

THE SECULAR CITIZEN

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A NATIONAL FAMILY WEEKLY

Are We Witnessing – The Church Implosion

by Don Aguiar

Last Sunday 27th June was celebrated as Laity Sunday. Has this Sunday marked by the Church for the Laity over the years increased the participation and collaboration in the Church as the laity are enlightened and awakened of being spiritually conscious of their mission or is this just lip service from Church to Laity.

Call it the Vatican or call it the Holy See. It hardly matters anymore because the difference and nuances between the two terms (or entities) are lost on most people. That includes the majority of Catholics.

Increasingly, it seems, people don't care whether a distinction even exists. Holy See and Vatican mean only one thing to most folks -- headquarters of the Catholic Church or bureaucratic centre of a two-millennia-old religious behemoth.

And that behemoth, continues to experience an implosion that dates back to at least the Reformation. Certainly by the time of the Enlightenment in the 17th century, this implosion became an ongoing process.

As the ancient regime arrangement of "throne and altar" in Old Europe was giving way to democracy, the Church -- especially the part tethered to Rome -- tried mightily with every weapon in its spiritual and worldly arsenal to barricade itself and its subjects against the modernizing trend.

As the last absolute monarchy in the West (and almost anywhere else in the world) the organization of the Roman Church has become an anachronism. It made sense when monarchies were a fundamental feature of human society. But no longer.

This outdated model of the Catholic Church's structure no longer incarnates the reality of the lived experience of believers, the staggering majority of whom live in societies that are becoming

more and more, and to varying degrees, participatory and representative democracies.

A Church where the most important decisions are made almost exclusively by a celibate male clergy, and where bishops are held to little or no accountability, is unsustainable in a world where patriarchal and monarchical societies -- begrudgingly, but steadily -- are ceding rights and duties to those who are not part of the nobility, the clergy or one specific gender.

Many Catholics—who today make up the Indian population—are bitterly divided from one another by politics, views on morality, and culture. These divisions are often accompanied by a growing intolerance.

In almost any local community across the country, it's possible to find opposing groups of Catholics who do not just disagree with each other but condemn each other's politics and practices: Catholics in BJP and Catholics in Congress; traditionalist Catholics who seek out Latin Masses and progressive Catholics who prefer to hear homilies about social justice; Catholics who adore Pope Francis and Catholics who see him as the anti-Christ; Catholics who are pro-life and Catholics who are pro-choice; the list goes on.

It is much easier to foresee further division and decline, and even the growth of new schismatic movements, than it is to imagine a more unified future for Indian Catholics.

Perhaps Indian Catholic history can provide perspective and hope for the present moment. For the past centuries, Catholic communities in India have been extraordinarily diverse in origin, experience, and outlook.

Many Catholics now seem to spend more time online than they do attending to most other activities, includ-

(Contd.. on p. 3)

Kiwis take the Cup

Indians never looked like winning the inaugural World Test Championship from the body language of the players from the word go. They never appeared hungry for honours. Before the encounter, Virat Kohli even branded the engagement as another test match. The intensity, with which the same team played in Australia, post their disastrous 36 all-out fiasco, was visibly missing. There they played like wounded tigers and the results were there for all to see and they rightly earned the applause even from the Aussie media for their sheer grit and determination. The heroes of those encounters were mostly novices who were ably guided by Ajinkya Rahane that soft spoken leader who has not really received his due share of adulation.

In the just concluded finals, barring Gill and Pant all the players were experienced stalwarts but the failure was collective. Even Pujara did not stand up when it was most needed. India went with two spinners but NZ relied only on their speedsters. There was no spin even on day 6. Was there over-reliance on spin and the old timers? Have some of them reached the end of the road? Virat Kohli is a great cricketer and has delivered for the country over the years. Has he now run out of ideas? His contribution with the bat of late has not been something to write home about. An occasional performance is not a hallmark of a great cricketer. Kane Williamson on the other hand stood there in the middle with extraordinary patience and determination in both innings of the game. That gave the other players confidence that their skipper is there with him to handhold and guide them in the middle. Indian batters and bowlers [barring Shami] proved simply inadequate even for the Kiwi tail-enders. Indian cricket pundits had predicted a cakewalk for the Indians. None of them could score a fifty in either innings. I think Dilip Vengarkar had said that for India to win Rahane and Pant have to perform. In the second innings Pant was out to a great catch

VIEWS on NEWS

and the test was 'lost' that stage of the game.

Kohli it seems has hinted of a test overall but did not elaborate. Will he himself step aside and hand over test captaincy to Rahane, ODI to Rohit Sharma and lead only in the T-20 format. It's worth a try. Captaincy pressure is affecting his performance – so it seems. Bring in new talent and we have plenty. Some of the old timers must be dropped. Enough is enough. BCCI may even consider separate teams for Tests, ODIs and T-20, to the extent possible. This will eliminate sense of concern and anxiety among players. They will know where they stand. Each player must earn his place in the team. The seniors must come out of their 'entitlement' mindset. Unfortunately, they think that no one can displace them. This has gone on for far too long as they were treated as demi-Gods. Kiwis are a professional side and fully deserved the win. Years ago, a Kiwi cricketer said "We have no super stars in our team, only cricketers". By the way when Indian Muslims cheer Pak players they become desh-drohis [traitors] but when British Indians living there cheer Indian players they instantly become desh bhakts [patriots]. How come we have different standards? Just think about it.

Punjab da Kaptan

The only State where the Congress is lucky to have a strong government is Punjab where unfortunately, we are witnessing a running feud between the Chief Minister Amarinder Singh and Navjot Singh Sidhu – a cricketer turned a fairly successful politician with his wit and repartee. It is unfortunate because the Captain is well entrenched in his seat and all attempts are being made to weaken his position from within, with elections not too far away. Sidhu is a strong headed man and he showed that during his playing days by taking on his captain by abandoning his



by Marshall Sequeira

team in England and headed home in the midst of the series. That itself shows that he is not a team man and wants to grab all the attention for himself. Remember when he joined the BJP he wanted a prominent role in Punjab to take on his bête noire – the Badals. He wanted to fight the election from Chandigarh which the SAD objected to and the BJP gave the ticket to late Arun Jaitley. Frustrated, he joined the Congress but the Captain is not obliging him by hauling the Badals over some act of sacrilege. This has frustrated Sidhu who is openly criticizing the CM over power crisis and the High Command is surprisingly silent.

All this does not augur well for the Congress party which cannot even find someone to lead the GOP. No wonder the people are not convinced that this party can even remotely come to power at the Centre. It is sad that the Congress leadership [whatever is left of it] is not able to handle the situation. The High Command is mother, son and the daughter. Have you heard anything like this elsewhere? Without a strong and decisive leader, the organization moves in different directions with dissent – be it the group of 23 or disharmony in almost every State Congress. The Gandhis cannot easily bully the Captain [strong and decisive as he is] and cannot rein in the rebel. When you set up panels to sort out issues instead of personally meeting the Captain, it is a sure sign of a weak leadership. Rahul does not meet the incumbent CM – the Captain but the brother-sister duo meets Sidhu sending a clear message to the Captain. Does Rahul Gandhi view the Captain as a potential rival? Will he edge his out?

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(Contd.. from p. 1)

ing prayer. But, in fact, our online life has liturgical and quasi-religious features: solemnities on the calendar, its saints and martyrs, a hierarchy between the celebrants-leaders and the assembly, etc.

These absorbing features of online life play an important role in the radicalization of religious identities, included the Catholic one, and they are a factor in the rise of polarization and division in the Church.

The Church is aware that parish ministry primarily involves reaching out to the people entrusted to their care, especially the poor and marginalized or else will lead to a perennial ecclesiastical hazard... often new office bearers disregard the work that has been done by the previous teams. Hence the parish ministry ought to first observe the methods, processes and traditions existing in the parish. The parish ministry is also responsible for ensuring that the priests and lay collaborators work as a team for the good of all reaching out to the flock and keeping them together through administration of sacraments, parish programmes and visits to families.

But some parish ministries prefers calling the shots from wherever they are based as they think that they are embarking on an ecclesiastical career rather than reaching out and visiting the families in the parish, encouraging politics of boycotting certain parishioners which make the SCC a mockery, etc.

This phenomenon is something that the so-called ecclesia discens (the members of the Church that are supposed to be taught) is learning more quickly than the supposedly ecclesia docens (the members of the Church that are in charge of teaching). The ecclesia docens ought to take note of this.

Three top Church leaders in Rome recently pointed out the perilous situation of polarization among Catholics at this time.

The first was Cardinal Raniero Cantalamessa. The Capuchin friar, who is the official Preacher of the Papal Household, noted in his Good Friday homily that fraternity and unity among Catholics is deeply wounded. **He said it was up to the Church's pastors "to be the first to make a serious examination of conscience" and "ask themselves where it is that they are leading their flocks – to their posi-**

tion or Jesus's".

Three days later it was the turn of Cardinal Pietro Parolin, the Vatican Secretary of State. In an interview aired April 5 on COPE, a Church-owned radio network in Spain, **he said the divisions are real and they are harmful. "Anyone who sees the situation of the Church today has to worry about these things because they are there."**

Then just two days after that, Pope Francis spoke up at his Wednesday general audience, making what seemed to be a gentle dig at the importance some Catholics give to social media while he was speaking about praying in communion with the saints.

The pope said "Prayers — those that are good — are 'expansive', they propagate themselves continuously, with or without being posted on social media: from hospital wards, from moments of festive gatherings to those in which we suffer silently." He added, "The suffering of each is the suffering of all, and one's happiness is transmitted to someone else's soul."

Pope Francis recently ordained

(Contd.. on p. 6)

AICU PRESENTS 9-POINT DEMANDS TO GOVERNMENT: END TARGETING OF MINORITIES BY STATE AND NON-STATE AGENCIES, FILL MINORITY VACANCIES, TRANSPARENCY IN SCHOLARSHIPS

As the Nation approaches 75 Years of its Independence from colonial rule, its religious and ethnic communities, its Dalits and women face a daunting challenge of safeguarding their human rights and civil liberties, enshrined in the Constitution and in United Nations treaties, from mal-governance and the onslaught of majoritarian non-state actors.

The systematic erosion of national institutions, including the office of governor, the bureaucracy, the police and the judicial system specially at the district and state levels, has compounded the crisis. Fake news, some of it state sponsored, falsification and misrepresentation of data including that of deaths in the Covid pandemic, the political exploitation of relief are an illustrative facet of the developments in recent years. A more radical experiment is sought to be made in the sphere of education, seeking the entry of political elements in the management of schools in an audacious defiance of Article 30 of the Constitution.

Targeted hate that incites violence, lynch mobs, officially mandated change in the good habits of an entire population as in the case of the Maldives Islands, all of which particularly impact the Muslim community and the persecution of small rural Christian communities in several states have been registered by national and international rights institutions including Minority commissions and UN bodies.

The AICU Working Committee noted the utter absence of the voice of the affected minority communities in decisions which critically impacted their rights. Major changes were made in several laws without real consultations with representatives of religious communities. The complicity of police in targeted hate and violence, and the overall sense of impunity displayed by political groups and non-state actors and the use of enforcement agencies have combined to totally mute all voices of dissent, protest. Even plaintive cries

for help, restitution and relief have gone unheard.

The past seven and a half years have seen a new narrative thrust upon us: the conflation of nationalism with religious identity that automatically alienates and isolates minorities'. "One Nation, One Culture, One People" is now being vigorously implemented.

Christian communities have seen a drastic increase of organised and systematic persecution against them with the intent of uprooting them. Social ostracization in villages in several states, the attempted eradication of village churches and attacks on clergy are avowed aspects of an attempt towards annihilating them completely.

The rapid expansion in the number of states that have Anti-Conversion Laws, the near total constriction of international aid through FCRA channels, Two-Child conceiving social assistance, and the denial of Scheduled Caste rights to Muslims and Christians of Dalit origin though these are given to Sikhs and Buddhists from the same communities are glaring examples. The near total emasculation institutions such as the Minority Commissions, the National Commission for Minority educational Institutions have made them defunct and redundant.

Such unconstitutional disharmony, promoted under the various guises of patriotism, nationalism, religion and economic development, will have to be resisted and refuted collectively. Christians are very much a part of the vast body of citizens across the length and breadth of India who will not allow themselves to be marginalised, or intimidated.

The right to "Freedom of Religion" has been enshrined in the Constitution under Articles 25-28 by our founders. We have a common heritage, a collective history. More than would be apparent in our numbers, we have contributed much towards the social, educational

and development the country. Our sons and brothers have achieved martyrdom in combat.

This meeting of the AICU working committee therefore endorses the demands of the Christian community, raised in Parliament, state assemblies, and in public demonstrations, rallies and meetings with the highest levels of the national political leadership. These are as follows:

- a. Christians of Dalit origin must be given the same right and protection of the law under the SC ST Act as given to the Hindu, Buddhist, and Sikh communities if social justice and equal rights have any meaning.
- b. We are deeply concerned at attempts to control minority schools, Eroding of Art 30 of the Constitution in defiance of Supreme court rulings. The latest such case is in Gujarat.
- c. The rescinding of Anti conversion laws which are now in the service of targeted hate persecution.
- d. Scholarship an issue across nation - without dividing minorities, scholarships and other concessions must be seen to be just
- e. In MNREGA and other rural schemes, care must be taken to ensure there is no discrimination. Covid poverty amelioration schemes must not leave out minorities
- f. Hate speech, social media targeting of all minorities and specially us, must be checked
- 9 All representative commissions including national and State human rights, minorities, women commissions be revived and vacancies filled up ensuring proper representation

The meeting of the AICU WCM also called upon religious congregations and church leaders to work closely together to train youth for all competitive examinations. They must also set up mechanisms to closely monitor developments that impact religious minorities.

Released for publication by Dr John Dayal, who may be contacted at john.dayal@gmail.com if needed.

Lancy D Cunha, National President
Dr John Dayal, Spokesperson



EU must not indulge in vaccine discrimination

For years India has been vaccinating the world, protecting millions from infectious diseases. India came to be known as the vaccine capital of the world for supplying affordable vaccines to combat measles, mumps, rubella (MMR), diphtheria, pertussis or whooping cough, typhoid (DPT) polio and several other infectious diseases. No country had any issue with our vaccines. Then why the sudden double standards when it comes to covid vaccines produced in India? Is it because the big pharma boys have entered the market to claim a slice of the lucrative the Covid pie? Astrazeneca and Covishield are the same. But while the former is acceptable in the EU (European Union) the latter is not. This reeks of vaccine discrimination?

EU's digital covid certificate "Green Pass" allowing travel within its members countries will likely kick off from July 1. We must insist on reciprocity. India should not recognize EU's Green Pass until Co-WIN vaccination certificates for Covaxin and Covishield are recognized by them.

—Robert Castellino,
Mumbai

On miracles at retreat centres

This is with reference to the letter 'Why miracles take place only at retreat centres and not in our local parish churches' by Jubel D'cruz (Secular Citizen, July 1). The writer has made some sweeping and shocking statements on miracles and the Holy Spirit, to the extent that miracles take place only at retreat centres and Marian shrines, and

not in our local parish churches, because these places are anointed and the Holy Spirit dwells in them and not in the local parish churches. Probably the writer has forgotten his catechism or needs to be reminded that the Catechism of the Catholic church explicitly states that the church is a temple of the Holy Spirit and also the body of Christ. It was on Pentecost day that the church was born with the coming of the Holy Spirit on the Apostles. And It is the same spirit that continues to dwell and guide the church over the ages through its various charisms bestowed on it. Secondly, how does the writer conclude that people repent for their sins only at retreat centres and not in our churches where they go for confession without being sorry for their sins, and go back home and commit the same sins over again.

Finally, if miracles are also witnessed at the various Marian shrines as listed by the writer, miracles are also worked in open public places, and halls by some of our Charismatic leaders and Protestant evangelists like Benny Hinn. The writer should visit these places to get a true picture of the stunning miracles that take place after the laying of hands by these miracle workers. Is it therefore not the same spirit at work in these places which are not anointed?

— A. F. Nazareth,
Alto Porvorim, Goa

RIP Fr. Stan Swamy

Fr. Stan Swamy was a humanitarian and a man of God whom our government could not treat with humanity. He was not a part of the Bhima-Koregaon violence and had been arrested by the NIA (National Intelligence Agency) under false charges. He will live in our hearts as a hero, the brave dissenter who stood against the fascist Modi government at the cost of his life. Na-

rendra Modi and Amit Shah have Fr. Stan Swamy's blood on their hands. The country will never forgive them. The death of Fr. Stan Swamy on July 5 will haunt the Indian judiciary forever. May his soul rest in peace.

—Jubel D'Cruz,
Dombivili, Mumbai

Freedom without bail

Fr. Stan has finally got his freedom after being unjustly imprisoned for around 8.5 months, without getting bail. He has gone into a land where no bail is required, into the hands of a Loving father. But did Fr. Stan die on the 5th of July? **A newspaper report posed the right question, "you thought he died yesterday?"** No, Fr. Stan died the day he was wrongly implicated in the Bhima-Koregaon case in which he was seemingly not connected at all. He died the day he was imprisoned. He died the day he was denied a sipper which he needed desperately on account of his physical condition. He died more than 8.5 months back when he was repeatedly denied bail on frivolous grounds. **Yes, Fr. Stan died when all those right thinking, highly qualified professionals who have passed out from the portals of the Jesuit & other Christian institutions in the country, and the so-called peace loving citizens of this country, remained silent while he languished in prison, for fear of incurring the wrath of the authorities.**

Fr. Stan has received his reward for fighting for the rights of the downtrodden, underprivileged class of society. What reward can we expect for remaining silent while unjust treatment is meted out to others in society? **Yes, if anything, it is our conscience which has died a long time back. When are we going to speak up, when there is nobody left to speak up for us?**

Melville X. D'Souza
Orlem, Malad West.

Believers, Heaven is for Good Persons!

Let us be like children for a while. Simply believe that there is a 'heaven' where one has to go after death, by all means. This is what all religions teach, though differently or in a more or less way. Currently, we do not debate this, no matter what the reason is.

Our question here and now is 'who will go to heaven'? The religionists will readily shout, 'believers' and 'only believers!' They have to say that, obviously so. Otherwise, their ground will shake away. Believers have an all time license to heaven. That is the core of their belief, too.

That would amount to state that 'one who does not believe will never get an entry into heaven'. And naturally, one

who does not believe is an 'atheist', non-theist, non-believer, or whatever. Non-believers are not eligible for a license to heaven, at any time, not at all. Believers will never tolerate this either.



Fr. Dr. M. D.
Thomas

There is a highly telling episode around here. That will tell us what is what. It was the year 2018. Pope Francis was in a papal visit to the St Paul of the Cross parish outside Rome. There was a boy who was heartsick of having lost his dear father. He had a query. But, at the microphone he was almost frozen.

With good grace, Pope invited the sobbing boy, "come to me and whisper into my ears". The boy mustered all his courage to reach the Pope. Pope

took him in arms. Tears flowing down the cheek, the boy whispered.

"A little while ago my father passed away. He was a non-believer, but he had all four of his children baptized. Over and above, 'he was a good man'. Is my dad in heaven"? The boy wanted to be sure of the fate of his father.

Having taken permission from the boy, the Pope shared the boy's question with the small crowd present over there. He did not want to give an outright answer on his own. He asked the crowd whether God would ever abandon a 'man with a good heart', even though was not a professed believer.

Right away, the children came up with a unanimous voice, "No"! The Pope affirmed, "There, Emmanuelle (a generic word), that is the answer". To make it clearer, 'the dad of the boy, who was an alleged 'nonbeliever' but a 'good man', is in heaven, the abode of God'. The boy was all smiles at heart.

Now, drama begins. The 'unanimous voice of the children', the 'divinely charged verdict' pronounced by the Pope and 'the all-smiles son of the 'good man', all in one shot, would unsettle the cocksure mind of the believers, as if they were being insulted for the bothersome belief they rigorously lived for.

The question posed by the theist is simple. 'Has all the belief I did in a battalion of things in the name of religion, from childhood onwards, so scrupulously, gone of no value? Is this the justice of God? I cannot believe this'. His belief is in shatters!

'We believers know how taxing it has been, from dawn to dusk, to bear the heat of the highly sophisticated theological abstractions, demanding legal

(Contd.. from p. 3)

nine new presbyters for the Diocese of Rome. And he told them not to think they're embarking on "an ecclesiastical career", as it was once said in the old days. "This is not a 'career'," the pope warned them in Italian. "It's a service... that has a style you must follow. The style of closeness, the style of compassion and the style of tenderness. This is the style of God -- closeness, compassion, tenderness," Pope Francis repeated on this fine morning before the main altar in St. Peter's Basilica on the day that the Church marked "Good Shepherd Sunday". He then repeated the advice he's given out so many times before -- that priests and bishops must be like shepherds that walk "at times ahead of the flock, at times in the middle or behind... but, always there, with the people of God". The 84-year-old pope did not fail to caution these

young men against the allure of money or the temptation to treat the people in their care as if they were employees. He also told them not to be afraid of the challenges ahead, promising that all would be well if they remained close to God in prayer, to their bishop in humility, their fellow priests in unity and the "holy faithful people of God" from whom they "were elected".

We live in an age of immediate communication and instant responses. One of the corrosive effects of such an "immediate" world is the loss of a sense of 'service'. It is the sad outcome of a failure in Church education systems around the world to properly educate the priestly vocation that priests and bishops must be like shepherds that walk "at times ahead of the flock, at times in the middle or behind...but, always there, with the people of God" – in the words of Pope Francis.

(Contd.. on p. 7)

stipulations and the tedious ritual exercises, along with financial burden, that were as if between life and death". 'There, the guy who never bothered about religion, belief, God, temple, pilgrimages, prayer, and the like, all throughout his life, is given a clean chit to heaven, without even making him fall in line for obtaining a certificate for heaven. This is indeed a mockery of all beliefs. How could this be?'

But, friend, will you believe if I tell you the truth? A lot of believers are not good human beings. Most people who commit crimes against one another, against humanity and divinity are not 'non-believers' but people who are highly charged with religion and beliefs. That is the irony of the fact of this world.

In point of fact, 'theist and atheist' is a consideration of this world. I am in power. I believe in something. You do not believe what I believe in. Then, you are a 'non-believer'. You are a 'protestant'. You are an 'anti-national'. Political overtones define belief, often so.

The boss is always right. Theology comes to his or her rescue. Theology interprets the mind of the chair. Theology defines who and what God is. Theology articulates who has the right to go to heaven and who does not have. Well, theology runs the show of religion, faith, belief, God, heaven, and the like.

But, if truth be told, being a 'good man' at heart has to be the final outcome of the beliefs and all that goes with faith. Very often that is not the case. Dogmas, worship, fasts, pilgrimages, etc go in one way and life goes in another way. Well, parallel lines do not meet each other, as far as one can see. That is the tragedy.

Further, who is God? Where does he dwell? What and where is heaven? Human being is created in the 'image of God'. He or she is the 'living temple of God'. That is the core dynamics of

creation. Temple of God radiates the divine image. Human heart is supposed to be doing it.

"Sabbath is for man and not man for the Sabbath", states Jesus. Religion and belief is for the humans. Faith is the 'quality' of the life lived. It is the 'spirit' that keeps one's life going, even against all possible odds. Belief is and has to be geared towards making human beings 'good at heart'.

The human world has diverse system of beliefs, in the name of great persons, who were exceptionally tuned to the 'divine power'. But, the systems of their disciples aren't fail-safe enough to ensure the making of good persons, in spite of the fact that their custodians do not hesitate to make infallible claims.

The litmus test of the usefulness of the beliefs is not the tightness of the theorization and its enactment. The 'quality of the human being' is the outcome of the beliefs. Beliefs often fail to make people good. Instead, there could always be persons who even without those beliefs are 'naturally good before God'.

"Good thoughts, good words and good deeds", that is what religion is all about, as per the Zoroastrian tradition. Being good in mind, heart and spirit makes one think, speak and act in a good way. 'Conscience' is the seat of the 'divine wisdom' that governs 'goodness' of the humans.

'Therefore, Oh, believer, cool down. Heaven is where God dwells. He dwells in good hearts. Be good, good-hearted, in one's own self and in relation to others. When one is good within and good towards one and all, one is good to God, as well. Well, 'heaven is for good persons', positively and incredibly so!

The author is Director of Institute of Harmony and Peace Studies, New Delhi, and has been committed to cross-cultural perspectives, inter-faith relations, social ethics, constitutional values, national integration and social harmony, for the past over 40 years. He pursues the above mission through lectures, articles, video messages, conferences, social interactions, views at TV channels, and the like. He could be contacted at 'mdthomas53@gmail.com'.

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The Bombay Catholic Sabha At The Service Of Youth

Covid 19 was bad for everyone but it was worse for the Youth and Young adults. While on the one hand their education was affected and they were also denied physical access to their peers to share and care for each other, as it happens in that age on the other hand the lock down meant either loss of jobs or loss of full employment or work from home.

The Director of the International Labour Organization Mr. Guy Ryder in the press release dated 11th August, 2020 said "The pandemic is inflicting multiple shocks on young people. It is not only destroying their jobs and employment prospects but also disrupting their education and training and having a serious impact on their mental well-being". Result was anxiety, depression loneliness.

The Bombay Catholic Sabha, who professes to "Build a Better Tomorrow" organized two events for the Youth- the first a webinar on "GOVERNMENTS JOBS DECODED" on 19th June, 2021. There were over 600 who registered, from all across India, the highest being from Maharashtra (400) and a majority of them participated. While Rev. Fr. Ivan D'Souza S.J., Youth Animator, Jesuits for the province of Mumbai spoke on the necessity of our Youth joining Civil Services and Government Jobs, Rev. Fr. Anthony Fernandes, the Executive Secretary, Laity Commission, CCBI spoke on the challenges that our youth may have to face and how to overcome them. He emphasized that local parish priests must come forward to assist any youth deciding to take Civil Services as a Career. The resource person Mr. Ryan Pinto of Knowledge Valley not only outlined and guided participants on what are the Government Jobs available at the Centre and at State Level but also elaborately guided how to prepare and apply for such jobs. He also extended his help to mentor the youth through his organization "Knowledge Valley"

The second event organized was on

29th June, 2021, on the day of Feast of St. Peter and Paul (St. Paul is the patron of the Sabha), to keep the youth involved. The event (as announced in Secular Citizen) was FINALS of "BCS TALENT HUNT CONTEST 2021". There was again huge response under four age categories- below 11, between 11 to 15, between 16-20 and between 21-25. The events were singing, elocution, instrumentals and dancing. Entries received by online process were judged by different judges in each stream, selected from and outside Mumbai. The Chief Guest for the day Deacon Ivan Fernandes while emphasizing that God has created amongst us no carbon/xerox copies, and appreciated all participants for taking part congratulated the Sabha for ideating the event and the winners for their success. The President of the Sabha, outlines various activities done by the Sabha during the pandemic, covering three areas of activity- The Socio, Civic and Political Forum, the Training & Youth Forum and Membership & environment Forum.

The winners of the event were :

SOLO SINGING CONTEST

Under 11 years

1st place: Adelle Nazareth, St Theresa Parish, Bandra

2nd place: Kiara Mascarenhas, St Anthony Parish, Vakola

11 – 15 years

1st place: Kiara D'Souza, Our Lady of the I.C. Parish, Borivali

2nd place: Chenoa D'Souza, St Francis Xavier Parish, Dabul

16 – 20 years

1st place: Joann Fernando, St Pius the Tenth Parish, Mulund

2nd place: Tiana Nunes, Christ the King Parish, Borivali East

21 – 25 years

1st place: Keagan Miranda, Our Lady of the I.C. Parish, Borivli

2nd place: Jessica Cardoza, St. Pius the tenth Parish, Mulund

ELOCUTION

Under 11 years

1st place: Sancia Sebastian, Sacred

Heart Parish, Mahakali

2nd place: Branson Cardoz, St Francis of Assisi Parish, Bandra

11 - 15 years

1st place: Chenoa D'Souza, St Francis Xavier Parish, Dabul

2nd place: Shalom Mendes St. Anne Parish, Mazgaon

INSTRUMENTAL CATEGORY

Under 11 years

1st place: Shezanne Sequeira, Our Lady of Egypt Parish, Kalina

2nd place: Adelle Nazareth, St Theresa Parish, Bandra

11 – 15 years

1st place: Kristoff Colaso, Our Lady of Good Counsel Parish, Sion

2nd place: Ryan Pereira, Sacred Heart Parish, Vashi

16 – 20 years

1st place: Adele Ann Pinto, Mt Carmel Parish, Bandra

Above 21 years

1st place: Ingrid Menezes, Our Lady of Egypt Parish, Kalina

SOLO DANCE CONTEST

Under 11 years

1st place: Oshin Khandagle, St Francis Xavier Parish, Kanjurmarg (East)

2nd place: Shenade D'Souza, St Francis Xavier Parish, Dabul

11 – 15 years

1st place: Amaira Fernandes, Our Lady of Victories Parish, Mahim

16 – 20 years

1st place: Israela Pinto, Mount Carmel Parish, Bandra

21 – 25 years

1st place: Edrion Ashirvadam, St Lawrence Parish, Wagle Estate.

The prizes were sponsored by well wishers of the Sabha consisting of Mr. R.K. Rubin, Mr. James Pereira, Mr. Melvin George, Ms. Keron Shaiva, Adv. Steven Pereira and Mr. Ryan Pinto. BCS is grateful for their generosity.

The Sabha congratulates all participants and specially the winners. Sabha is happy to be a catalyst in assisting youth and the young during this period of pandemic.

Lawrence Fernandes

Vice President- Training & Youth Forum

Jumping to Conclusions without the Facts



The word Fact means 'something collectively perceived to be true,' while Fiction is 'an imaginative creation or a pretense that does not represent actuality but has been invented.' Good readers distinguish between fact and fiction in order to become critical readers. They engage and interact with the text and read with a questioning approach. This micro-skill helps critical thinking, and enables readers to be discriminating consumers of advertising and media without jumping to conclusions.

The latest hot topic of media manipulation and inadequacies were exposed in the horrendous story about innocent helpless indigenous children being buried and forgotten in a cemetery on the grounds of a residential school in Kamloops, British Columbia, Canada, by parties to discredit people or institutions they do not like.

Isn't a half-truth easy to spread? So also, is the story of residential schools. Any institution that has lasted over a hundred years, will have had its successes and failures. Who has not heard of Shakespeare's quote? "The evil that men do lives after them, the good is oft interred with their bones?" So, where shall we find some **balanced truth**? Here's a summary report by the: realwomenofcanada.ca, presented by the Church of St. Catherine of Sienna, Canada, to get a better perspective of the case.

Dr. Hamilton's Report: Dr. Scott Hamilton from the Department of Anthropology at Lakehead University in Thunder Bay, Ontario was retained by the Truth and Reconciliation Commission. He has studied the case and given a report of 44 pages available on the website. His examination of this issue tells an eye-opening and very different story from perceptions created by the media. Dr. Hamilton focussed on the documents that

have survived. Accordingly, there were 150 Indian residential schools in Canada. His search indicated that at least 3213 children were reported to have died in these schools.

Aboriginal Mortality: According to Dr. Hamilton, communicable diseases were a primary cause of poor health and death for many Aboriginal people during the 19th and early 20th centuries. Tuberculosis was rampant with no cure for it in those days. The then medical officer for Indian Affairs, Dr. Peter Brice in 1906 noted: "the Indian population of Canada had a mortality rate of more than double that of the whole population." In his 1909 report Dr. Bryce wrote, "there was not a child that showed a normal temperature." In 1918 the Spanish flu was devastating, there were no inoculations available to stem the deaths. Neither were anti-bacterial drugs such as penicillin and anti-viral and anti-inflammatory drugs available at that time.

Residential Schools: Prior to 1883, Protestant and Catholic missionaries established churches and schools, and in some cases hospitals to care for all Aboriginals. The schools were intended to provide basic literacy to acculturate children to non-Aboriginal social and religious values. They were also to provide vocational training to enable them to easily assimilate into society. It was not until 1883 that the Canadian Government under the Indian Affairs Department took control of and established larger institutions, known as the "residential school system", for Indigenous children to provide academic learning and help them integrate with the Euro-Canadian society.

The 1920 amendment to the Indian Act gave to the Department of Indian Affairs the authority to send any school-age Indigenous children to a day or residential school. It was not

until the early 1970's that the number of residential schools in operation began to decline sharply, and finally ceased operations in 1996.

The Burial Policy of the Department of Indian Affairs was yet another insight, into this issue. There was no written policy on burial of children from residential schools until 1958. However, the practice of the Department was to not pay funeral expenses unless the cost of long-distance transportation was less than the cost of burying the student where he died. Since the policy was to keep burial costs low, this discouraged sending bodies of deceased students back to their home communities. Correspondence over the years from the Indian Affairs indicates that under normal circumstances, the schools were expected to cover costs of burial of students who died at their schools.

The most cost-effective way of doing this was to undertake burial in a cemetery on school grounds. Such cemeteries often contained not only the bodies of students, but also those of teachers and religious personnel in the schools who had died while working there. Over time, the wooden crosses marking the graves deteriorated, as did the fencing surrounding these cemeteries. As a result, some of these cemeteries became lost to time.

Yet another deterrent was the maintenance of these residential school cemeteries. Indian Affairs did not accept responsibility for maintaining them. This responsibility fell on the religious congregations which operated these schools with inadequate government funding. In addition to this, these cemeteries were also sometimes used for

(Contd.. on p. 15)



by:
**Dr Jeanette
Pinto**

Stewardship as a Way of Life

'The earth is the Lord's and all that is in it, the world, and those who live in it.' Psalm 24:1

We human beings have become too big for our boots. We have deluded ourselves into believing that we are the masters of the universe and all creatures are subservient to us. An invisible virus has taught us how wrong we are. The Christian teaching is that as a part of God's family, we are all entrusted with an awesome duty – to be God's stewards of creation, each according to our abilities.

A steward is someone entrusted with efficiently managing whatever is entrusted to him or her. He/she is accountable for his or her discharge of this awesome responsibility and challenge of managing God's bountiful gifts. It is a life long vocation, an honour and a privilege.

What are God's gifts?

The gift of our body : We have all heard the airhostess' instructing us that in case of an emergency, we should first put own breathing masks before helping others. Similarly we are duty bound to look after our own body first, mentally, spiritually and physically for, since we are created in the image of God.

Relationships : Since the family is the microcosm of society, relationships within the family need to be nurtured. This is easier said than done during these troubled times when the pandemic has forced the family members to spend a lot of time together. We could get on each other's nerves after a point. It is important to express our angst instead of letting it bottle up perhaps over the dinner table. But this is also the time to do fun things to-

gether such as watching a comedy on TV, playing scrabble, singing together. Let us not forget a family that prays together, stays together.

'All the lonely people
Where do they all come from?
All the lonely people
Where do they all belong?'
From Eleanor Rigby sung by the Beatles.

There are a lot of lonely people out there who are left bereft of any company thanks Covid. Sunita is bed ridden with Multiple Sclerosis. She lost her husband and is estranged from her daughter. She has a caregiver who cooks, does all the housework, bathes and cleans her during the day. Sunita is all alone until the caregiver comes the next day. She looks forward to

a phone call, an encouraging or entertaining message on What's App. There are many such Sunitas in this world and we are called upon to reach out to them as stewards.

Wealth in itself either earned by the sweat of our brows or inherited or due to wise investments is a good thing. It is something we are meant to enjoy, to grow our businesses with, to give our families a better life. But all our earthly wealth is by the grace of God. Hence we should neither indulge in wasteful expenditure on material goods such as tons of clothes, shoes, watches nor should we hoard.

With so many of our countrymen facing hard times, we should spare some money for a good cause.

Our Time : The moments gone can never be retrieved. Hence we should use our time wisely. First, we need to reflect on how we use our waking hours – the time spent with the family, at studies or work, for leisure, for as-

sisting others. We can then set goals and make out a plan, allocating our time to different activities according to their importance.

Talents : We have been given different talents and to varying degrees. Imagine how boring the world would be if every painter was a Michaelangelo and every author a Shakespeare. These are truly God's blessings and should be used wisely. Setting aside time and developing our talents gives us a satisfaction of achievement. It keeps our mind active. Comparing ourselves adversely to others is not going to increase our talent. God is pleased when we use our talents for the greater good instead of hiding them under a bushel.

The Environment : Last and not the least is the fact that we are custodians of the environment. It's a sorry mess we have made of it. But it is not too late to make amends. Are we wasting water while bathing? Are there leaking taps in our homes? Are we putting off the lights and fans when we leave the room? We need to simplify our lives by using clothes and accessories longer, recycling wherever possible and growing plants if feasible.

There is this wealthy businessman who lives in a large house with his two unmarried sons. They have many fancy cars which, ofcourse, need to be shown off. During pre-Covid times, three cars would sally forth from their compound for Sunday mass – one for the parents and one each for the sons. Sure. They are entitled to their trappings of prosperity but is does it entitle them to pollute the environment by using three cars when one would do?

In the parable of the talents, a master was setting out on a long journey. Before leaving, he called his servants and gave each one talents (a signifi-



by Monica Fernandes

(Contd.. on p. 11)

(Contd.. from p. 10)

cant amount of money) according to his ability. One received five talents, another two and the third, one talent. Upon his return the master called his servants to account for what they did with the talents. The first and second explained that they had doubled the talents. The master exclaimed, "Well done, good and faithful servant; thou hast been faithful over a few things, I will make thee ruler over many things." The third had merely buried the talent and had not increased its value. He was justly reprimanded and punished by the master. Are we like the first and second servants or do we fit the bill of the third servant?

In a fit of jealousy, Cain killed his brother Abel. When God questioned him, Cain lied, "Am I my brother's keeper?" 'Brother' when used in a broad sense, means all those who need our help. During these tumultuous times when people are dying for lack of oxygen, when many are going hungry, when jobs are being lost, when our friends feel low and need a few cheery words,

when people cannot afford medical expenses, we are indeed our brothers' keepers.

I saw stewardship in action during my visit to the Kruger National Park in South Africa. We saw a herd of elephants crossing the road in single file in such a way that the young elephants walked between two adult pachyderms. We have a lesson to learn from these so called inferior creatures. They looked after their weaker members to survive in the African jungle. We are so individualistic and self centered, that we fail to care for our weaker members. We do not raise our voices against injustice. We need to guard against our tendency to focus only on our survival in the urban concrete jungles.

'Every faculty you have, your power of thinking or of moving your limbs from moment to moment, is given you by God. If you devoted every moment of your whole life exclusively to His service, you could not give Him anything that was not in a sense His own already.' – C. S. Lewis¹²¹⁷ words

Fr. Stan Swamy, A Martyr

The Indian Catholic Press Association (ICPA) is saddened, and shocked, by the demise of Fr. Stan Swamy SJ and we see it as martyrdom for a great cause. We join the countless number of people in India, and world over, who mourn the irreplaceable loss of a valiant soldier of human rights; on equal measure, he was a fearless activist who tirelessly worked for the tribals, the poor and marginalised.

Questions regarding his arrest, incarceration, denial of bail and the sad circumstances of his death are going to disturb the collective conscience of the nation for a long time to come. The questions that beg for answers are: Why did Fr. Stan have to die as a prisoner charged under various sections of the draconian Unlawful Activities Prevention Act? What did the octogenarian who was suffering from debilitating diseases do, other than serving the tribals and the poor, to be put behind bars, denying bail for months together? Wasn't his arrest a part of the strategy to throttle voices of dissent and outright infringement of civil liberties? All pillars of our democracy will have to answer these questions at some point of time.

In Fr. Stan, the marginalized sections had found their saviour. Now the poor are left poorer in his absence. He was a true disciple of Jesus Christ and a true Indian who was passionate about securing justice for all, especially the last and the least, as visualised and assured in our Constitution. In his heroic sufferings and virtual martyrdom he has emerged stronger and more relevant.

The ICPA repeats its appeal to the Central and State governments to review the draconian laws like UAPA, and numerous cases against activists, journalists and others who are languishing in various jails across the country. Some of the recent pronouncements of the Supreme Court and other courts should make any responsible government to take a fresh look at these laws. The sad and most unfortunate passing away of Fr. Stan should work as a catalyst in this regard. That would be the greatest tribute to him.

**Ignatius Gonsalves,
President, ICPA.**

(Contd.. from p. 14)

burials of members of nearby municipalities, but the municipalities did not accept any responsibility to maintain the cemeteries.

There is **no evidence** whatsoever of any intent to hide these graves, neither is there any indication that the children buried in these long-forgotten cemeteries died of abuse or neglect. But one is led to believe the media accounts. The story of the residential schools is no doubt heart-breaking, but based on facts, it is not reasonable to accuse the Catholic Church and other faith organizations that operated the schools. Even worse is to insinuate the callous behaviour and neglect which led to the children's death.

If there is any fault then it lies with the Federal Indian Affairs which did not

provide adequate funding for the residential schools, the children and the cemeteries. According to the media this Canadian tragedy was the failure of the Catholic Church and other religious organizations which is outright anti-Catholic bigotry. It is an attempt to discredit religious faith and to drive religion from the public square. The residential schools are the tool which is being used to do so.

People who made sacrifices and once helped transform lives are made scape goats of varying media perceptions. Jumping to conclusions without checking the facts is fallacious journalism. Let's not condemn or canonize anyone.

Courtesy: realwomenofcanada.ca

Technology Update

There is a device in the market which converts your THOUGHTS into SPEECH. It is called ALCOHOL.

There is another device which converts your SPEECH into SILENCE. It is called WIFE.

There is yet another device which converts your FAKE FORWARDS into BELIEF. It is called WHATSAPP.

--- Sent by: Jubel D'Cruz

Do not be racist; be like Mario. He's an Italian plumber, who was made by the Japanese, speaks English, looks like a Mexican, jumps like a black man, and grabs coins like a Jew!

Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the Massachusetts Institute of Technology, "And what starting salary are you looking for?" The engineer replies, "In the region of \$125,000 a year, depending on the benefits package." The interviewer inquires, "Well, what would you say to a package of five weeks vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?" The engineer sits up straight and says, "Wow! Are you kidding?" The interviewer replies, "Yeah, but you started it."

Your momma is so stupid she put airbags on her computer in case it crashed.

Q: Why couldn't the blonde add 10 + 5 on a calculator?

A: She couldn't find the "10" button.

Mother: "Sweetie, make a Christmas wish."

Girl: "I wish that Santa will send some clothes to those naked girls in papa's computer."

I decided to make my password "incorrect" because if I type it in wrong, my computer will remind me, "Your



password is incorrect."

Does anyone remember the Swatch, a watch made in Switzerland? Thank god Croatia didn't come up with the idea first. Just imagine if someone were to ask you what time is it? "Oh pardon me while I look at my crotch."

What does an air conditioner have in common with a computer? They both lose efficiency as soon as you open windows.

Pappu: My internet is not working properly..o

Officer: Ok, Double click on "My computer"

Pappu: I can't see ur computer..

Officer: No no.. click on "My computer" on ur computer..

Pappu: How can I click on ur computer from my computer?..

Officer: listen.. There is an icon labelled "My Computer" on ur computer.. Ok. double click on it..

Pappu: what the hell, what is your computer doing on my computer..???

Officer: Double click on ur computer..

Pappu: On which Icon i've to click..

Officer: "My Computer"..

Pappu: ... Oh u Idiot..... Tell me where is ur office... I'll come there and click on ur "Computer."

Q: Why shouldn't Facebook have paid \$1 billion dollars for Instagram?

A: They could've downloaded it for free!

A guy and his wife are sitting and watching a boxing match on television. The husband sighs and complains, "This is disappointing. It only lasted for 30 seconds!" "Good," replied his wife. "Now you know how I always feel."

• First man "I took my dog to the vet

today because it bit my mother-in-law." Another asked: "Did you put it to sleep?" The first replied: "No, I had its teeth sharpened."

A man finds a lamp, rubs it, and a genie appears. The genie tells the man he may have two wishes but whatever he gets, his mother-in-law will get double. The man thinks for a while and says: "First I'd like a million Pounds. Then beat me half to death."

The wife's Mother said, "When you're dead, I'll dance in your grave." I said: "Good, I'm being buried at sea."

Duck Jokes

1. At what time of the day does a duck wake up?

A. At the quack of dawn

2. What do ducks say when people throw things at them?

A. Time to duck!

3. What did Detective Duck say to his partner?

A. Let's quack this case!

4. What did the lawyer say to the duck in court?

A. I demand an egg-splanation!

5. Why did the duck sleep under the car?

A. Because he wanted to wake up oily

6. What did the duck say when he dropped the crockery set?

A. I hope I didn't quack any!

7. Where do tough ducks come from?

A. Hard-boiled eggs

8. What kind of TV shows do ducks watch?

A. Duck-umenteries

9. What do you call a duck with fangs?

A. Count Duckula

--- Sent by: Jubel D'Cruz

A young wife came home one day and found her mother standing in a bucket of water with her finger stuck in the light socket. The young husband was standing by the switch. 'Hello, darling,' said the mother, 'George has had this marvellous idea for curing my rheumatism.'



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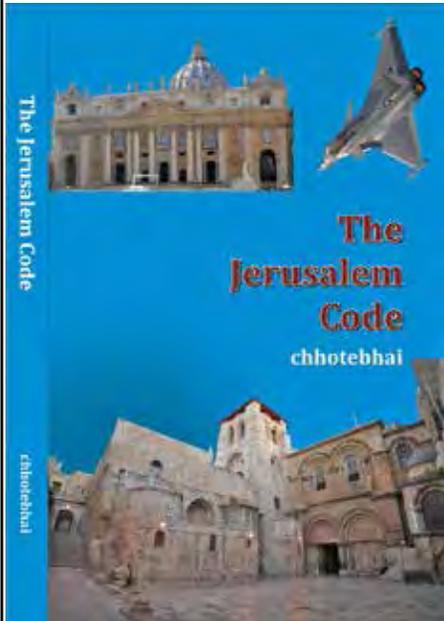
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The Jerusalem Code

by Chhotebhai



For your copy in Mumbai - Mangalore

Contact: Tel.: +91 9820485389

Ingredients:

- 1 kg chicken
- 2 onions, finely sliced
- 1 coconut to extract 2 cups thin milk and 1 cup thick milk
- 1-inch piece cinnamon stick
- 2 cardamoms, slightly bruised
- 2 cloves
- Salt to taste

For the masala:

- 16 red chillies
- 2 tbsp coriander seeds
- 1 tsp peppercorns
- 1/2 tsp fenugreek seeds
- 1 tsp cumin seeds
- 1 tsp turmeric powder
- 10 flakes of garlic
- 1 onion, sliced
- 1/2 lime-sized ball of tamarind
- 1 cup grated coconut
- 2 tbsp ghee or oil

For the seasoning:

- 1 onion, finely sliced
- 1 tbsp ghee

Method:

Cut the chicken into medium-sized pieces. Wash and allow it to drain on a colander.

In a heavy bottomed vessel, heat 2 tbsp ghee or oil and roast the red chillies, coriander seeds, peppercorns, fenugreek seeds and cumin seeds one by one. Each of them should be roasted on a slow flame for a few seconds until you get a nice aroma.

Next, fry the onions and garlic and remove and add the coconut, turmeric powder and tamarind to the same pan. Roast and remove.

Grind all the roasted ingredients to a fine paste using a little water. Reserve the masala water.

In the same pan, add the ground masala and the sliced onions. Mix and add the thin coconut milk. Leave the pan uncovered and bring the curry to a boil. Add the chicken pieces and salt to taste. Cover the pan now and cook the chicken till it becomes tender on a medium flame. When the chicken is cooked, simmer and add the thick coconut milk and bring it to boil for just a couple of seconds. Turn off the flame.

In a smaller vessel, heat the ghee for seasoning and toss in the cinnamon, cloves, cardamom pod and the sliced onions. Fry till they become golden brown and add this to the curry. Cover the pan immediately to trap the aroma of the seasoning.

Serve hot with crispy kori rotti. Let the curry soak up the rotti a bit before you eat it. Alternatively, you can serve the curry with rice, pan polay (neer dosa), appams, sanna, mutlim (rice dumplings) or polay (dosor chapathi).



Sweta D'Cruz

St. Ignatius' Vision at the River Cardoner

Fr. Joseph M. Dias, S.J.,

The Vision at the River Cardoner is the most fascinating of the extraordinary spiritual experiences God gave to St. Ignatius of Loyola, Founder of the Society of Jesus. It is, perhaps, this single experience more than any other, that has moulded the Society of Jesus -- its vision, values, institutions and apostolates, especially education.

Biographers of St. Ignatius speak of the Cardoner Vision as follows: One day, out of devotion, Inigo was going to a church situated a little more than a mile from Manresa. It is called St. Paul's Church, and the road to it goes by the River Cardoner. Occupied with his devotions, Inigo sat down with his face toward the river running deep below. While there, the eyes of his understanding began to be opened. Not that he saw any vision, but he understood and learned many things, both spiritual matters and matters of faith and of scholarship, and with so great an enlightenment that everything seemed new to him. According to his Autobiography, this experience

left Inigo's understanding so very enlightened that he felt as if he were a new man with a new intellect.

In the year 1522, when this event took place, Ignatius of Loyola or Inigo, as he was then known, was 31 years old. The founding of the Society of Jesus was yet 18 years away. The Cardoner Vision resulted in Ignatius becoming an enlightened man. He was completely transformed by it -- in his spirituality and thinking about everything. It gave him a totally new all-embracing vision of the world, which changed his life and values completely; and was to shape, in large measure, the vision, spirituality and values of the Society he founded. Yet Ignatius himself speaks about it in the most casual manner saying only "that he experienced a great clarity in his understanding." Nothing more, nothing less. Successive generations of commentators agree that Ignatius' experience in Manresa on the banks of the Cardoner was the most decisive influence on Ignatian spirituality. We are not very clear about what Ignatius actually saw at the Cardoner, as he himself is at a loss for words to best describe his unique experience. He merely contents himself by stressing, "that this single experience had taught him more than all the other experiences of his life put together".

We have good reason to believe that the Cardoner Vision found expression, mostly in the Spiritual Exercises, but also in some other works, like the Constitutions, written by Ignatius. In the Spiritual Exercises, the Contemplation to attain the love of God, surely has its origin in the Cardoner Vision. It indicates that in the Vision, Ignatius perceived clearly that "God dwells in creatures: in the elements giving them existence, in the plants giving them life, in the animals conferring upon them sensation, in man bestowing understanding.....in the heavens, the elements, the plants, the fruits, the cattle, etc." Hence, Jesuit spirituality is oriented to seeking and finding God



everywhere and in all things.

Speaking about the Vision, Ignatius says that he "Learned many things, both spiritual matters and matters of faith and of scholarship, and with so great an enlightenment that everything seemed new to him". What did he learn about spiritual matters? Surely, he obtained a better understanding of the Sacred Scriptures, particularly about Jesus Christ, who is at the centre of the Spiritual Exercises -- in the meditations on the Kingdom of Christ and all the contemplations on his Incarnation, birth, life, death and resurrection. Other truths of the faith which he must have understood with special clarity are also found in the Spiritual Exercises: (1) The First Principle and Foundation which speaks of Man as God's special creature and of all other creatures made for man; (2) The Mystery of Sin and man's rebellion against God; (3) The Two Standards -- of Christ and Satan; (4) The Mystery of Death, the Last Judgment and Life Everlasting.

In Theology, he would have understood better the Theology which he recommends in the 'Rules for thinking with the Church' -- that of the positive doctors of the Church: Sts. Augustine and Jerome, and the scholastic doctors: Sts. Thomas Aquinas and Bonaventure, whose teaching he felt define clearly doctrines that are necessary for eternal salvation and are a help to refute all errors and fallacies. As for a better understanding of scholarship, we find it in Ignatius' ideas on culture and education instilled in the educational institutions he founded: the esteem for literature, especially

(Contd.. on p. 15)

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From the former Principal of St Stephen's College

Greek and Latin literature; the study of the physical sciences, like mathematics, astronomy, physics, chemistry, geology and biology., and promotion of cultural activities, such as, drama, poetry, art, music, painting, etc., in which the Jesuits themselves have excelled throughout their history. Ignatius surely realized that the best means to communicate what he learnt in the Cardoner Vision was Education.

Hence, the Society's sterling contribution to education and commitment to research -- which seeks to push further the frontiers of knowledge, and to strive always to go beyond, to transcend what human reason by its own efforts can reveal about the truth and reality. No wonder then, that within scarcely fifty years, the Jesuits came to be known as "Schoolmasters of Europe" for the new vision and values they imparted everywhere they went.

We find echoes of the Cardoner Vision in the writings and teachings of many of the great saints and scholars of the Society of Jesus. The English Jesuit poet, Gerard Manley Hopkins writes, "The world is charged with the grandeur of God" -- a brilliant summary of what Ignatius experienced at the Cardoner. The great modern Jesuit scientist and philosopher, Pierre Teilhard de Chardin, in all his writings sees the presence of God everywhere in the universe. He writes, "By means of all created things, without exception, the divine assails us, penetrates us, and moulds us." St. Peter Claver, the great apostle of the African slaves in Colombia, says, "Seek God in all things and we shall find God by our side." In the education they seek to impart, Jesuit institutions bear the hallmark of ideals and values, inspired by the Vision at the Cardoner. One might even venture to say that the thinking of most Jesuits is characterized by key elements of the Vision Ignatius received at the Cardoner, especially, of striving constantly to "seek and find God everywhere and in all things", just the way Ignatius, at the Cardoner, "saw all things coming from God, all things going back to God, and all things in God."

I AM HAPPY FOR FR. STAN SWAMY... Also for the present dispensation, for I am a patriot.

Fr. Stan Swamy is no more. I feel awkward about mourning his death. Instead, I feel a strange sort of happiness. An eerie sort of relief, if you don't mind.



Who are we to mourn his death? We, who dare not utter a word, fearing for our skin?

Who are we to feel sorry for the loss of this noble soul, when our concerns rarely go beyond the stomach?

Surely, Fr. Stan must have been somebody! At 84, and unsteady on his feet with Parkinson's, he was such a threat to national security that he had to be shut up in a prison.

What was the threat he posed? Well, very grave indeed, if you think of it. He sympathised with those who were struggling for their basic rights and dignity. Can there be anything more subversive?

I feel sorry for those of us who are left behind. We may not be shut up in prisons. There is no need to. We are our own prisons.

So, we survive like scarecrows. But prisons too have their days; and then they will be no more. A new sun will arise, and mock its debris.

There is only one practical problem left now. **How will they dispose of the body of Fr. Stan?**

He is still an accused under the UAPA. He is not entitled to bail. Unless the court grants bail to his dead body, how will he be buried or cremated? Only one thing is lawful; his body has to be despatched to the prison, under armed escort.

Let a speedy trial begin over the dead body, for God's sake. Let the truth about Fr. Stan be brought to light. Let the whole world know what the crime was for which Stan was shut up.

There is a compelling reason for saying so. Under the UAPA, the accused is GUILTY UNTIL PROVEN INNOCENT. So, Fr. Stan has died guilty.

That is to say, he died condemned without a trial: an injustice not done to any accused, under any law anywhere in the world, or in any period of the human history of rule of law.

The State has a duty, besides, to prove the merit of its stand. Though, it is in the nature of the idea of the State itself that it is not accountable to anyone. All the more so, when it is patronised by a committed judiciary. That notion is of the very essence of the UAPA act and all other draconian laws.

If UAPA is to make chilling sense, it should also be prescribed under its rubrics that an accused under its provisions should not be granted burial or cremation, unless his innocence is established. The bodies of the accused, when dead, should be preserved in a UAPA mausoleum under heavy guard. Just in case, the corpses escape and express solidarity with the poor and the powerless!

Well, there is this other humanitarian thing, you know? The hospital, treating Fr. Stan was ordered to 'do all it can' to save Fr. Stan, when he was critically ill. The thought of his soul flying away from the prison was unbearable, perhaps?

But there is a humiliating truth in this. The State may have a seeming authority over the life of its citizens. But it has no authority over death. But, then, what has no authority over death, cannot have any authority over life too; for life is primary, and death is merely complementary.

The truth is that the State has absolutely no authority over life and death. It merely pretends to have, till truth comes with its bodkin and pricks the bubbles of mundane pretensions.

Sleep well, Fr. Stan. Your struggle is over. Ours remains; except that we are unequal to it. Our struggle now is only with ourselves; or, what is left of us.

—Valson Thampu
Trivandrum, Kerala
Paranjy Guha Thakurta

Whose Families Are They Anyway?

This piece has been inspired by two recent events. This morning (4th July), I read that “nice guy” Amir Khan was divorcing Kiran Rao, his second wife, of over a decade. The previous day I had read a Vatican News report by Devin Watkins that Pope Francis was convening the 10th edition of the World Meeting of Families (WMF) in Rome from 22nd to 26th June 2022.

Why do I co-relate these two events? Because both concern the family. Amir Khan, through his socially relevant movies like “3 Idiots” was counted among the nice guys of the otherwise brash Bollywood Brigade. His announcement of splitsville came as a shock to me. Last month we had also read how the philanthropic couple that the world loved, Bill and Melinda Gates, were also headed for an acrimonious splitsville. How could they, many wondered?

Coincidentally, the previous night I came across a YouTube video of the marriage of Prince Charles and Diana, all of 40 years ago. The pomp and pageantry of that wedding was probably the greatest in modern times. A pompous wedding and a disastrous marriage; ending in tragedy in a car crash in France. Truth is stranger than fiction. The glamour world outside is often so different from the stark reality inside. Yet, so many of us run after glamour, externals and fairy tale weddings, completely missing the meaning and goals of marriage and family life. Would that we could learn the bitter lessons of history.

Watkins’ report from the Vatican states that Pope Francis says that Rome would be the focus of WMF22. He admits that the previous nine WMFs were “unknown to the majority of families”. Hence this time around there

The Church should adopt a more understanding attitude towards mixed marriages, especially with other Christians. Each case should be valued individually (sic). Mixed marriages should be treated with sympathy and understanding that implies a special preparation for them

would be more of people’s participation for which he requests the bishops to immediately begin preparations.

This sounds excellent on paper. But this top-to-down pyramidal approach of the hierarchy has been found wanting in the past.

Take the example of the Family Synod of 2014. The delegates that went from India were never heard of before that and haven’t been heard of since! When a year for St

Joseph (as at present) is announced prayer cards are printed for use in all parishes. No such attempt was made for the Year of the Family that preceded the Synod. To my knowledge independent surveys were conducted only in Pune, Mumbai, Chennai and Kanpur, largely at the instance of the Indian Catholic Forum (ICF).

The real betrayal was the Lineamenta (guidelines) of 46 questions prepared by the bishops. A few samples will suffice “What analytical tools are currently being used in these times of anthropological and cultural changes; and what are the more significant positive or negative results? (Q2). “Vatican II, returning to an ancient ecclesial tradition, expressed an appreciation for natural marriage. To what extent does diocesan pastoral activity acknowledge the value of this popular wisdom as fundamental in culture and society” (Q19). You are not the only one scratching your head in disbelief at these abstract questions.

It would be appropriate to revert to Vatican II to comprehend this last question. The Dogmatic Constitution of the Church refers to the family as “the domestic Church” (LG 11). This is a categorical statement. It does not say that the church is present in the family, but calls the family itself a form of actually being Church. It further elaborates “For all their works, prayers and apostolic endeavours, their ordinary married and family life, their daily labour, their mental and physical relaxation, carried out in the Spirit, and even the hardships of life, if patiently borne – all these become spiritual sacrifices acceptable to God” (LG 34). And again, “The Christian family loudly proclaims both the present virtues of the kingdom of God and the hope of a blessed life to come” (LG 34). From these solemn statements we see both existential and eschatological virtues of true Christian family life.

Another document describes the family as the foundation of society (GS 52). And again, “The creator of all things has established the conjugal partnership as the beginning and basis of human society ... The family has received from God its mission to be the first and vital cell of society” (AA 11). The church is here affirming the divine origin of the family. It doesn’t call the hierarchy or the clergy the “first and vital cell of society”. The question that therefore goes abegging is, “How much time, energy and money does the hierarchical church expend on what is its primary and vital cell – the family? Bishop’s conferences spend days and hours on building or protecting institutions of brick and mortar; but spend little time on the real flesh and blood building blocks of the church – the family.

Let me now take the readers (and leaders) back to the Indian equivalent of Vatican II – the Church in India



by chhotebhai *

(Contd.. on p. 17)

(Contd.. from p. 16)

Seminar of 1969 that was organized in the first flush of Vatican II (1962-65). It was held from 15th to 25th May in Bangalore. Just three days after it concluded my father obtained a receipt for Rs15/- from the CBCI for the 600 page book with its findings. I will quote not just some of the findings pertaining to the family, but also the methodology followed by the Seminar. It was preceded by exactly 100 consultations that covered diverse groups like Regions, Dioceses, seminaries and special interest groups like the Conference of Religious of India, the Bombay Jesuits, and lay organizations like the Newman Associations, Sodalities and Catholic Students Union.

There were 2321 participants in the regional seminars, of which 1273 (55%) were laity. The diocesan seminars had 6843 participants of whom 4202 (61%) were laity. The tribal dominated diocese of Raigarh – Ambikapur had the maximum number of 912 participants, of whom 741 (81%) were laity. If such a mammoth exercise could be organized in 1969 when there were no computers, mobile phones, email, digital ticket booking, etc, one wonders why the CBCI has not organized a similar exercise since!

The seminar itself was divided into 16 workshops – Spirituality, Catechesis, Liturgy, Evangelization, Dialogue with other religions, Education, Socio-economic activities, Civic & Political life, Social Communications and Media, Leadership, Family, Labour, Ecumenism, Personnel & Resources, Health & Social Services, and Pastoral Life. An expansive landscape. I shall here limit myself to some of the observations on the Family. The first issue addressed by the Workshop on Family was Family Planning or Birth Control. This was in the shadow of Pope Paul VI's very controversial encyclical of 1967 "Humanae Vitae" that considered the then Rhythm Method (RM) as the only morally acceptable option available to Catholic couples for birth control. Interestingly, even back in 1969, the Workshop did not endorse the encyclical. It very boldly stated

"There is pressure from the Government on one side, and the teaching of the Church on the other side. No practical solution is offered". It went on to say that "there are Catholics who feel a great concern and anguish as medical opinion is that RM is not effective in a large number of cases ... the question should be reviewed. It said that "there is a need of sympathy with those who cannot follow the Pope's encyclical".

It addressed several other issues pertaining to the family. For mixed marriages it said "The Church should adopt a more understanding attitude towards mixed marriages, especially with other Christians. Each case should be valued individually (sic). Mixed marriages should be treated with sympathy and understanding that implies a special preparation for them".

Regarding education it advocated that "Concessions should be made for Catholic children in schools so that they can all go to Catholic schools".

Its most farsighted observation was regarding the status of Divorced and Remarried Catholics (DARCs). It says that "Divorce is not frequent in India but ... sympathetic consideration is to be given to these people by the Church and more efforts should be made to find a really workable solution if the second union has proved with time to verify better the spirituality of marriage". Now in 2021 divorce and separation are far more rampant than in 1969. And everybody isn't as influential as Prime Minister Boris Johnson, or as lucky as the Chilean flight attendants to have their marriage solemnized mid-air by Pope Francis

himself! It makes one wonder. Has the hierarchical church in India deliberately, by acts of omission more than of commission, sabotaged the teachings of Vatican II, the findings of the Seminar of 1969 and many other pronouncements related to the family? I fear so.

Now that the WMF22 has been announced by Pope Francis the CBCI will go through the regular motions of having some consultations with those who are their favourites and willing to tow the line. There will also be the chosen delegates as happened with the Family Synod of 2014. So what should the laity do? Should it remain a mute spectator?

In 2014 we took the initiative under the banner of the ICF, to organize our own seminar. The bishop in charge of the CCBI (Latin Rite) Family Commission attended it. We had submitted our findings to him for onward submission to Rome. In 2019 we had organized "We too are Church" in Kolkata. The second edition of the same was scheduled for February 2020 in Kerala, but had to be abandoned because of the Corona pandemic.

As convenor of the ICF I propose that some time later in the year, when physical gatherings are safe, that we organize our own Seminar on the Family as our contribution to WMF22. Those interested in participating, or making constructive suggestions may please contact me at 9415130822 or noronha.kp@gmail.com

*The writer was earlier the Resource Person for the CCBI Family Commission. He has expounded these thoughts in greater detail in his recent book The Jerusalem Code.

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Happy Friendship Day!

Drs. Hazel & Trevor Colaso

International Friendship Day is celebrated on the First Sunday of August. (This year 01 August 2021). The tradition of dedicating a Day in honor of 'friends' began in the USA in 1935. Today 'Friendship Day' is celebrated in many countries including India as, 'Maitri Divas'!

On this Day people spend quality time with friends; and we Doctors with fellow Colleagues and even with helpless patients many of them homeless! There are tender exchanges of 'Friendship Day' gifts like flowers, cards and wrist bands.

Definition of Friendship!

According to the renowned Stanford Encyclopedia of Philosophy -Friendship is a distinctively personal relationship that is firmly grounded in a concern for the welfare of the other person; and could involve some degree of intimacy!

The highest form of friendship is 'Agape'! – A kind of sacrificial love that does not respond to the antecedent value of its object, but instead strives to add value in the beloved. It has come through the Christian tradition to mean the sort of love that is sacrificial! It contrasts with 'Eros', a passionate love, typically sexual; and of 'Philia' which extends to business partners and patriotism!

Below are 'Forty Relationships' to share and to stimulate genuine friendships, frank accords, and sincere bonds!

Ten Idealisms for Youngsters!

*Plan trips to nature's lap! *Movie night out! *Late night chit-chat! *Throw a party! *Prepare collage pictures! *Give a treat! *Sleepover plan! *Develop friendship videos! *Go to canteen! *Write friendship notes! Etc.

Ten Friendship Day Messages!

*The better part of one's life consists of enduring friendships! – Abraham Lincoln. *A real friend is one who walks in when the rest of the world walks out! – Walter Winchell. *Your friend is someone who knows all your shortcomings, yet still likes you! – El-

bert Hubbard. *Friends are the best to turn to when you are having a rough time! – Justin Bieber (singer) *Each friend represents a world in us, a world not yet born until he/she arrives to set it aflame through love! – Anais Nin. *A friend is someone who knows the song in your heart and can sing it back to you when you have forgotten the words! – Unknown. *Don't walk in front of me, I may not follow. Don't walk behind me, I may not lead. Walk beside me and be my friend! – Albert Camus. *Anyone can sympathize with the sufferings of a friend, but it requires a very fine nature to sympathize with a friend's success! – Oscar Wilde. *Friendship could be an unnecessary hurdle, like unappreciated philosophy and art. It has no survival value; rather it gives value to survival! – C.S. Lewis. *Friendship is like a perennial river which flows forever. It may change its course, but never dries up! – Pinky Prasad Mohanty.

Ten Mahatma Gandhiji's Nonviolent Quotes!

*Friendship that insists upon agreement on all matters is not worth the name. Friendship to be real must ever sustain the weight of honest differences, however sharp they may be! *It is easy to be friendly to one's friend. But to befriend one who is your enemy is the quintessence of true religion. *With every true friendship we build more firmly the foundation on which the peace of the whole world rests! *The acid test of a nonviolent conflict is that there is no rancor left behind; for in the end enemies are converted into friends! *Woman is the companion of man, gifted with equal mental capacity, a true companionship! *Relationships are based on four principles: respect, understanding, acceptance and appreciation! *The true measure of any society can be found in how it treats its most vulnerable members! *Our greatest ability as humans is not to change the world, but to change ourselves! *The best way to find yourself is to lose yourself in service of others! *Where there is love there is life growing!

Ten New Testament Harmonious Exhortations!

*Abraham believed in God, and was reckoned as righteousness, and was thus called a friend of God! – James 2:23. *Jesus said to Judas, "Friend, do what you have come for". Then they laid hands on Jesus and seized Him! – Matthew 26:50. *Adulterous people, do you not know that friendship with the world is hostility to God? – James 4:4. *I tell you that even though he will not get up and give him anything, yet because of his persistence and friendship, he will get up and give him as much as he needs! – Luke 11:8. *Where two or three are gathered in My Name, there am I among them! – Matthew 18:20. *So encourage one another and build each other up! – 1 Thessalonians 5:11. *Do not be misled; for bad company corrupts good character! – 1 Corinthians 15:33. *Put on a heart of compassion, kindness, humility, gentleness and patience. So, bear with one another, and if anyone has a complaint forgive the person, just as the Lord has forgiven you – Colossians 3:12-13. *Do to others as you wish others to do to you. So love your enemies and do good; and you will be called sons of the Most High! So be merciful, as Your Father is merciful! – Luke 6:31; 35-36. *Whoever is not with Me is against Me; and whoever does not gather with Me scatters! – Luke 11:23.

Conclusion: Ultimate Friendship!

Friendships are an important duty of our Christian faith, as much as it is with other religions. In fact, St. Paul wrote an entire chapter on 'Love', and determined, "So now faith, hope and love abide, these three; but the greatest of these is love"! – 1 Corinthians 13:13.

Lord Jesus also spoke about our acquaintances in His parables and teachings, and through His working of miracles! He left us the 'Ultimate Law'! "This is My commandment, that you love one another as I have loved you. Greater love has no one than this, that someone lay down one's life for their friends. You are My friends if you do what I command you!" – John 15:12-14.

Radical Socialist Statement condemning the institutional murder of Father Stan Swamy

Father Stan Swamy dedicated his life living and working with tribal communities in Jharkhand. He fought capitalist exploitation and state repression brought upon the people living in mineral rich areas. For these crimes of standing with and speaking up for people's rights, he was falsely implicated along with many others in the BhimaKoregaon case by the notorious National Investigating Agency (NIA).

While Modi sings paeans on democracy and Amit Shah writes op-ed pieces in

a leading English language daily about the roots of democracy and fundamental rights, the state continues to zealously crackdown on any voice of dissent or criticism whether it be by journalists, concerned citizens, intellectuals or students. We have seen this in the way they have dealt with the protestors against CAA, the way they have vilified and attacked those involved in the ongoing farmers' protests, activists who spoke up against the organized Delhi pogrom in 2020 among many others. The pursuing of the BhimaKoregaon activists by a

vindictive state under draconian legal provisions is probably the most harrowing for the activists and intellectuals involved as well as exemplary of the government attitude.

These are all methods of silencing dissent and hollowing out of whatever shell of liberal democracy that India was. The plight of these activists, students and intellectuals are meant to be examples of the very heavy price that people will have to pay should they dare to question the official line of the government, which is a toxic combination of the worst excesses of capitalist exploitation in agriculture (farm laws) and industry (labour code), and a politics of exclusionary ethno-nationalist Hindu chauvinism which helps them bury any criticisms by bringing up the question of building temples or fanciful claims of conversions whenever faced with material questions of hunger, poverty, employment etc.

The Bhima Koregaon case in which Father Stan Swamy was falsely implicated, along with many other activists, is similarly fabricated to stifle all voices of dissent. The courts, which in many such cases have simply acted as an extension of the executive arm of the state, denied Stan Swamy bail, despite him being 84 years of age and suffering from a serious degenerative disease such as Parkinson's. His condition had debilitated to the extent that he could not even hold a cup properly. His bail pleas, along with his simple request to be allowed to use a sipper cup in jail, was greatly delayed by repeated rejections by the NIA courts showing a complete lack of basic humanity and compassion. He was forced to languish in jail with Covid, which was only detected later when he was transferred to a hospital when his condition deteriorated further. This deliberate and slow torturing of an activist to set an example out of them is nothing but an insidious attempt by the ruling regime to deter anyone who dares to dissent. Father Stan Swamy did not just die, he was institutionally murdered!

Radical Socialists demand a repeal of the draconian UAPA and the NIA Acts, and the unconditional release of all political prisoners. We join the thousands among tribal communities in Jharkhand, and many others across the country, in mourning the murder of a life dedicated to fighting injustice.

Prof. Achin Vanaik

Matrimonial Proposals

Proposals are invited for

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28 year Mumbai based Goan Roman Catholic Bachelor, Ht. 5' 10", Wt. 72 kgs, Wheatish Complexion, Edn. B.Com., Profession : a Banker (REF:MM109)

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Mumbai based now in Dubai Mangalorean Roman Catholic Spinster, 33 years, Ht. 5' 7", Fair Complexion, Edn.

BMS, profession: a Senior Merchandiser (REF:107)

Mumbai based Mangalorean Roman Catholic Spinster, 29 years, Ht. 5' 4", Wt. 72 kgs, Wheatish Complexion, Edn. B.Com., C.A., Holding a managerial post. (REF:108)

Mangalorean RC Spinster, 34 years belonging to a highly educated middleclass family based in Mumbai Ht.5'.4" Wt. 78 Kg. Fair Qualified B.E., (EXTC) M.S. Consultant by profession (REF:FM109)

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7225. MUMBAI: Goan Roman Catholic Bachelor, (Born in July 1994), Ht. 5' 7", Wt. 70 kgs, Fair Complexion, Edn. INFT, Profession : Database Developer. Contact email :

allan.jones.137@gmail.com

7159. MUMBAI : Roman Catholic Bachelor, (Born in September 1982) Ht. 5' 5", Wt. 65 kgs, Ethical, Healthy, Simple, Sober, Wheatish, B.E. Software Engineer, works @ Mumbai, 9224335003, mariosofttech@gmail.com seeks matrimonial alliance from Mumbai based Catholic Spinster. Please exchange relevant information.

7185. MUMBAI : Goan Roman Catholic Bachelor, (Born in October 1984) Ht. 5' 10", Wt. 72 kgs, Wheatish Complexion, Edn. B.Com., working for Bank. Contact email :

shaun.neo00.outlook.com

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

7083. MUMBAI: East Indian Roman Catholic Bachelor, (Born in November 1985), Ht. 6', Wt. 68 kgs, Wheatish Complexion, Edn. M.Com., PGDLM, PGDSM, working as PPM & Data Engineer in Shipping Company. Contact email : ryan.intermilan@yahoo.co.in

7031. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in September 1985), Ht. 5' 7", Wt. 60 kgs, Wheatish Complexion, Edn. Undergraduate, IT Software, works at TCS. Contact email :

josephavild@yahoo.co.in

7077. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in March 1987), Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn. B.Com., working as a Manager. Contact email

: leroy2266@gmail.com OR Mob: 9503282306

7180. U.K. : Goan Roman Catholic Bachelor, (Born in September 1982) Ht. 6', Wt. 77 kgs, Fair, Edn. Chartered Accountant, Profession : Director Insurance Company. Contact email : russ_dsouza@yahoo.com

7088. MYSORE : Mangalorean Roman Catholic Bachelor, (Born in March 1983), Ht. 5' 9", Wt. 70 kgs, Fair Complexion, Edn. MBA. Marketing. well employed. Contact email : vishwasturners@yahoo.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

7175. MUMBAI: Goan Roman Catholic Bachelor, (Born in July 1989) Ht. 5' 6", Wt. 74 kgs, Wheatish, Edn. B.Sc (H.C.M.) Hotel and Catering Management, 2nd Photographer/Merchandise Sales Dept., Contact email :

osbertagneloalmeida@gmail.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

7084. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in May 1956), Ht. 5' 7", Wt. 70 kgs, Wheatish Complexion, Edn. 9th std., working as a Machine Operator. Contact email :

fern.gilbert54@gmail.com

7050. LONAVLA : Mangalorean Roman Catholic Bachelor, (Born in November 1985), Ht. 5' 9", Wt. 75 kgs, Fair Complexion, Edn. MBA., working. Contact email :

dsouza_adrian@yahoo.co.in

7049. CANADA: Goan Roman Catholic Bachelor, (Born in June 1986), Ht. 5' 11", Wt. 85 kgs, Wheatish Complexion, Edn. BE (Computer), working in CANADA in a Non IT Field Seeks a working girl in Canada and holding a PR Visa. Contact email :

anniedrz@gmail.com

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

: pjmpraveen@gmail.com

7047. MUMBAI : Goan Roman Catholic Bachelor, (Born in November 1982), Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., C.S. in Process, having family business. Contact email : mail.soj@gmail.com

7045. CANADA : Mangalorean Roman Catholic Divorcee, (Born in September 1985), Ht. 5' 5", Wt. 68 kgs, Wheatish Complexion, Edn. B.Sc., Hotel Management, having permanent Resident. Contact email :

bmathias88@gmail.com

7039. MUMBAI : Goan Roman Catholic Bachelor, Handicap - slight Scoliosis - taking treatment, spine slightly curved. (Born in September 1976), Ht. 5' 4", Wt. 45 kgs, Wheatish Complexion, Edn. B.A. Computer Prog. / Hair Designer, Having own business. Contact email :

reginarodrigues634@gmail.com

7032. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in November 1977), Ht. 5' 6", Wt. 72 kgs, Fair Complexion, Edn. Degree in Electronics and Telecommunications, working as Telecom Engineer. Contact email : franky54@rediffmail.com

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7204. MUMBAI : Goan Roman Catholic Spinster (Born in October 1989), Ht. 4' 11", Wt. 50 kgs, Wheatish Complexion, Edn. Graduate, PGD in Broadcast Journalism, working for National News Channel in **BANGALORE**. Contact email :

stacypereira89@gmail.com

7223. MUMBAI : Born Again Spinster, (Born in November 1994), Ht. 5' 8", Wt. 70 kgs, Fair Complexion, Edn. Masters in HR. working as Asst. Manager Learning and Development in Cargo Logistics firm. Seeks suitable match, first preference Born Again or Others. Contact email :

bernie_wicket@yahoo.com

7222. MUMBAI : Goan Roman Catholic Spinster, (Born in August 1984), Ht. 5' 7", Wt. 65 kgs, Fair Complexion, Edn. B.Com., working as accountant. Contact email :

josephpereira@gmail.com

7191. BANGALORE : Mangalorean Roman Catholic Spinster, (Born in April 1991), Ht. 5' 5", Wt. 57 kgs, Wheatish Complexion, Edn. B.S (Electrical Engineering in US), M.S in Robotics Engineering, working as a Software for a reputed Company in **New York**. Contact email :

alfnan@yahoo.com

7214. MUMBAI : Goan Roman Catholic Spinster, (Born in October 1986), Ht. 5' 4", Wt. 52 kgs, Fair Complexion, Edn. CA CFA Ms Finance M.Com., working as a Senior Manager. Contact email : frfernandes020@gmail.com

7199. BANGALORE : Mangalorean Roman Catholic Spinster, (Born in January 1990), Ht. 5' 2", Wt. 53 kgs,

Fair Complexion, Edn. Master's in Mass Communications (NTU, Singapore) working as a Senior Manager of Corporate Communications in **SINGAPORE**. Contact email :

mafern.2121@gmail.com

7171 MUMBAI : Roman Catholic Spinster, (Born in April 1994), Ht. 5' 3", Wt. 50 kgs, Fair Complexion, Edn. M.Com., working as an Analyst. Contact email :

patriciaswamy94@gmail.com

7174. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1990), Ht. 5' 6", Fair Complexion, Beautiful, Edn. B.Com., MBA, PGDM, working for a Ad Agency in Toronto, **CANADA**. Contact email :

roshanmehra@hotmail.com

7182. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1992), Ht. 5' 4", Wt. 72 kgs, Wheatish Complexion, Edn. B.Com., C.A., working as Asst. Manager in TATA Company. Contact : email :

matrimonialp27@gmail.com

7169 MUMBAI : Roman Catholic Spinster, (Born in September 1992), Ht. 5' 1", Wt. 50 kgs, Wheatish Complexion, Edn. MBA in Event Management. Contact email :

rosypetters74@gmail.com

7160. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1988), Ht. 5' 7", Fair Complexion, Edn. BMS, working as a Senior Merchandiser in a Global Retail Company in Dubai. Contact email :

prislobo10@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 :

7167 MUMBAI : Goan Roman Catholic Spinster, (Born in October 1987), Ht. 5' 4", Fair Complexion, Edn. BMS. M.Com., and MBA, working as

a Business Analyst. Contact email : soulmateforlife2019@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 an MNC in USA. Contact email :

wilfyjoy1315@gmail.com or call +91 98603 02527 / + 91 9970172527

7166 MUMBAI : Mangalorean Christian Parents seek alliance for their daughter, (Born in May 1992), Ht. 5'4", having completed her BCAF, presently working with MNC in Mumbai. Contact email :

ste004ffy@yahoo.in

7163 MUMBAI : Tamilian Roman Catholic Spinster, (Born in December 1991), Ht. 5'3", Wt. 41 kgs, Wheatish Complexion, Edn. B.Com., PGDM in HR working as a Receptionist. Contact email : dafrin1991@gmail.com

7161 MUMBAI : Roman Catholic Spinster, (Born in July 1986), Ht. 5'6", Wt. 62 kgs, Wheatish Complexion, Edn. B.Sc. Science, Masters in Mass Media, working as a Asst. Accounts Director. Contact email :

padmarrao@gmail.com

7158 MUMBAI : Mangalorean Roman Catholic Spinster, (Born in August 1986), Ht. 5'1", Wt. 64 kgs, Wheatish Complexion, Edn. B.A., working as a Patient Care Manager. Contact email :

ceciliacookie@gmail.com

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Agnes College Mangalore - leaps into the Post Centenary Era

Atrue red letter day was July 2, 2021, in the history of St Agnes College, founded by the great visionary Mother Mary Aloysia A.C., the Second Superior General of the Apostolic Carmel on this date 100 years ago in a small dry land called 'hullu mulli', now a heart of Mangalore with just 24 students, in an era when educating

girls was unheard of and the society wondered about whether it was advisable for girls to venture out of the then 'secure' homes. In these uncertain times too, the college has progressed by leaps and bounds to be one of the premier institutions of higher education in the country. While education of the girl child and women empowerment are recognized as a national priority at present, St Agnes College has been serving this noble cause for the past 100 years, and its alumni scattered all over the world, are witness to this fact. Reposing faith in the motto of the college "Deus Fortitudo Mea" - God is my Strength, the institution has not kept any stone unturned to empower women and excel them in their career as educators, scientists, chartered accountants, management professionals and efficient homemakers. These many years of glory of St Agnes College would not have been achievable if not for the strong foundation laid by Mother Mary Aloysia against all odds.

The year 2021 is very significant to St Agnes College as it has completed the 100 remarkable years of empowering women by providing value based, socially relevant and globally competitive education. In the last hundred years, St Agnes College has witnessed several milestones. The college took the initiative of submitting itself to the accreditation process conducted by the NAAC (National Assessment and Accreditation Council) in 1999 and had the honour of receiving a 'Five Star' grade. In the



successive re-accreditation process by the NAAC in 2005 and 2012, the College earned an 'A' grade. The year 2017 turned into a milestone for the college as it secured an A+ Grade from the NAAC with a CGPA of 3.65/4, and also has been conferred the title of 'College of Excellence' by the UGC, New Delhi. St. Agnes College is the first college under Mangalore University to receive this recognition. The college was granted the "Star Status" by the Department of Bio Technology (DBT) of the Ministry of Science & Technology (MST), Government of India in 2017, for promoting basic sciences among students of the region.

Apart from national recognition, the college has also been the recipient of the 'Jimmy and Rosalynn Carter Foundation' Partnership International Award for its path-breaking work in the field of watershed management in 2006. This is the only one of its kind recognition in India. In 2007, St Agnes College

was conferred the status of Autonomy by the UGC making it possible to start Post Graduate Programmes, St Agnes Research Centre for both men and women. St Agnes College will always remain in history as the first women's college on the west coast of India as well as the first Catholic women's college in the country and the first women's college in the region which has witnessed its Centennial Jubilee.

On 2 July 2021, is celebrated the 101st birthday of this great institution, all the agnesians spread across the world would look back with gratitude to St Agnes, the patroness of the college. To mark the significance of this red letter day down the memory lane, a sapling was planted by Sr M. Carmel Rita A.C., the administrator of the college, Sr Dr M. Venissa A.C, the principal of degree college, Sr M. Norine D'Souza A.C., the principal of PU college, Sr Dr M. Vinora A.C., Sr M. Roopa Rodrigues A.C., the vice principal of degree college, members of staff, support staff and the president of the student council. This sapling symbolises the inner beauty and resilience of the students of this prestigious institution. At this juncture, St Agnes College History Vault was buried underground containing the book on the history of the college, the centenary badges, and the college emblem (crest) to bring back the nostalgic memories of this pioneering institution in the years to come. May the progress go on in the coming changed outlook and all here prosper and grow in God's protection.

*- Adapted by :
Ivan Saldanha-Shet.*

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The Influence Of Diet & Lifestyle On Our Immune System

Never before have we been so invested in our immunity than since when COVID hit us in 2019. The internet and the market are saturated with products, pills and shots promising to 'boost' your immunity and it is all very enticing because who doesn't want a quick fix? But is such a quickfix really possible? Can we boost our immunity?

Before we attempt to answer that question let us understand what the immune system is. Our immune system is highly complex and intricate, made up as it is of multiple organs and cells. We can broadly classify as follows:

Innate immunity - what we are born with, our skin, mucus, lungs, our first line of defence

Acquired immunity - what our body learns over time. Once it sees an invader (bacteria, virus) it produces antibodies to fight it off. White blood cells, lymphocytes, antibodies and organs such as bone marrow, thymus, spleen, lymph nodes all make up the acquired immune system. Because of the acquired immune system our body remembers and is better prepared when we are infected the next time.

The immune system being made up of multiple organs and cells, it is impossible to know which of them needs to be boosted and by how much and hence the concept of boosting immunity is itself flawed.

Another point to remember is that when your immune system is working, it shows up in the form of fever, sweats, a runny nose. So imagine if your immunity was working 100 % every time, you would essentially be feeling sick all the time!

In saying this though, there are things that you can do to strengthen your immunity as your immune system relies

on multiple nutrients to function optimally and a deficiency of these nutrients can weaken your immunity.

If your diet is primarily made up of added sugars, saturated fats, processed foods and little to no fruits and vegetables, whole grains and pulses, nuts and seeds then it is likely that you have a weakened immune system. Listed below are some key nutrients that your immune system requires to function at its best:



by **Carlyne Remedios***

Vitamin A - The best way to get in Vitamin A is to eat plenty of brightly coloured fruits and vegetables (think orange and yellow) and dark green leafy vegetables

- Carrots
- Red pumpkins
- Bell peppers
- Melons (muskmelon, cantaloupes)
- Mangoes
- Papaya
- Apricots
- Dark green leafy vegetables (Spinach, fenugreek/ methi, amaranth)

Vitamin C - can help shorten the duration and reduce the severity of an infection. The best way is to eat fresh fruits daily particularly

- Guava
- Oranges
- Sweet limes
- Grapefruit
- Berries

Zinc - Though meats, poultry and shellfish are good sources of zinc, there are plenty of vegetarian sources too

- Nuts and seeds - Cashews, almonds, sesame seeds, pumpkin seeds
- Whole Beans and Legumes - Chickpeas, kidney beans, all types of dals
- Whole Grains - Oats, unpolished rice

Vitamin D - Sunlight is the best source of vitamin D. Try and get at least 10-15 minutes of sunlight daily when the sun is not overhead. Other dietary sources

are

- Whole Eggs
- Mushrooms
- Fish - Sardines, Mackerel, salmon

Protein - is the foundation of everything, every part of our body and its organs requiring protein for its proper functioning. A protein-deficient diet can also impact your immunity. It is best to get your protein from

- Eggs
 - Fish
 - Lean meat and skinless poultry
 - Whole beans, pulses, lentils
 - Nuts and seeds
- rather than fatty or processed meats that are full of saturated fats and sodium.

In addition to eating a healthy diet

- Good quality sleep - a minimum of 7-8 hours

- Regular physical activity - minimum 30 mins, 3-4 times a week
- Minimize stress - deep breathing or meditation

Avoidance of alcohol and tobacco are important factors to keep that immune system functioning at its optimal level.

If you think that your diet is poor or you have a poor appetite then a general multivitamin can supplement your food intake, but the intake of megadoses of individual nutrients is not advisable unless specifically prescribed by your doctor.

And remember, a very effective way to truly boost your immunity is through 'vaccination'!

*Stay safe! Stay healthy!
Stay immune!*

*An Accredited Practising Dietitian with vast experience in the field, she holds a Master's in clinical dietetics and has worked with renowned Bariatric Surgeon Dr Muffazal Lakdawala under whom she headed the nutrition department for a decade, deepening her experience and expertise. Her clientele includes the late Ms Emma Ahmed, the world's then heaviest woman from Egypt and Femina Miss India Pageant contestants.

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