University of Tübingen awarded Moegling an honorary doctorate in 1858. He was the first one to get such an honour for the work he did for the cause of Kannada.

In less than 200 years, we note the tremendous strides that print media and publications have made, the great heights they have scaled and the development that has been caused due to supply and demand and the continuous innovations. Now, once again at major cross roads it is imminent that this critical world pandemic will give rise mainly to digital and on-line dispersal of information and knowledge. It is crucial that we give thought to equip ourselves for the revolution ahead - accepting and adapting to the new world order and a future of a totally altered planet.

Royal Christian Family MATRIMONIALS - GROOMS

7152. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in December 1989) Ht. 6', Wt. 70 kgs, Fair Complexion, Edn. B.Com., having business. Contact email : emi_dalmeida@yahoo.com

7151. MUMBAI : Goan Roman Catholic Bachelor, (Born in May 1990) Ht. 5' 8", Wt. 65 kgs, Wheatish Complexion, Edn. Masters in Marketing, Working as a Asst. Marketing Executive. Contact email : emanuelfindz90@gmail.com

7025. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in May 1992), Ht. 5' 8", Wt. 56 kgs, Fair Complexion, Edn. B.E. (IT), working as a Software Developer. Contact email : kevin92ster@gmail.com

7150. POONA : East Indian RC Divorcee, (Born in November 1960) Ht. 5' 10", Wt. 69 kgs, Wheatish Complexion, Edn. Graduate Engineer from CWIT University of Pune, working as an Engineer. Contact email : joeskf@gmail.com

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

jeny22_m@yahoo.co.in

7061. MUMBAI : East Indian Roman Catholic Bachelor, (Born in July 1989), Ht. 5' 11", Wt. 90 kgs, Wheatish Complexion, Edn. 12th, working for Central Railway Mec. Ftr II, Contact email : pkevindsouza@gmail.com

7028. ABUDHABI : Mangalorean Roman Catholic Bachelor, (Born in September 1985), Ht. 5' 6", Wt. 65 kgs, Wheatish Complexion, Edn. Diploma in Mechancial Engineer, working as a Stores Officer in Shipping Company. Contact email :

pjmpraveen@gmail.com

6841 MUMBAI : Anglo Indian / Keralite 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

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

6531. POONA : Tamilian Roman Catholic Bachelor, (Born in May 1975), Ht. 6', Fair Complexion, Handsome, Edn. M.Com., Having well established business. Contact email : tony137@rediffmail.com

6707 MUMBAI : Goan RC bachelor, (Born in June 1975), Ht. 5' 10", Wt. 70 kgs, Fair Complexion, Edn.

B.Sc., having own business. Seeks a Family oriented girl. Contact email : maxabreo@yahoo.com / maxabreo@vsnl.net

6250. MUMBAI : East Indian Roman Catholic Bachelor, (Born in January 1974), Ht. 5' 8", Wt. 76 kgs, Wheatish Complexion, Edn. B.A., working as a Manager. **Contact email : cardoz.clint@gmail.com OR 9833563182**

6862. MUMBAI : Goan Roman Catholic Bachelor, (Born in February 1983), Ht. 5' 11", Wt. 72 kgs, Fair Complexion, Edn. B.Com., well settled working in Mumbai. Contact email : keith_peter1983@yahoo.co.in

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

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
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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

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 : l2018anselm@yahoo.com

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

7072. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in April 1991), Ht. 4' 10", Wt. 60 kgs, Fair Complexion, Edn. Digital Media, working for Designing Firm. Contact email : aubreyds@gmail.com

7128. MUMBAI : Affluent business family R.C. East Indian Spinster, (Born in 12-04-1988), Ht. 5' 2", very beautiful and pretty. Edn. MS General Surgeon, Doctor by profession. Contact email : drvd2019@gmail.com

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

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 : stefasasha09@gmail.com

7073. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in January 1982), 5' 3", Wt. 64 kgs, Wheatish Complexion, Edn. M. Pharm, Ph.D., Seeks a well settled qualified bachelor. Contact : email : apoline_ubi@yahoo.co.in

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

7029. MUMBAI : Keralite Roman Catholic Spinster, (Born in September 1992), Ht. 5' 6", Wt. 55 kgs, Fair Complexion, Edn. M.Sc., Asst. Professor. Contact email : augustyofs@gmail.com

7153 MUMBAI : Mangalorean Roman Catholic Divorcee, (Born in May 1987), Ht. 5'2", Wt. 60 kgs, Wheatish Complexion, Edn. B.Sc., IATA, Pursuing B.Ed., working as a Travael Consultant. Contact email : greshma.saldanha@gmail.com

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

7027. MANGLORE : Mangalorean Roman Catholic Spinster, (Born in August 1982), Ht. 5' 6", Wt. 65 kgs, Fair Complexion, Edn. B.Tech (IT) 4 years, Teacher by profession. Contact email : ranjithamenezes@gmail.com

7055. U.K. : Tamilian Roman Catholic

Spinster, (Born in April 1988), Ht. 5' 2", Wt. 62 kgs, Wheatish Complexion, Edn. B.Sc., working as a Staff Nurse in UK. Contact email : o365acc@gmail.com

7071. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in April 1983), Ht. 5' 3", Wt. 63 kgs, Fair Complexion, Edn.M.A. B.Ed., Teacher in Aided School. Contact email : marinamia44@gmail.com

7053. MUMBAI : East Indian Roman Catholic Spinster, (Born in June 1987), Ht. 5' 2", Wt. 63 kgs, Wheatish Complexion, Edn. B.Sc., Home Science, working as a Jr. Officer in Bank. Contact email : ayesha18j@gmail.com

7067. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1994), Ht. 5' 4", Wt. 54 kgs, Fair Complexion, Edn. Chartered Accountant, working for Finance Department in MNC. Contact email : wpm999@gmail.com

7048. MUMBAI : Roman Catholic Spinster, (Born in April 1989), Ht. 5' 2", Wt. 52 kgs, Wheatish Complexion, Edn. Masters in Social Work, working for an NGO. As a Manager. Contact email : saviomay89@gmail.com

7022. MUMBAI : Goan Roman Catholic Spinster, (Born in January 1993), Ht. 5' 2", Wt. 50 kgs, Fair Complexion, Edn. B.Sc., IT., working as a Manager. Contact email : doran.costa@gmail.com

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Diversity Of Religions And Harmony

Religion, in its qualitative sense, is the core element of life. But, a large majority of people aren't capable of arriving at the quality level of religion in life. They are almost condemned to remain at the elementary rungs of the ladder of religion, due to the slavish mindset they have inherited in the name of religion. No wonder, they entertain themselves with myths and stories, rites and rituals, doctrines and dogmas, pilgrimages and fasts, and the like, which form the large and complex system of the popular religion, whichever be the tradition. Only a small percent of people are fortunate to rise to the level of enlightened insights and elevating experiences, which truly motivate and energize life with a superior sense of meaning in its various magnitudes and altitudes.

To say a one word answer to the question whether 'religion is good or bad' wouldn't be fair. The above note about religion points the finger towards a double-sided phenomenon that is religion. For those who derive experiential, insightful, elevating and qualitative benefits, religion is a positive reality. For those who are caught up in the whirlpool of self-defeating ritual habits and intoxicating myths and stories as well as extravagant and enslaving observances, religion is a negative reality, although they do not realize it and therefore not admit it, as well.

Besides, the world history is a proof to the heartwarming fact that there are not enough words to describe the outstanding contribution religion has made to humanity by culturing the human civilization. On the other hand, all languages seem to fail miserably when they want to articulate the heart-breaking violence, massacres and crimes against humanity and God, at one fell swoop, religion

has caused and are still causing in the world. If religion is exalted as a blessing to humanity, on the positive side, it has to be accepted as a liability, on the negative side, too. As a matter of fact, religion is like a 'double-edged sword'. It cuts for making someone well and it cuts for a wrong purpose, as well.

Diversity of religions has been a hard nut from time immemorial. It wouldn't be realistic to deify any group, nation, community or civilization for honouring diversity of religions, when it is a question of genuinely living it. It won't be fair to demonize any group, nation,



Fr Dr M. D. Thomas

community or civilization for totally meddling with it either. One-sided views are both wrong and diabolic. Any fair mind would and should refrain from doing so. India has all the right to state that it is probably the most diverse country on the landscape of the world with regard to the diversity of religions. But, I don't think

India has any right to take the credit of intentionally living or celebrating 'unity in diversity', even at the lowest level of ethics.

History is a witness to the terrible havoc of discrimination, division and violence, which the land, called India, has witnessed and is still witnessing in the name of caste, creed, gender, ideology, language, culture, ethnicity, region, and the like. If truth be told, India has lot of potential in becoming a 'role model' for living harmony among diversity of religions and other social entities. But, as a matter of fact, is India on the track of balancing the diversities of religions with peaceful co-existence and harmonious living? Or is it running the risk of getting derailed from the track of harmony among religious diversities, day by day, by its several foul-minded and highhanded ways, especially in recent times?

Unity in diversity in religions cannot be equated to merely tolerating the other. 'Toleration' has a negative tone. This word refers to a sense of helplessness on one's side and a sense of insult to the other. Tolerating the other is not a value either. It could certainly be a basic requirement for any positive step towards maintaining good relations with the other. Unity in diversity is much more than 'peaceful co-existence', too. Existing side by side, though not fighting with each other, in such a way that the entities have hardly anything to do with each other is like the 'peace of the cemetery'. That does not make a value, too. Unity among the diversity of religions has to go a long way beyond these traditional and goody-goody jargons that have hardly contributed to 'interactive and democratic' living among communities.

Harmonizing diversities of religions would mean considering the entire treasury of religious scriptures, ideals, values, insights, and the like, of the world as the 'gift of the same Creator', may the same be conceived in any gender, presented in any form or addressed in any language. It is true that the religious traditions emerged from different seers, prophets or god men and women, that too in different temporal and geographical contexts of the human history. But, the colloquium of religions is the 'common cultural heritage' of the human society. Tastes and affiliations of the disciples or followers may differ. Even so, believers have no business to divide the 'divine-human assets' as mine and yours. The foundation of harmony of religions is certainly such a mindset that composes the embryo of a 'larger and all-inclusive' faith.

Sharing the common pedestal of faith, along with the entire life, is the genius of harmony among diverse religious traditions. All believers have a



'common origin, a common world to have their being and a common destiny' in life. Living one's life on earth would mean 'sharing with' the other the best of what one holds on to in one's life and 'sharing in' the best of what the other holds on to in his or her life. Believers of individual traditions of religions have to learn to celebrate a 'we-feeling' with each other, like parts together do to make the whole. They are like the 'rainbow', which is perhaps the most powerful symbol for the 'beauty' or 'art' of the 'spirit of togetherness' on earth.

Harmony would mean 'blending one and many', which defines the basic dynamics of human life. Spirit is one, and so is faith, though it has many aspects. There are similarities and dissimilarities in those aspects. As similarity is the 'uniting' factor, difference is the 'enriching feature'. Faith is an 'undivided' entity and therefore its aspects do not contradict each other. They ever remain essentially a 'complementary' reality. The Creator is the common parent and source of life of all beings and getting back home is the destination of all humans, whose devotion in life is essentially a 'filial experience' that takes shape necessarily on fraternal terms. 'Making the family of God on earth' is the 'shared vision of believers' of all persuasions. Such a vision, when translated into a mission, would pave the way towards an 'inclusive, interactive, collaborative, participatory, harmonious and peaceful' living among diversity of religions.

The author is Founder Director of Institute of Harmony and Peace Studies, New Delhi, Former National Director of Commission for Religious Harmony, CBCI, and is a thinker, speaker, writer, and most of all, an active promoter of harmony and peace among faith-based and social communities.

Health Is Wealth-Take Proper Teeth Care - Ck Subramaniam At 70 Still Smiling

How Healthy Are Your Teeth?

Several middle-aged and elderly people have reported health improvement after they got dentures fitted. Increasingly, records in dental clinics are proving a theory that dental surgeons have suspected for some time as oral health is closely connected to general health. Even after a post open heart surgery and replacement of a valve, the doctors go through the dental care and pay high importance to the vital aspect.

Take diabetes and tooth decay, an established connection. Among the hundreds of written discussions on the subject, it is observed that the higher your blood sugar level, the higher your risk of tooth decay. Larger supplies of sugars and starches in the diabetic interact with mouth bacteria to form plaque. Acids in the plaque cause cavities. Diabetes reduces the ability to fight bacteria, slows healing, and the plaque goes on a rampage. You get gingivitis and periodontists, which means your teeth loosen and fall.

Diabetic patients are more likely to develop periodontal disease, which, in turn, can increase blood sugar and diabetic complications. Preventing and treating periodontists can help improve blood sugar control. It is quite imperative to inform a dental surgeon if you have BP, diabetes or have had valve replacement. Smoking increases the risk of complications from diabetes and gum disease. If you have bad breath, check for chronic sinusitis, gum problems, digestive tract acidity, indigestion.

Oral health has become as important as the health of any other part of the body. In fact, recent research has shown how oral health mirrors the condition of the body as a whole. Poor oral health is an indication of other

health problems in the body, while good oral health is a reflection of good health. There are also indications in new studies how poor oral health results in preterm low birth weight babies, according to various research made. Though the exact connection is yet to be established, it is now generally believed that good oral health is good for expecting mothers and the child.

KEEP SMILING

Formation of tartar and plaque alongside the teeth and gum lines causes gum diseases. Plaque causes infections that damage both the gums and the bone underneath. Regular brushing and keeping oral hygiene is the only way to keep such infections, called gingivitis, away. However, if infected, it needs to be treated by a dentist as per his guidance. Mouthwash can provide you an instant solution but it is up to the person concerned to have hygiene of your teeth in a proper way and that gives the much needed confidence and an appealing appearance.

Preventive health practises like brushing teeth twice daily and regular check-ups and cleaning, eating a well-balanced diet and giving up smoking are some of the healthy practises to maintain oral hygiene. There is also a right way to brush the teeth that gives a long life for the teeth to last longer.

'Think Mouth, Think Health' is the theme of this year's World Oral Health Day, which is a slogan for prevention and control of oral diseases for the next three years. And it is time to have the best teeth care, which will give you an additional advantage to eat and taste even at the age of 80. Take care of your teeth and use a proper toothbrush and toothpaste to remain extra fresh and extra confident.

Innovative Products For Smart People

Stainless Steel Clever Cutter 2 in 1 Kitchen Knife Cutting Board Scissors



Cut Veggies Right into The Bowl

Slice Fruits Without The Mess

Chop Chicken Onto Your Salad



Opens wide for cutting larger foods

Super sharp stainless steel blade

Ergonomic grip is easy on hands

Product Description

● The blade is made of premium stainless steel and handle is made of A-grade plastic giving you perfect combo of brilliant design, efficiency and effectiveness. Slicing, cutting and chopping is made easier with this great combination of food chopper and cutting board. SMART: 2-in-1 combination of Knife & Chopping Board. Replace your extra Knives, Boards & Tools cluttering your Kitchen!

Women's Faux Fur Stretchable Magic Scarf



Product Description

Made of Faux Fur. 100% stretchable. The material is soft, fluffy and comfortable. Looks awesome. Stylish, fashion, soft and trendy, it is a magical multifunctional scarf. The stretchy tube-like scarf can be worn in different ways. All-in-one magic scarf, that can magically be changed to a dress, a hat, a skirt, a shawl, a vest, a cape, a gown, a hood, a halter and many more.

48 in 1 Socket Wrench Tools Works with Spline Bolts Torx 360 Degree



Product Description

This Multifunction Universal Wrench Works with Spline Bolts, Torx, Square Damaged Bolts and Any Size Standard or Metric. Uniquely and Easy-to-Handle Design: combines 48 tools into one and makes any repair quick & easy! By simply clicking between the different sizes or flip the wrench you will instantly have the tool you need! Easy To Adjust: You can easily adjust the 360 degree angle to fit nuts and bolts in different directions.

Digital Alarm Clock



Product Description

This amazing glow in the dark clock also features a temperature read out. The backlight display features time, date temperature whilst the translucent case glows with 7 different colors. Product information an elegant and useful product for all home and offices desk.

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