

Kalyan Lantern

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BACK TO THE BASICS



Mathrusangam - Patron's Day Celebration



Kalyan Eparchy Youth



ഉറവിടങ്ങളിലേക്ക്...

ഭൗതികതയുടെ സ്പർശമുള്ള ഒന്നിനും ആത്യന്തികമായി നമുക്കുവേണ്ടി ഒന്നും ചെയ്യാൻ കഴിയില്ല. പലതിന്റേയും നിസ്സാരതകളും പൊള്ളത്തരങ്ങളും തിരിച്ചറിയാൻ കഴിയണം. ജ്ഞാനിയായ ഒരു ഗുരു വുണ്ടായിരുന്നു. വൈവിധ്യമാർന്ന വിഷയങ്ങൾ സുന്ദരമായി ആവിഷ്കരിക്കാനും പഠിപ്പിക്കാനും അസാമാന്യകഴിവുള്ള പ്രതിഭ. അദ്ദേഹത്തിന്റെ അക്ഷയമായ ഈ ജ്ഞാനത്തിന്റെ ഉറവിടമേതെന്ന് ശിഷ്യന്മാർ കൂടെക്കൂടെ ചോദിക്കും. അതെല്ലാം ഒരു ഗ്രന്ഥത്തിൽ രേഖപ്പെടുത്തിയിട്ടുണ്ടെന്നും തന്റെ മരണശേഷം അതവർക്ക് ലഭിക്കുമെന്നും അപ്പോൾ അദ്ദേഹം പറയും. ഗുരുവിന്റെ മരണശേഷം ശിഷ്യന്മാർ പുസ്തകം കണ്ടെത്തി. പുസ്തകത്തിനു ഒരേയൊരു താളേ ഉണ്ടായിരുന്നുള്ളൂ. അതിലൊറ്റവരിലും. “ആധാരവും ആധേയവും തമ്മിലുള്ള ഭേദം അറിയുക”. അപ്പോൾ ജ്ഞാനത്തിന്റെ ഉറവ നിനക്കു തുറന്നു കിട്ടും. ലളിതമായി പറഞ്ഞാൽ നിലനില്ക്കുന്നതും കടന്നുപോകുന്നതും ഏതെന്ന് തിരിച്ചറിയുക. എന്റെ ഉള്ളിലെ ക്രിസ്തു അവബോധത്തെ തിരിച്ചറിയുക. “എന്നാൽ, സ്വർഗത്തിൽ നിങ്ങൾക്കായി നിക്ഷേപങ്ങൾ കരുതി വയ്ക്കുക. അവിടെ തുരുമ്പും കീടങ്ങളും അവ

നശിപ്പിക്കുകയില്ല; കള്ളൻമാർ മോഷ്ടിക്കുകയില്ല.” മത്തായി 6:20

ആധുനിക ശാസ്ത്രത്തിന്റേയും വൈദ്യശാസ്ത്രത്തിന്റേയും, കലയുടേയും, സംസ്കാരത്തിന്റേയും മെല്ലാം ഉറവിടത്തിനും പുരോഗതിക്കും വളർച്ചക്കും കാരണമായത് ക്രിസ്തീയ ലോകവീക്ഷണങ്ങളായിരുന്നു. ഇവയ്ക്കു കാരണഭൂതരായ മഹാത്മാക്കൾ അടിയുറച്ച ദൈവവിശ്വാസികളും അടിസ്ഥാനക്രിസ്തീയ തത്വങ്ങൾ ജീവിതത്തിൽ ശീലിച്ചവരുമാണ്. ഇന്ന് ശാസ്ത്രസാങ്കേതികവിദ്യയുടെ വളർച്ചയ്ക്കുമുമ്പിൽ മനുഷ്യർ പകച്ചു നില്ക്കുമ്പോഴും, ജീവിതലക്ഷ്യങ്ങളും അർത്ഥവും കാണാതെ ക്ലേശിക്കുമ്പോഴും നമുക്ക് ക്രിസ്തീയ ജീവിതശൈലിയുടെ ഉറവിടങ്ങളിലേക്ക് തിരികെ പോകാം. അങ്ങനെ ക്രിസ്തുവിനെ അറിഞ്ഞവർ അവനെ ആഴത്തിൽ അനുഭവിക്കുകയും ജീവിതവിജയം നേടുകയും ചെയ്യുന്ന നവസുവിശേഷ വക്തരണത്തിന്റെ (New Evergelisation) വക്താക്കളാക്കാം.

ഇവിടെ യഥാർത്ഥ ക്രിസ്തീയ മൂല്യങ്ങളുടെ ഉറവിടങ്ങളിലേക്ക് ഒരു യാത്ര അനിവാര്യമാണ്.



Kalyan Lantern

YOUR WORD IS A LAMP TO MY FEET AND A LIGHT TO MY PATH

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A full-page background image of Roger Federer on a tennis court. He is wearing a white Nike polo shirt, white shorts with a small 'RF' logo, and a white Nike headband. He has a wide-open mouth in a shout or yell, and is holding a tennis racket in his left hand. The background shows a green tennis court and a blurred audience.

BACK TO THE BASICS

It's always inspiring to see great sportsmen at their best. I'm a tennis fan. I have always supported Roger Federer. He is now 35 years of age, married, and has four children.

For a while, it was speculated that he should retire because he was 'old' and he had a knee injury. Moreover, Federer hadn't won any big event since Wimbledon 2012. Five long years without a major trophy. He didn't give up. The constant effort finally paid off. This year he has won two Grand Slams: the Australian Open and Wimbledon!

Beginning and beginning again

St Josemaría Escrivá emphasized the importance of a sporting spirit in our spiritual lives. He writes: *If you begin and begin again, you are doing well. If you have a will to win, if you struggle, then with God's help you will conquer. There will be no difficulty you cannot overcome.*

For every Christian, the starting point is to be in the state of grace. Through baptism our souls are cleansed of original sin; from that moment onwards, God dwells in us. But, we shouldn't be surprised that after baptism we fall down many times and sometimes seriously.

A serious sin is called a mortal sin. If we consent to watching pornography, skip Mass on Sundays, take part in superstitious practices, etc., we voluntarily push God out of our lives. A sportsman with an injury can't pretend that he is fine; he needs to see a doctor. We need Jesus in the sacrament of Confession to forgive our sins.

Take a look at your life

We make fools of ourselves pretty often. That's the truth. How many times do you throw tantrums at home because of a mood swing? Reflecting on how we behave helps us to know ourselves better.

On his losing streak, Federer had it rough. It showed on the court: he started to scream, swear and throw his racket in frustration. One day, he watched some video footage of his

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If you begin and begin again, you are doing well. If you have a will to win, if you struggle, then with God's help you will conquer. There will be no difficulty you cannot overcome.



matches. He didn't like what he saw. He said to himself, "It is enough." He tried to change and he is now back in the game.

Confession is one of the basics of Christian living. Make a 3-minute examination of conscience before going to bed. It will help you to prepare your next Confession. Pope Francis goes once a fortnight. Try this out and stick to your day. You will experience a transformation in your life. Admitting to our sins makes us humble and, with the grace of God, we become stronger.

Saints are role models

Christians aren't just called to be 'goodish'. *Every good tree bears good fruit*. United to God in the state of grace, it is really possible to be saints at home and at college. Christ wants us to be role models for all our friends: this is

bearing good fruit.

Carlos Acutis is an Italian teenager who recently died of leukemia. He loved computers, web design, film editing, etc. Going to school and studying were compatible with attending daily Mass and prioritizing time to pray before the Blessed Sacrament. Now, the Church has started his process of canonization; in some years he could become 'St Carlo Acutis, Patron of Information Technology'!

It's not too far fetched for you to be a saint. You have to want to struggle like a good sportsman. Do your best to stay in the state of grace. Regular Confession and Holy Communion will strengthen the muscles of your interior life. Speak to Jesus in your own words. And don't forget: be close to Mother Mary.

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Now, the Church has started his process of canonization; in some years he could become St Carlo Acutis, Patron of Information Technology!



Mr. Kevin de Souza

is a freelance writer who has worked in education and communications for the last 15 years.



The Faith Behind the Famous

This article presents brave faith stories of many successful personalities. They always stayed true to their faith while fighting to achieve their dreams. Ensuring the guiding presence of Jesus with them, they have gone on to become successful in their fields and continue to inspire and set new records even today. These stories bear witness to God's great love for us and his ardent desire to mould us to perfection.

The lesson is for us to clearly revisit the basics of our spiritual lives and to assure that we feel the presence of Jesus around us at all times to help us succeed and grow.



Nicholas Copernicus

(1473-1543)

- Revolutionary astronomer
- Discovered Heliocentric Universe
- "[It is my] loving duty to seek the truth in all things, in so far as God has granted that to human reason."

Gregor Mendel

(1822-1884)

- A catholic priest
- Founder of modern genetics

John Polkinghorne

(1930-)



- Theologian and Anglican Priest
- Known for particle physics

"God didn't produce a ready-made world. The Creator has done something cleverer than this, making a world able to make itself".

Author of "Belief in God in an Age of Science"

Scientists whose faith and science complement each other

Francis Collins (1950 -)

- American physician-geneticist
- Director of the Human Genome Project
- "Science is simply mankind trying to

understand the greatness of God's design."

-Author of *The Language of God: A Scientist Presents Evidence for Belief*



Guy Consolmagno (1952-)



- Director of the the Vatican Observatory
- Planetary scientist
- "Religion needs science to keep it away from

superstition and keep it close to reality, to protect it from creationism, which at the end of the day is a kind of paganism - it's turning God into a nature god. And science needs religion in order to have a conscience, to know that, just because something is possible, it may not be a good thing to do."

-Author of *God's Mechanics: How Scientists and Engineers Make Sense of Religion*

C.S. Lewis

(1898-1963)



-British novelist, poet, academic lay theologian and Christian apologist.

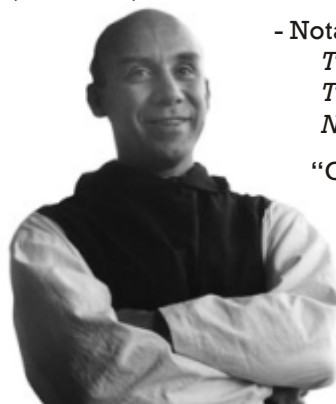
-Notable Works

Chronicles of Narnia
The Screwtape Letters
The Space Trilogy

"You don't have a soul. You are a soul; you have a body."

Thomas Merton

(1915-1968)



American Catholic writer, theologian and mystic

- Notable works are

The Seven Storey Mountain
Thoughts in Solitude
New seeds of contemplation

"Our vocation is not simply to be, but to work together with God in the creation of our own life, our own identity, our own destiny.... To work out our identity in God."

**Authors whose
imagination
was guided
by Holy Spirit**

J. R. R. Tolkien

(1892 - 1973)



G. K. Chesterton

(1874-1936)

English Writer,
poet, philosopher,
orator, lay
theologian,
catholic apologist.

.-Notable works are

Orthodoxy
Father Brown stories
The Everlasting Man

"The Christian ideal has not been tried and found wanting. It has been found difficult; and left untried."

Bishop Robert Barron

(1959-)

American author, theologian and new-evangelist.

- Notable Works are

The Priority of Christ
Vibrant Paradoxes
Catholicism

"Jesus does not begin with condemnation. He begins with an alluring invitation to life. Once we hear that invitation, we know that we have to change"

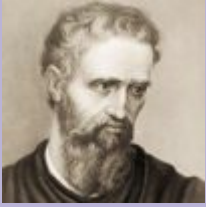


English writer, poet, philologist

-Notable works are

The Hobbit
The Lord of the Rings
The Silmarillion

"Out of the darkness of my life, so much frustrated, I put before you the one great thing to love on earth: the Blessed Sacrament. . . . There you will find romance, glory, honour, fidelity, and the true way of all your loves on earth, and more than that: Death."

Michelangelo (1475-1564)

Italian
sculptor,
painter,
architect,
and poet.

- Known for

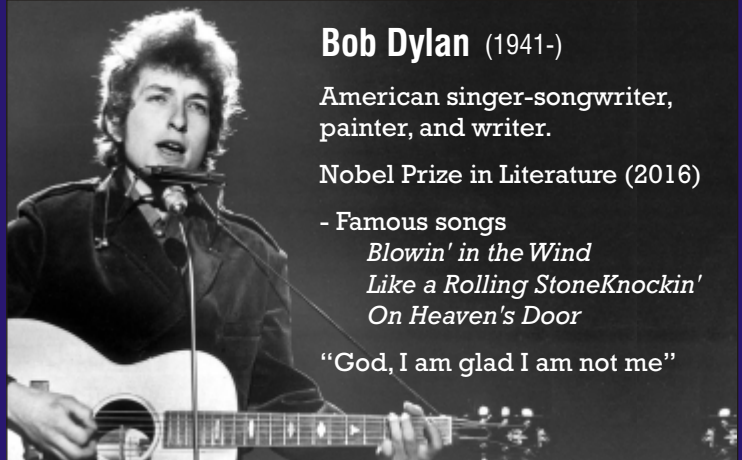
David

Pietà

The Last Judgment

(Sistine Chapel ceiling)

"Every beauty which is seen here by persons of perception resembles more than anything else that celestial source from which we all are come."

**Bob Dylan** (1941-)

American singer-songwriter, painter, and writer.

Nobel Prize in Literature (2016)

- Famous songs

Blowin' in the Wind

Like a Rolling Stone

Knockin' on Heaven's Door

"God, I am glad I am not me"

**Artists who
reflected
Divinity through
their art**

Don Moen (1950-)

American singer-songwriter, pastor, and producer of Christian worship music.

- Famous songs

God Will Make a Way

Thank You Lord

I Offer My Life

"God will make a way, where there seems to be no way. He works in ways we cannot see"

Mel Gibson (1956-)

American actor and filmmaker

- Notable movies are

The Passion of the Christ

Apocalypto

"The Holy Ghost was working through me on this film, and I was just direction traffic".

Sister Cristina Scuccia

(1988-)

- Italian Popular Singer

- Winner of Voice of Italy 2014

"My dream is to recite the Our Father together, maybe we can all hold each other's hands and pray. I want Jesus to come right here inside!" She said accepting the Winner's Trophy.



Neymar (1992 -)



- Brazilian professional footballer
- Olympic Gold Medal winner for football
- Christian, Catholic

"I'm not a spiteful man, never been. I always forgive. The final decision isn't mine, but God's. God knows what He does".



Usain St Leo Bolt (1986-)

- Jamaican sprinter
 - He is the fastest human in the world and is widely considered to be the greatest sprinter of all time.
 - Christian, Catholic
 - He wears the Miraculous Medal of Mother Mary around his neck
- "I want to thank GOD for everything He has done for me cause without Him nonw of this wouldn't be possible"
- Tweeted on August 9th, 2012*

**Sports stars
who aren't
ashamed of
witnessing
Christ**

Roger Federer (1981-)

- Swiss professional tennis player
- the most successful male tennis player in history.
- Christian, Catholic
- He made headlines by meeting Pope Benedict XVI in 2006

Simone Biles (1997 -)

- American artistic gymnast.
- She has won nineteen Olympic and World Championship medals
- Christian, Catholic

"Do Not Be Afraid" is repeated in the Bible 365 times. This is a daily reminder form God to live everyday FEARLESS

- Tweet on Nov 2014



Michael Phelps (1985-)



- American competitive swimmer and the most decorated Olympian of all time.
 - Christian, Catholic
 - influenced by "The Purpose Driven Life", by Rick Warren.
- " I believe in God; I'm not saying I'm highly religious".

Basic *Christian* Practices



Daily Bible Reading



Devotion to Blessed Virgin Mary through Rosary



Attend Holy Mass and receive Holy Eucharist



Find time for Personal Prayer

Practice chastity



Practice Mortifications



Obey 10 Commandments



Feel the presence of God around you.



Go to Confession regularly



Have Friendship with Saints



SELFIE TO SELF “FINDING THE TRUE SELF”

Narcissism is a personality disorder, originated from the Greek mythology where a young guy called Narcissus, fell in love with his own image reflected in the pool of water and looking at it whole day he died. When a person has an inflated sense of self-importance and egoistic admiration of one's own attributes and appearances it amounts to *Narcissism*. Can selfie be the modern version of *Narcissism*? Has a new culture emerged with the arrival of selfies?

Yes, We all are part of a new culture.. It's called the 'Selfie Culture'. We all have a Smartphone. Right? 24x7 internet access is available? Snap Chat, Twitter, Facebook,

Whatsapp, Chat, phone calls and what not? Everything is available on our Smartphones. Home button, camera, front camera, click; it takes four actions and less than five seconds we capture a selfie on a standard smartphone and we enjoy looking at ourselves. It would be no surprise to say that millions of selfies a day are taken, often risking our lives, our livelihood and lives of those around us in order to get a perfect self-portrait. Can we consider this as a modern medium of visual expression and communication that should be taken with due consideration or is it a mere selfish and dangerous action and a form of self-promotion? With the arrival of selfies, are



we heading for a season of self-realization or self-alienation? Well, real self must be promoted by all means and the imaginary self must be done away with. Safety of all must be ensured too. It's time to get back to the ancient wisdom recalling the words of sages, "*Asatoma Sat Gamaya*" - "Lead me from unreal to real".

CREATIVE DIMENSION OF THE SELFIE CULTURE

The positive aspect of selfie culture is that it fuels you to get excited about those things that make you feel alive. It excites emotions about anything that you love with your deepest passion. Selfie culture can lead you to the height of accomplishments too. Provided the energy is positively and divinely channelled one can gracefully ascend to the heights of personality and professional success. Selfie culture must challenge us to estimate authentically and honestly the image we have created about ourselves. We need to get connected to the purpose of life, which in turn prompts us to discover our own deepest and greatest personal values and aspirations arising from the true self.

THE SCARE CALLED SELFIE

What's really interesting about selfie is the psychological, sociological and physical problem they pose. Selfie-culture can not only scare one's integrity but it can also take a toll on one's emotional, intellectual and spiritual health. One might get so entangled with the joy of selfies that one fails to care much about one's inner self, the other persons around, the surroundings and the dangers posed by the act. We know from the newspapers that persons while clicking selfies have fallen into the well, slipped off into the sea, was hit by the train, attacked by monkeys, fallen from the top of the building etc., all of which were fatal. Maharashtra: 9/7/2017: Vena Lake at Nagpur witnessed the death of eight youth, celebrating the birthday of one among them, at the middle of the Lake, while clicking a selfie, all inclining to one side of the boat. Wait a minute before you Judge. Though selfies might appear to give us immediate joy, it actually takes the joy out of my life and life out

of my joy. Everyone must actualize their full potentials, realize the dreams, feel the freedom, enjoy the empowerment, and feel the joy of self-giving. This can be achieved through a spiritual renewal and re-orientation of the self.



“

Today everything is available on his mobile; except what he is really searching for – peace.

THE PSYCHOLOGICAL IMPACT OF SELFIES

The way the Selfie-culture is progressing it would seem that we are prone to withdraw into a world of our own. Once a young boy approached me and said that he was frustrated, fearful, and unsure about his future, anxious, and feel suffocated and trapped with no way out. Today everything is available on his mobile; except what he is really searching for – peace. "I am lost in my Smartphone. I have thousands of selfies in my phone. But I don't have a clue as to what to do with all those and how I can come out of it and make the best of my life. I need some divine intervention", he said. His Smartphone has left him confused.

A MOVE FROM SELFIE-SHNESS TO SELF-LESSNESS

It is high time that we moved from 'selfie-shness' to 'self-lessness'. Journeying back to the basic values of selflessness, preached and lived by Jesus and imitated by saints and sages, alone can be a solution to the inner torments of the soul. Selfie culture prompts you to concentrate on yourself and admire your own features which might even lead to narcissism. Selfie is an unconscious expression of the unhappy, unfulfilled existence. It is here that one tries to cherish few moments of contentment with the selfie that one captures of himself/herself. However it leads to losing that space of deeper inner contentment and commitment. The culture of selflessness invites you to follow the path of self-sacrifice which alone gives meaning to one's life, serenity in mind and holiness in the soul.

LET GO (THE SELFIE) AND LET GOD (THE SELF)

One is counted successful if one has the latest tools and gadgets and is wired into the social media 24x7 and forgets all that you can be in life. Let go the imaginary self and give yourself permission to be who you truly are. This is your journey to living an extraordinary life. It is an inward journey listening to your conscience which is the voice of the Holy Spirit, the true self, who alone can give true

meaning to your life. Our life begins to change here and change for the better. Moving out of selfie and entering into the self will change your life by miles from within and out.

Does the mango tree eat its own fruit? Does the Rose plant smell its own fragrance? Does the river drink its own water? God has created everything for the other. No one is created for oneself but for the other. Hence it is important to turn around and go 'Back to the Basics' of our faith and adhere to the eternal truths and discover the true self in **THE SELF**.

CONCLUSION

It is possible that we shift our perception and become people of broader outlook. Each time we choose to implement our passions, strengths, values, desires and our motivations into our daily life, the sweeter our lives can become. Choosing to change my life dramatically, while seeking a sense of self knowledge, has given me a window to my True Self. And that is the most meaningful and definitely the most fulfilling journey I can make. Our power to change is within; the purpose of our life is within. Ask a few questions, get some answers, and your own shift will begin – A shift to the True Self.



Rev. Dr. Emmanuel Manuel Kadankavil
Vicar General



BACK TO THE BASICS

Our faith is to be lived as opposed to merely listening to the sermons very intently. Lantern asked 6 questions pertaining to practising faith and its impact on lives and below are the answers from our catechism students, youth, young couples and parents:

Catechism Students

1. How does personal Bible reading help you in your daily life?

"Personal Bible reading lights the path of my life. Each word is a lamp to my feet and light to my path. The Word of God shows me a unique solution to solve my problems. I believe that the Word of God is nothing but God speaking to me."

2. What impact does the sacrament of confession have in your life?

"During the sacrament of confession, I personally experience the absolution of my sins. After casting my sins onto Him, it brings me an immense joy as I experience the forgiveness of Christ. This sacrament gives me a new chance to live life by avoiding sins."

3. How does Holy Eucharist help you to live your day / week?

"The Holy Eucharist is a sacrament, a sacrifice and commemoration of Last Supper.

When I participate in the Holy Eucharist, it enlightens each day of my life. This sacrament satisfies my spiritual hunger."

4. How does family prayer bind your family together?

"When we say the family prayer together, it strengthens us to face our problems. It makes our family like the holy family of Nazareth. The family

prayer helps me in my personal spiritual growth. Family prayer is the only time when we sit together and pray which brings peace into our family."

5. How does practicing penance and abstinence help you grow stronger in your faith life?

"Through Penance God shows His infinite mercy on us. Abstinence is an act of sacrifice which teaches us to give to others. These help me to energize my spiritual life and also to grow in union with God."

"It keeps me away from worldly desires, which helps me to grow stronger in my faith life"

6. How does the Holy Rosary help you grow stronger in your spiritual life?

"The Holy Rosary is the strongest weapon to face all odds in my life. When we take intercession of our Loving Mother, she protects me and my family with her blue mantle. The daily rosary brings me closer to Mama Mary and she intercedes for all of us to Jesus. When I carry the rosary with me always it makes me experience that Mama Mary is holding my hand and leading me."



1. How does personal Bible reading help you in your daily life?

"I love reading books and mostly finish them within a few days. I realized that I cannot do the same with the Bible because Bible is a book to transform ourselves. Personal Bible reading has improved my relationship with HIM and helped to know why certain things happen in life."

.....

2. What impact does the sacrament of confession have in your life?

"I didn't take my first confession seriously because I was a kid and did not know its significance. But once I knew its importance the next confession was a celebration knowing that I am going to be as white as snow once again. Every confession is an experience, a battle field and in the end a paradise."

.....

3. How does Holy Eucharist help you to live your day / week?

"Holy Eucharist has taught me that love is not only gifts, cards, celebrations, hugs, and kisses but also a SACRIFICE."

4. How does family prayer bind your family together?

"Family prayer creates a divine and peaceful relationship between God and our family members. Through family prayer we are blessed to be united, unharmed by any problem like Psalms 34:10 says, "Even lions go hungry for lack of food, but those who obey the Lord lack nothing good"."

.....

5. How does practicing penance and abstinence help you grow stronger in your faith life?

"Penance removes the guilt feeling I have after committing a sin and abstinence gives me the strength to say no to temptations and increases my self control and also deepens my love for Jesus as abstinence demands sacrifice."

.....

6. How does the Holy Rosary help you grow stronger in your spiritual life?

"Whenever we want to buy something whether it's a phone or something we put forth our request to dad through mom and she makes sure that the outcome is positive. Similarly, mama Mary helps me get closer to Jesus and also to shorten my distance between HIM and Abba FATHER."





1. How does personal Bible reading help you in your daily life?

"Wisdom comes from God. Reading the Bible helps me grow in His wisdom and implement His word in my daily life."

"It gives me a link to the events happening in my life. It gives a full stop to all questions and apprehensions within. The journey within seems to be easy to traverse after reading the Bible."

2. What impact does the sacrament of confession have in your life?

"Sacrament of confession clears the communication channel between God and me, which is otherwise blocked/clogged by my sins. My God is reachable with full network."

3. How does Holy Eucharist help you to live your day / week?

"Holy Eucharist strengthens us for the spiritual battle. It also helps us to resist evil things."

4. How does family prayer bind your family together?

"Family prayer strengthens the bonds between husband and wife and also between parents and children. It also helps our children to understand importance of prayer."

5. How does practising penance and abstinence help you grow stronger in your faith life?

"Observing abstinence and penance is a process to sanctification of myself and others through me."

6. How does the Holy Rosary help you grow stronger in your spiritual life?

"My prayers may not reach God (because of my sins) but I'm sure my mother's prayer does. Rosary is my means of reaching and binding with God through mother Mary."

1. How does personal Bible reading help you in your daily life?

"Personal Bible reading is the daily nourishment for any soul. Every morning when I read the Bible, it enriches my thoughts which culminates into kind words and loving actions for the whole day. I find great solace and consolation, during testing times, when I read the Bible."

.....

2. What impact does the sacrament of confession have in your life?

"The sacrament of confession reveals God the Father's loving acceptance of His children in spite of their failures and shortcomings through the blameless lamb Jesus. I experience serenity and the divine grace of Lord Jesus when I go for the sacrament of Confession. I get immense grace to forgive those who hurt me and spread the fragrance of God's mercy."

.....

3. How does Holy Eucharist help you to live your day / week?

"When I participate in the Eucharistic celebration every day, the Body and Blood of Christ strengthen and nourish my soul. As I surrender my fears and anxieties, during the Holy Qurbana, God blesses me with the gift of unwavering faith in His divine providence. His divine presence fills my innermost being, to face situation in my life."

"Holy Eucharist is the promise in giving me the wisdom in all that I think , say and do."

.....

4. How does family prayer bind your family together?

"Family prayer is the foundation of family union. In a family every person is of different opinion and thought patterns. But when every family member kneels and prays together, the power of the Holy Trinity comes and resides with each member. Family stays together and accepts every situation as God's will."

Every member finds security and trust in each other's company. All bondages and evil, prevalent in the house are broken during the family prayer and a strong fencing of Lord's protection is formed."

5. How does practising penance and abstinence help you grow stronger in your faith life?

"Practising penance and abstinence helps me to contemplate on the suffering of Christ. It draws out the longing for unwanted and materialistic pleasures and brings me closer to the realization of tranquility in nothingness. It gives me an opportunity to spend time with Jesus and to listen to His voice clearly. The little things sacrificed with a repenting heart become a pleasant sacrifice on the altar of the Heavenly Father. This brings a manifold yield in my spiritual life mainly strengthening my faith."



6. How does the Holy Rosary help you grow stronger in your spiritual life?

"Holy Rosary is a mighty weapon in my life. The powerful intercession of our Holy Mother, breaks forth the chains of sin and misery in my life. Praying the Holy Rosary safeguards me from every temptation and binds the evil forces. The protection of Heavenly army surrounds me and all my loved ones. Reciting the rosary calms my inner conflicts and helps me to be a true follower of Christ."

Thanks to Borivali, Dombivali
and Nerul Parishes



സ്വർഗ്ഗീയഗണങ്ങളോടുകൂടെ

സ്വർഗ്ഗീയാരാധന

നമ്മുടെ കുർബ്ബാനയുടെ പ്രാർത്ഥനകളിലും അനുഷ്ഠാനങ്ങളിലുമുള്ള അടിസ്ഥാനപരമായ ദൈവശാസ്ത്ര വീക്ഷണം നമ്മൾ മനസ്സിലാക്കിയാൽ മാത്രമേ പ്രാർത്ഥനയുടെ അർത്ഥവും ആഴവും മനസ്സിലാക്കാൻ സാധിക്കുകയുള്ളൂ. സ്വർഗ്ഗത്തിലെ മാലാഖമാരോടും വിശുദ്ധരോടുംമൊപ്പം, രക്ഷാകര കർമ്മങ്ങളോർത്ത് ദൈവത്തിന് സ്തുതിയും കൃതജ്ഞതയും ആരാധനയും സമർപ്പിക്കുന്നതാണ് നമ്മുടെ ദൈവാരാധനയുടെ കാതൽ. നമ്മുടെ കുർബ്ബാനയിലെ എല്ലാ പ്രാർത്ഥനകളും തന്നെ സ്വർഗ്ഗീയാരാധനയുടെ പശ്ചാത്തലത്തിലെ മനസ്സിലാക്കാൻ സാധിക്കുകയുള്ളൂ. വി. കുർബ്ബാനയിൽ മാലാഖമാരോടൊത്ത് ആരാധനാസമൂഹവും ദൈവത്തെ സ്തുതിക്കുന്നു. അങ്ങിനെ സ്വർഗ്ഗീയാരാധനയിൽ പങ്കുചേരുന്ന അനുഭവമാണ് ദൈവാരാധന നമുക്ക് നൽകേണ്ടത്. തന്മൂലം ദൈവാരാധനയിൽ പങ്കുചേരുമ്പോൾ നമ്മുടെ ചിന്തകളെ സ്വർഗ്ഗത്തിലേയ്ക്കുയർത്തണം. മാലാഖമാരോടൊപ്പം സ്വർഗ്ഗത്തിലായിരുന്നാലെന്ന പോലെ പ്രാർത്ഥനയിൽ പങ്കുചേരണം. നമ്മൾ അങ്ങിനെ യൊരനുഭവത്തിലാണെങ്കിൽ 'സ്വർഗ്ഗസ്ഥനായ പിതാവേ' എന്ന പ്രാർത്ഥന ചൊല്ലുമ്പോൾ എന്തിന് 'പരിശുദ്ധൻ' എന്ന് കൂട്ടിച്ചേർക്കുന്നു. എന്തിന് മൂന്നു പ്രാവശ്യം ചൊല്ലുന്നു എന്നൊന്നും വിശദീകരിക്കേണ്ട ആവശ്യമില്ല. ബലിയിൽ സംബന്ധിക്കുന്നയാൾക്ക് ദൈവത്തോട് ഒരാഗ്രഹമേ ചോദിക്കുവാനുള്ളൂ. നിത്യമായി സ്വർഗ്ഗത്തിൽ മാലാഖമാരോടും വിശുദ്ധരോടും കൂടെ ദൈവത്തെ സ്തുതിക്കുവാനുള്ള അനുഗ്രഹം മാത്രം. കുർബ്ബാനയിലെ പ്രാർത്ഥനകൾ ഈ വിധത്തിലാണ് ക്രമീകരിച്ചിരിക്കുന്നത്. ഉദാഹരണമായി ഏതാനും പ്രാർത്ഥനകൾ നമുക്ക് കാണാം. ഇവിടെയെല്ലാം ആവർത്തിക്കപ്പെടുന്നത് നമ്മുടെ കുർബ്ബാന സ്വർഗ്ഗവാസികളും ഭൂവാസികളും ചേർന്നാണ് അർപ്പിക്കുക, അവരോട് ചേർന്നാണ് പ്രാർത്ഥിക്കുക എന്ന സത്യമാണ്. ഈ വിധത്തിലുള്ള പ്രാർത്ഥനകൾ ധാരാളമായി നമുക്ക് കാണാം.

സ്വർഗ്ഗത്തിലും ഭൂമിയിലും

നമ്മുടെ കുർബ്ബാന ആരംഭിക്കുന്നതു തന്നെ "അത്യുന്നതങ്ങളിൽ ദൈവത്തിനു സ്തുതി" (ലൂക്ക 2:14) എന്ന മാലാഖമാരുടെ ഗീതത്തോടുകൂടിയാണ്. തുടർന്ന് "സ്വർഗ്ഗസ്ഥനായ പിതാവേ" എന്ന പ്രാർത്ഥനയിലും അവരോടു ചേരുന്നു; "മാലാഖമാരും മനുഷ്യരും അങ്ങ് പരിശുദ്ധൻ.... എന്നു ദ്ഘോഷിക്കുന്നു" എന്നാണ് ചൊല്ലുന്നത്. "സംപൂജ്യമായ നാമത്തിന് സ്വർഗ്ഗത്തിലും ഭൂമിയിലും എപ്പോഴും സ്തുതിയും ബഹുമാനവും" എന്ന് ചൊല്ലുന്നു. അതിനുശേഷം മാലാഖമാരോടൊപ്പം ദൈവത്തെ ശബ്ദമുയർത്തി പ്രകീർത്തിക്കുവാൻ ഉദ്ബോധിപ്പിക്കുന്നു. അപ്പോൾ "പരിശുദ്ധനായ ദൈവമേ....." എന്ന സ്തുതിഗീതം ആലപിക്കുന്നു. അപ്പവും വീണ്ടും അൾത്താരയിലേക്ക് സംവഹിക്കുമ്പോൾ ചൊല്ലുന്നത്: "മാലാഖമാരോടൊന്നിച്ച് ദൈവമായ കർത്താവ് പരിശുദ്ധൻ, പരിശുദ്ധൻ, പരിശുദ്ധൻ എന്ന് പാടി സ്തുതിക്കുകയും ചെയ്യാം" എന്നാണ്. അനാഫൊറായ്ക്കു മുമ്പുള്ള കാർമ്മികന്റെ കൂശാപ്പപ്രാർത്ഥനയിൽ "സ്വർഗ്ഗീയഗണങ്ങളോടു ചേർന്ന് നിന്നെ സ്തുതിക്കുന്നതിനും ഞങ്ങൾ യോഗ്യരാകുവാൻ വേണ്ടി ഈ ബലി പവിത്രീകരിക്കണമേ" എന്നാണ്.

ഭൂവാസികളും സ്വർഗ്ഗവാസികളും

രണ്ടാമത്തെ പ്രണാമജനത്തിൽ "സ്വർഗ്ഗവാസികളുടെ ആയിരങ്ങളും മാലാഖമാരുടെ പതിനായിരങ്ങളും അങ്ങയുടെ നാമം പ്രകീർത്തിക്കുന്നു", "ഉയർന്ന സ്വരത്തിൽ ഒന്നുചേർന്ന് ഉദ്ഘോഷിക്കുകയും ചെയ്യുന്നു". തുടർന്ന്, അനാഫൊറയുടെ കേന്ദ്രസ്ഥാനത്ത് 'പരിശുദ്ധൻ' എന്ന കീർത്തനം ആലപിക്കുന്നു.

"ഹാ! എനിക്കു ദുരിതം" എന്നു തുടങ്ങുന്ന, പുരോഹിതന്റെ കൂശാപ്പപ്രാർത്ഥന മുഴുവൻ സ്വർഗ്ഗീയാരാധനയോടു ബന്ധപ്പെടുത്തി മാത്രമേ മനസ്സിലാക്കാൻ സാധിക്കുകയുള്ളൂ. പ്രത്യേകമായി ഞങ്ങളുടെ കീർത്തനങ്ങൾ സ്രാപ്പേന്മാരുടെ സ്പ്രോത്രങ്ങളോടു ചേർക്കണമേ എന്ന് പ്രാർത്ഥിക്കുന്നു. ഭൂവാസികളെ സ്വർഗ്ഗവാസികളോടൊന്നിപ്പിച്ചതാണ് ദൈവത്തിന്റെ ഏറ്റവും വലിയ കൃപയെന്നേറ്റു പറയുന്നു.

മാലാഖമാരോടൊപ്പം

തുടർന്നു വരുന്ന മൂന്നാമത്തെ പ്രണാമജനത്തിന്റെ തുടക്കം "സ്വർഗ്ഗീയഗണങ്ങളോടുകൂടെ അങ്ങയ്ക്ക് ഞങ്ങൾ കൃതജ്ഞത സമർപ്പിക്കുന്നു" എന്നാണ്. മൂന്നാമത്തെ പ്രണാമജനത്തിനുശേഷമുള്ള

ശുശ്രൂഷിയുടെ പ്രാർത്ഥനയിൽ : “മിശിഹായുടെ മഹനീയസിംഹാസനത്തിനുമുമ്പിൽ സ്രാപ്പേന്മാർ ഭയത്തോടെ നില്ക്കുന്നു.... അവരെല്ലാവരും ജനത്തോടും പുരോഹിതനോടും ചേർന്ന്..... ഉയർന്ന സ്വരത്തിൽ നിരന്തരം പാടി സ്തുതിക്കുന്നു”. പ. ആത്മാവിന്റെ ആഗമനത്തിനുവേണ്ടി പ്രാർത്ഥിച്ചശേഷം “സ്വർഗ്ഗരാജ്യത്തിൽ നവമായ ജീവിതത്തിനു കാരണമാകട്ടെ” എന്നാണ് ചൊല്ലുന്നത്. വി. കുർബ്ബാനയുടെ വിഭജനശുശ്രൂഷയുടെ സമയത്ത് ജനങ്ങളുടെ പ്രാർത്ഥനയിൽ ഇങ്ങനെ ചൊല്ലുന്നു. : “ക്രോവേന്മാരും സ്രാപ്പേന്മാരും മുഖ്യദൂതന്മാരും ബിലപീംത്തിനുമുമ്പിൽ ഭയഭക്തിയോടെ നിന്ന് മിശിഹായുടെ ശരീരം വിഭജിക്കുന്ന വൈദികനെ സൂക്ഷിച്ചു വീക്ഷിക്കുന്നു”.

സ്വർഗ്ഗത്തിൽ പൂർത്തീകരണം

കുർബ്ബാന സ്വീകരണത്തിനുമുമ്പ് “സ്വർഗ്ഗരാജ്യത്തിൽ സകലവിശുദ്ധരോടു മൊന്നിച്ച് സ്തുതിക്കുവാൻ ഞങ്ങളുടെ അധരങ്ങളെ പവിത്രീകരിക്കുകയും ചെയ്യേണമേ”. വി. കുർബ്ബാന സ്വീകരണം കഴിഞ്ഞ് കാർമ്മികന്റെ പ്രാർത്ഥന : “നീതിമാന്മാരോടു മൊരുമിച്ച് പൗദീസയിൽ നിന്നെ സ്തുതിക്കുവാൻ യോഗ്യരാക്കണമേ”. വി. കുർബ്ബാനയ്ക്കുശേഷം തിരുനാളുകളിൽ ജനങ്ങളുടെ പ്രാർത്ഥനയിൽ : “ഞങ്ങളുടെ അധരങ്ങളെ സ്വർഗ്ഗത്തിൽ നിന്നെ സ്തുതിക്കുവാൻ അർഹമാക്കണമേ”. സാധാരണ ദിവസങ്ങളിൽ : സ്വർഗ്ഗീയഗണങ്ങളോടു കൂടെ

നിന്നെ സ്തുതിക്കുവാനും ഞങ്ങളെ യോഗ്യരാക്കണമേ.

പുരോഹിതന്റെ കൃതജ്ഞതാപ്രാർത്ഥനയിൽ : “മാലാഖമാരോടുകൂടെ തിരുനാമത്തെ സ്തുതിക്കുവാനും.... ഞങ്ങളെ കാരൂണ്യപൂർവ്വം അങ്ങ് യോഗ്യരാക്കി”. കൃതജ്ഞതാപ്രാർത്ഥനയ്ക്കുശേഷമുള്ള “സ്വർഗ്ഗസ്ഥനായ പിതാവേ” ചൊല്ലുമ്പോൾ “പരിശുദ്ധൻ, പരിശുദ്ധൻ, പരിശുദ്ധൻ” എന്ന സ്തുതിപ്പാണ് സമൂഹം ചൊല്ലി അവസാനിപ്പിക്കുന്ന പ്രാർത്ഥന. ഈ പ്രാർത്ഥനയാണ് എപ്പോഴും നമ്മുടെ അധരങ്ങളിലുണ്ടായിരിക്കേണ്ടത്. കൂടാതെ, ഹൃത്താമ പ്രാർത്ഥനയിൽ, “മാലാഖമാരോടൊന്നിച്ചുള്ള നിത്യാനന്ദത്തിനും അവിടുന്ന് നമ്മെ യോഗ്യരാക്കട്ടെ” എന്നാശംസിക്കുന്നു.

സ്വർഗ്ഗീയാനുഭവം

സ്വർഗ്ഗീയഗണങ്ങളോടുകൂടെ നമ്മളും ദൈവത്തെ സ്തുതിക്കുന്നു എന്ന വീക്ഷണത്തിൽ മാത്രമേ കുർബ്ബാനയിലെ പ്രാർത്ഥനകളുടെ അർത്ഥവും ആഴവും നമുക്ക് മനസ്സിലാക്കാൻ സാധിക്കയുള്ളൂ എന്ന് ഈ പ്രാർത്ഥനകൾ നമ്മെ അനുസ്മരിപ്പിക്കുന്നു. അതുകൊണ്ട് ‘പരിശുദ്ധൻ’ എന്ന ഗീതവും അതിന്റെ സ്വർഗ്ഗീയദർശനവും നമ്മുടെ കുർബ്ബാനയുടെ കേന്ദ്രബിന്ദുവും അടിസ്ഥാനമായ ദൈവശാസ്ത്രദർശനവുമായി കണ്ടാലേ നമ്മുടെ കുർബ്ബാനയുടെ ചൈതന്യം ഉൾക്കൊള്ളുവാൻ നമുക്ക് സാധിക്കയുള്ളൂ.

Together with the Heavenly Hosts

Heavenly worship

If only we bear in mind the basic theological perspective of our Qurbana we will be able to understand the significance and deep meaning of the prayers. The earthly community together with the heavenly hosts, offers up prayers of praise, worship and adoration to God for the redemption in Christ and this is the core of Christian worship according to the spirit of our Divine Liturgy. So most of the prayers of our Qurbana are to be understood in this perspective. Through the Qurbana we join the heavenly group in the worship of God. So our Liturgy is an occasion to have a divine experience of joining the angels in their prayers. Hence it is necessary that we

raise our minds and thoughts to heaven as we participate in the liturgy, and try to be there as if we are in heaven. If we have this divine experience, we will easily, understand the meaning of reciting ‘holy, holy, holy’ as we recite ‘Our Father’ or significance of repeating it three times etc. The worshipper will have only one favour to ask from God, the grace to join one day the angels and saints in praising the glory of God in heaven. Let us see some of the examples of prayers where it is clearly mentioned that we pray together with the angels in heaven.

In Heaven and on Earth

We begin our Qurbana with hymn “Glory to God in the highest” (Lk. 2:14), which is the

hymn of angels. As we recite 'Our Father' we join them and sing angels and men sing out thy glory, holy, holy, holy. We see in the first prayer of the celebrant on ordinary days: "may the adorable name... be always praised adored and exalted in heaven and on earth". Later, deacon exhorts 'to raise the voice and glorify the living God' together with the angels and it is followed by the prayer of praising God 'Holy'.

As the bread and wine prepared on the beth gaza are brought to the altar in the hymn of mysteries we sing "let us all join with the heavenly choir and sing 'God holy....'" In the Kusappa prayer before the anaphora, the priest recites: that we may be made worthy to sing your praise with the heavenly hosts.

In the second Gehantha the priest prays 'multitudes of heavenly hosts ... bow down and adore you' and 'praising you with a loud voice unceasingly they proclaim in one voice'. It is followed by the signing of the hymn 'Holy, Holy, Holy'.

The following Kusappa prayer of the priest "Woe to me! I am dismayed" is to be understood in the light of heavenly worship as it concludes with the prayer "Lord enjoin the hymns of us with the praises of the Seraphim and the Archangels. It is concluded, 'Praise be to your mercy that has unified the inhabitants of heaven and earth'.

Together with the Angels

Third Gehanta prayer begins in these words "together with the heavenly hosts we give you thanks". After the Gehantha, the deacon reminds in his prayer: "Seraphims stand in awe in front of the throne of Christ. They join the congregation and the priest and offer never ending songs of praise ...". The prayer of epiclesis is concluded with the petition "for the new life in your heavenly kingdom with all those who have found favour in your presence". At the time of the rite of 'breaking of the Bread' the

community recites 'the Cherubim the Seraphim and the Archangels stand before the altar with awe to observe the priest breaking the body of Christ'.

Fulfilment in Heaven

Before reciting our Father at communion the priest prays "Sanctify our lips to praise you together with all the saints in heaven". Immediately after the communion the priest prays for the favour 'to sing praises to you together with the just'. In the thanksgiving prayer for feast days the community prays: "Make our lips, which have sung your praises in this holy place, worthy to praise you in heaven". In the prayer for ordinary days the community prays: "make us worthy to praise you with heavenly hosts".

In the thanksgiving prayer on Sundays the priest prays: "You made us worthy ... to glorify your name with the angels". After the thanksgiving prayer if 'Our Father' is recited the prayer of the community gets concluded with 'holy, holy, holy' and this hymn should continue lingering in the hearts and on the lips of the worshippers. In the Huthama prayer of blessing on ordinary days the priest prays: "May He make us worthy ... of eternal happiness with His holy angels".

Heavenly Experience

All these prayers make it clear that the meaning and significance of most of the prayers can be understood only in the perspective of the earthly community joining the heavenly hosts in praising and glorifying God in the Qurbana. Hence, if only we understand the heavenly dimension of our Qurbana, that is our Liturgy as the participation in the heavenly worship, which is the central and basic theological perspective, we will be able to imbibe the spirit of the rites and prayers of our Qurbana.



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Cultural and Bible quiz competition's held by Pithruvedi on 16th July 2017 at ARC Panvel.

Inauguration done by Pithruvedi Director Rev. Fr. Shibu Pulickal.



Results of Kairos 2017 - Kalyan Pithruvedi

Malayalam Extempore Speech

- 1st Prize : Mr. Biju John - St. Mary's Church, Nashik
2nd Prize : Mr. Vincy Kurian - Holy Trinity Church, Thane
3rd Prize : Mr. V.A. Mathew - Little Flower Church, Nerul

English Extempore Speech

- 1st Prize : Mr. Geejo Davis - St. Alphonsa Forane Church, Vasai (W)
2nd Prize : Mr. Shyjo Paul - St. Joseph Forane Church, Powai
3rd Prize : Mr. Mr. T.J. Xavier - St. Kuriakose Elias Chavara Church, Kandivli (E)

Bible Quiz

- 1st Prize : Sacred Heart Church, Bhayander
2nd Prize : St. Kuriakose Elias Chavara Church, Kandivli (E)
3rd Prize : Mr. V.A. Mathew - St. George Forane Church, Panval

English Essay Writing

- 1st Prize : Mr. Mathew Samuel - St. Thomas Church, Vashi
2nd Prize : Mr. Kurian Babu - St. Mary's Church, Shell Colony
3rd Prize : Mr. Jose P.L. - St. George Forane Church, Panvel

Malayalam Essay Writing

- 1st Prize : Mr. Benny Abraham - St. Alphonsa Church, Vasai (W)
2nd Prize : Mr. Shoney Varghese - St. Thomas Church, Vasai (E)
3rd Prize : Mr. Joy Mathew - Immaculate Conception Church, Dombivili

Tableau Competition

- 1st Prize : St. Thomas Church, Vasai (E)
2nd Prize : St. Thomas Church, Mira Road
3rd Prize : St. Joseph Church, Airoli

**BISHOP'S
DIARY**

AUGUST - 2017

- | | | | |
|-------------|----------------------------------|------------------|---|
| 2nd | Curia Meeting - Bishop's House | 12th | KLM-AGM - Panvel |
| 3rd | Qurbana - Minor Seminary | 13th | Qurbana and Blessing of Hall - Dapodi |
| 4th | St. Maria Vianny Celebration | 14th | M.S. Class - Panvel |
| 5th | Chapel Blessing - Gorai | 16th | Curia Meeting - Bishop's House |
| 6th | Pastoral Visit - Kandivli (West) | 18th | Meeting Caritas Rep. |
| 7th | M.S. Class | 19th | Principals & Managers Meet - Bishop's House |
| | Sisters Superiors Meet - Panvel | 20th | P.V. Kirol |
| 8th | Priests Meeting - Bishop's House | | Qurbana - Dombivili |
| 9th | Curia Meeting - Bishop's House | 21st-31st | Bishops Synod - Kakknad |
| 11th | MPC - Panvel | | |

DREAM BIG

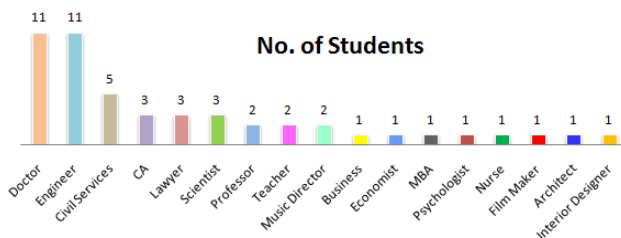
FELICITATION OF 10TH STANDARD TOPPERS

Congratulations to all the students who excelled in their 10th standard examinations.

The Department of Catechism of Kalyan Diocese organised a felicitation function on July 8, 2017 for the students who scored 90% and above in 10th standard exams of 2017. 51 students from across the Diocese along with their parents participated in the event.

His Excellency Mar Thomas Elavanal felicitated each student with mementos. In his inspiring message, he shared his views on how one should inculcate the values of humility and spirituality. Catechism Director, Fr Biju Mannamcheril and Assistant Director Fr Shaiju Kattayath congratulated all the toppers.

Career Dreams



Half of the top students of our diocese would like to go for the most traditional choice of Doctor or Engineer. However, unlike the last

year, not many (only 1) have shown interest in becoming IT Engineer. Among the engineering aspirants, aeronautical topped the chart. Contrary to the last year, many students have opted to go for non-conventional horizons like civil services, CA, defence, research, music, etc. Lawyer, teacher and professor options are also given by more than one student each.

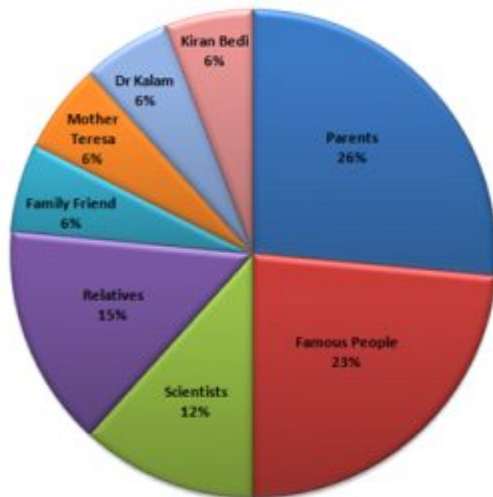
Role Models

Majority of the students have a role model in their life. The topper



There were three high impact sessions as part of the event. In the first session, Prof BG Fernandes guided the students through various career options prevalent today. Mr Biju Dominic emphasised on the importance of dreaming big and constantly improving oneself in order to realise his/her dreams. Mrs Bindu Joel's activity filled session focused on setting targets and creating a personal plan of action. The day concluded on an inspired mood where the young scholars left with a desire to achieve big.

All the participated students filled up a Dream Big Form that had questions on Career Dream, Inspiration and Role Model, etc. Summary of the obtained data is given below.





students have been inspired by these role models to take up their career dream. It is heartening to know that around one-fourth of the students have parents as their role models. Relatives are another major category that has inspired the students.

It is observed that Mother Teresa, APJ Abdul Kalam and Kiran Bedi have significantly influenced our students. Famous people and scientists like AR Rahman and Dr Stephen Hawking, and successful entrepreneurs like Bill Gates have also inspired some of the students.

Boys vs Girls

In terms of numbers, our Diocesan girls continue to outperform boys. 55% of the 10th standard toppers of 2017 are girls.

Catechism Attendance

Many of the topper students have more than 90% attendance in catechism in Class 10. A dozen of them even have 100% attendance. Most of the topper students have more than 60% attendance in their catechism classes. Many of them have also scored more than 80% marks in catechism. This finding is particularly inspiring as it proves that attending catechism class does not negatively affect academic performance.

Toppers Speak:

I plan to study regularly and systematically, and would like to excel in Civil Services.

- **Navya Sibi, Marouli** (100% attendance and A+ grade in Catechism; 97.2% marks in 10th)

Teachers are my role models and I aspire to become like them in future.

- **Nancy Felix, Nerul** (90% attendance and A+ grade in Catechism; 96% marks in 10th)

I love doing things my way and would like to become a well known Interior Designer. My role model is Mrs Gauri Shahrukh Khan.

- **Priya Joseph, Vasai East** (95% attendance and A grade in Catechism; 95.2% marks in 10th)

I will study and pray hard, and become a CA. My parents are my inspiration.

- **Allen Joseph, Kamothe** (93% attendance and A grade in Catechism; 95% marks in 10th)

I would like to pursue PhD in Mathematics. I will study and pray regularly for this.

- **Lis Maria Saju, Mankhurd** (100% attendance and A+ grade in Catechism; 94.2% marks in 10th)



Compiled by **Dr CP Johnson**,
Catechetical Commission Member, Diocese of Kalyan

Pope Francis creates five new cardinals (Aleteia)

The Holy Father created 5 new cardinals, at a public consistory in St. Peter's Basilica, to assist and advise him in governing the universal Church. The new cardinals,



hailing from very diverse parts of the world, include: Jean Zerbo, Archbishop of Bamako, Mali; Juan José Omella, Archbishop of Barcelona, Spain; Anders Arborelius, Bishop of Stockholm, Sweden; Luis Marie-Ling Mangkhanekhoun, Apostolic Vicar of Paksé, Laos; and Gregorio Rosa Chávez, Auxiliary Bishop of the Archdiocese of San Salvador, El Salvador.

Goa's best-qualified basketball coach is a Salesian priest (Times of India)



Salesian priest, Fr. Ralin de Souza has been heading the Goa Basketball Association (GBA) for 4 years and has now achieved a unique distinction: He is the best-qualified basketball

coach from Goa and the third-best in the country, among 111 Indian coaches.

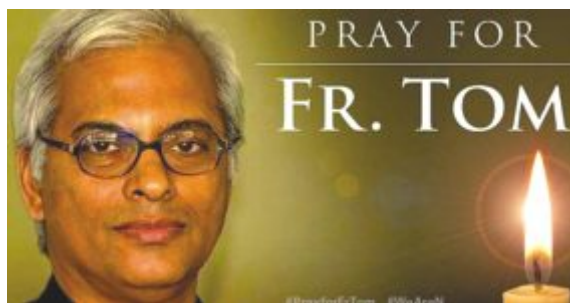
'Complaining Forbidden,' reads poster on Pope's door (La Stampa)

Pope Francis has posted a sign on the door to his apartment in the St. Martha residence: "Complaining is forbidden." The sign, styled as a warning poster, says that people who complain suffer from poor morale and inability to solve problems. It recommends: "focus on your own potential and not on your limitations."



Yemeni foreign minister: "Kidnapped Indian priest alive" (ucan)

Abdulmalik Abduljalil Al-Mekhlafi, Yemen's minister for foreign affairs gave his reassurances on the status of Salesian Fr. Thomas Uzhunnalil in a meeting with the Indian external affairs minister Sushma Swaraj during the visit to New Delhi. The Indian priest kidnapped in Yemen last year, he said is still alive and efforts to trace him continue. Swaraj stressed the Indian government's concern for the safety of the priest and reiterated the request for "continued assistance from the Yemeni authorities in securing his safe and early release."



Indian Bishops welcome India's new president (ucanindia)

Catholic bishops have welcomed the election of India's new president and are hopeful he can lead the nation toward peace, development and justice for all.

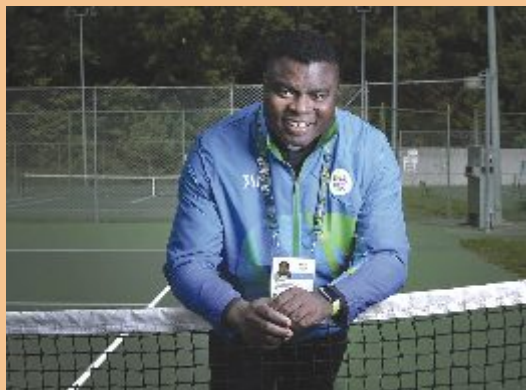
The Catholic Bishops' Conference of India offers its "prayers for his good health, wisdom and strength" so he might lead the country "toward peace, development and justice for all peoples," said

Secretary General Bishop Theodore Mascarenhas. The bishops pray that "God may assist" Kovind to lead the country as "per the oath of office," and that he will "devote himself to the service and well-being of the people of the Republic of India."



This Catholic Priest is also a Tennis umpire (catholic-link)

Fr. Paul Arinze, a Catholic priest of the Diocese of Madison in Wisconsin, has been a tennis umpire at the Olympics, the Australian and US Opens, and including this year's Wimbledon. The BBC writes that he can "keep his cool" in the onslaught of a player's angry outburst, as he is a "specialist in forgiveness." Fr. Paul told the BBC that he can "understand how players react in the heat of competition and that they do not mean what they say," and that it is "important not to make the situation worse – even if you know you are in the right."



Missionaries of Charity copyright blue and white sari (CNA)



According to PTI, Intellectual property attorney Biswajit Sarkar said that "the blue-designed border on the sari worn by nuns of Missionaries of Charity was recognized as Intellectual Property for the organization. He stressed that "we are witnessing unscrupulous and unfair usage of the design across the globe." The sari, which is the habit of the Missionaries of Charity sisters, is white with three blue stripes, the outer stripe being larger than the inner two. Mother Teresa's blue border pattern "is a distinctive symbolic identity of the Missionaries of Charity under the concept of colour trade mark protection," Sarkar said.



1st Death Anniversary

*Those we love don't go away,
They walk beside us every day,
Unseen, unheard, but always near
Still loved, still missed and very dear.*

JOSEPH VENNOOR

Date of Birth: 08-04-1954

Date of Eternal abode: 14-08-2016

*Fondly remembered by
Family, Relatives & Friends*



1st Death Anniversary

8th August 2017

In Loving Memory of Our Dear Mummy

*Always loving and kind
Respected wherever you went
A beautiful life has come to an end
What a beautiful memory you left behind.*

N.A. MARY

Fondly remembered and deeply missed by:

Daughters : Elsie, Maria, Philomina

Son : David

Grand Children,

All Family Members & Relatives

*601 Elegance Apartments, Kalina, Opp. Corpn. Bank,
Santacruz (E), Mumbai - 400 098.*



Fair, 27 / 5.5 / 60 / MBA - MMS, Working as Dy. Manager with Kotak Mahindra Bank, Kalina, Parents from TCR. / 9892767604, 9867650243 nettikadanwilson@gmail.com GOC201743644



Fair, 27 / 163 / 49 / B.Sc. Nursing, Presently working as Staff Nurse, Parents from TCR. / 9594992055 / 0250 - 6412521 stephyleelu16@gmail.com GOC201743161

Moderate Fair / 28 / 5.2 / 56 / Presently working as Staff Nurse / Parents from TCR / seeking proposal from well settled, God fearing boy / 7798817396 / 8879507480 lipsy_jose@rediffmail.com GOC201633598



Fair (Girl), 31/5.3/ BE. / Working as Senior Consultant in an IT Firm / Parents from CHRY / 8879037969 / 9833129609 jthomas_82@yahoo.co.in GOC201634543



Wheatish / 1987 / 164 / 62 / B.Sc. Home Science in Textiles, PG in International Fashion marketing / Working in Canada student visa / Parents from EKM / 9987808381 / 9867137877 rosasebastian257@hotmail.com GOC201744091



SMRC Mumbai & Pune based – Fair / 29 / 5.7 / 70 / BE (CS) + MBA + working in MNC + good monthly fixed income. Only child of well-educated and financially very well to do parents – origin Trichur – seeks proposal from educated boys working outside Kerala. 9821038825 – josnjn@gmail.com GOC201518047

Medium, 27 / 160 / 75 / BCOM + Company Secretary + Pursuing LLB / Presently working as Associate Company Secretary / Parents from TCR / 9730448084 raphelgokul@yahoo.com GOC201744163



Wheatish (Orthodox), 24 / 165 / 65 / M. Com. in HR / Presently working Kotak Mahindra as HR Officer / Parents from Cochin / 9967253343 redross2755@gmail.com GOC201744215



Moderate Fair, 31 / 178 / 72 / Degree in Hotel Management + BBA / Presently running a Rubber and Chemicals business / Parents from Palai / 9004083483 / 9323375115 GOC201741346



Fair, 37 / 158 / 80 / Graduate in Commerce, Business, parents from TCR. / 022 - 26000199 / 9892320783 / 9930793397 ethelapilly@gmail.com GOC201522250

THANKSGIVING TO ST. ANTONY

Benson Thottan — Mira Road

THANKSGIVING TO ST. JUDE

Baby Johny — Lonavala

Shibi D'Souza — Lonavala

Fair, 29 / 163 / 55 / B.Com, GNIIT / Presently working as Software Developer / Parents from TCR / 9833887208 bijowilson772@gmail.com GOC201737529



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Deeply missed and fondly remembered by:

Wife : Lilly

Son : Shibu

Daughter-in-law: Elveena

Grandson: Aaron

Granddaughter: Annette

Relatives and Friends

St. Lourdes Unit, Malad west

JOSE CHERIAN PAKAL

Date of Birth: 25th February, 1939

Date of Eternal abode: 27th August, 2016



*In Loving Memory of our
Dearest Appachan
Still Missing You*

Deeply missed by:

Rosily Thomas

Sheela, Lissy, Joyson, Robinson

Sebastian, Vincent, Leena

Sharon, Joel, Savio, Kevin & Joanna

K O Thomas

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Babu Mathew
Director, Lead Auditor ISO



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