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Mental
Wellness

Fr. Sunny Memorial Church Choir Competition organised by KEY

was held on 5th September 2016. 28 parishes participated in this event. Winners are: **1st Prize** - Mother of Victory Church - Tikuchiniwadi, **2nd Prize** - Mother of Jesus Church - Antophill, **3rd Prize** - Sacred Heart Church - Goregaon West, **4th Prize** - St. George Church - Panvel and **5th Prize** - St. Joseph's Church - M.C. Road.





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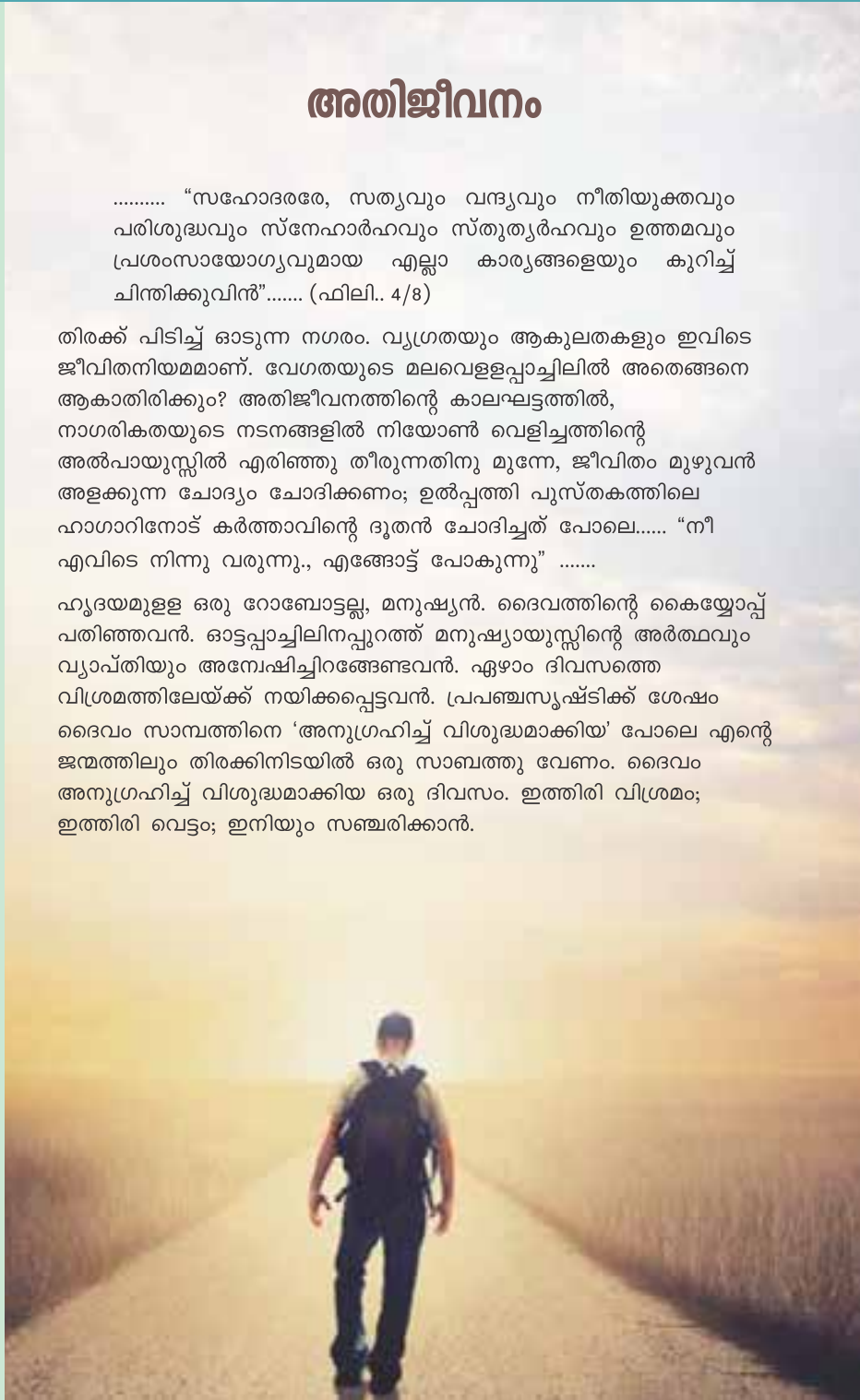
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അതിജീവനം

..... “സഹോദരരേ, സത്യവും വന്ദ്യവും നീതിയുക്തവും പരിശുദ്ധവും സ്നേഹാർഹവും സ്തുത്യർഹവും ഉത്തമവും പ്രശംസാർഹവുമായ എല്ലാ കാര്യങ്ങളെയും കുറിച്ച് ചിന്തിക്കുവിൻ”..... (ഫിലി.. 4/8)

തിരക്ക് പിടിച്ച് ഓടുന്ന നഗരം. വ്യഗ്രതയും ആകുലതകളും ഇവിടെ ജീവിതനിയമമാണ്. വേഗതയുടെ മലവെള്ളപ്പാച്ചിലിൽ അതെങ്ങനെ ആകാതിരിക്കും? അതിജീവനത്തിന്റെ കാലഘട്ടത്തിൽ, നാഗരികതയുടെ നടനങ്ങളിൽ നിയോൺ വെളിച്ചത്തിന്റെ അൽപായുസ്സിൽ എരിഞ്ഞു തീരുന്നതിനു മുന്നേ, ജീവിതം മുഴുവൻ അളക്കുന്ന ചോദ്യം ചോദിക്കണം; ഉൽപ്പത്തി പുസ്തകത്തിലെ ഹാഗാറിനോട് കർത്താവിന്റെ ദൂതൻ ചോദിച്ചത് പോലെ..... “നീ എവിടെ നിന്നു വരുന്നു., എങ്ങോട്ട് പോകുന്നു”

ഹൃദയമുള്ള ഒരു റോബോട്ടല്ല, മനുഷ്യൻ. ദൈവത്തിന്റെ കൈയ്യോപ്പ് പതിഞ്ഞവൻ. ഓട്ടപ്പാച്ചിലിനപ്പുറത്ത് മനുഷ്യായുസ്സിന്റെ അർത്ഥവും വ്യാപ്തിയും അന്വേഷിച്ചിറങ്ങേണ്ടവൻ. ഏഴാം ദിവസത്തെ വിശ്രമത്തിലേയ്ക്ക് നയിക്കപ്പെട്ടവൻ. പ്രപഞ്ചസൃഷ്ടിക്ക് ശേഷം ദൈവം സാമ്പത്തിനെ ‘അനുഗ്രഹിച്ച് വിശുദ്ധമാക്കിയ’ പോലെ എന്റെ ജന്മത്തിലും തിരക്കിനിടയിൽ ഒരു സാമ്പത്തു വേണം. ദൈവം അനുഗ്രഹിച്ച് വിശുദ്ധമാക്കിയ ഒരു ദിവസം. ഇത്തിരി വിശ്രമം; ഇത്തിരി വെട്ടം; ഇനിയും സഞ്ചരിക്കാൻ.





Stress in children

What kind of image does the word “Stress” conjure up in your mind... it could be the feeling of being squeezed in to box with a tight fitting lid. It could be the feeling of being pressurized, pushed or squeezed or pulled or stretched. Stress can be termed as ‘bad stress’ or ‘good stress’. When the feelings of pressure become overwhelming and a person is no longer able to cope, he is stressed (bad stress)

Childhood stress has increased in the past few decades, with around 45-50 % of kids reporting that they worry too much. A certain amount of stress is normal and necessary for survival as it helps children develop the skills they need to cope with new situations and build resilience. (- adapted from Kidsmatter)

Parental and School Expectations : A common cause of concern is the pressure from parents to do well in the class X and XII board exams. There have been many incidents in the past where students have committed suicide during exams, and on the day of result. But what can be so extreme that students decide to end their lives?

The best time of the life that students are supposed to enjoy and cherish, is the time they are pushed to such extreme levels which can be overwhelming for many.

It's seen that from the younger classes itself, there is a pressure to perform well, Fear of failure to do well in studies causes stress among students which has substantial negative effects on their academic, and social success. The self

worth of a student is determined by the academic success and grades, and not on the basis of individual qualities that they possess.

Peer Pressure: There seem to be even more pressure within the peer group :fear of failure and rejection, identity crisis, and bullying are some of the more common reasons for stress in schools.

Family: There are many issues within a family that can cause stress in children.For example, parental separation, poverty, parental stress, coping with parents who have a mental illness and, commonly, unreasonable high family expectations being placed on children contribute to stress.

Behavioural symptoms of stress:

Younger children may find it difficult to recognise and verbalise when they are experiencing stress. For children, stress can manifest itself through behavioural changes like irritability , moodiness, clinging nature, aggressive behavior ,anger, restlessness, stubbornness, withdrawing from activities that used to give them pleasure, unwillingness to participate in family or school activities, school refusal, etc

Physical Symptoms of stress:

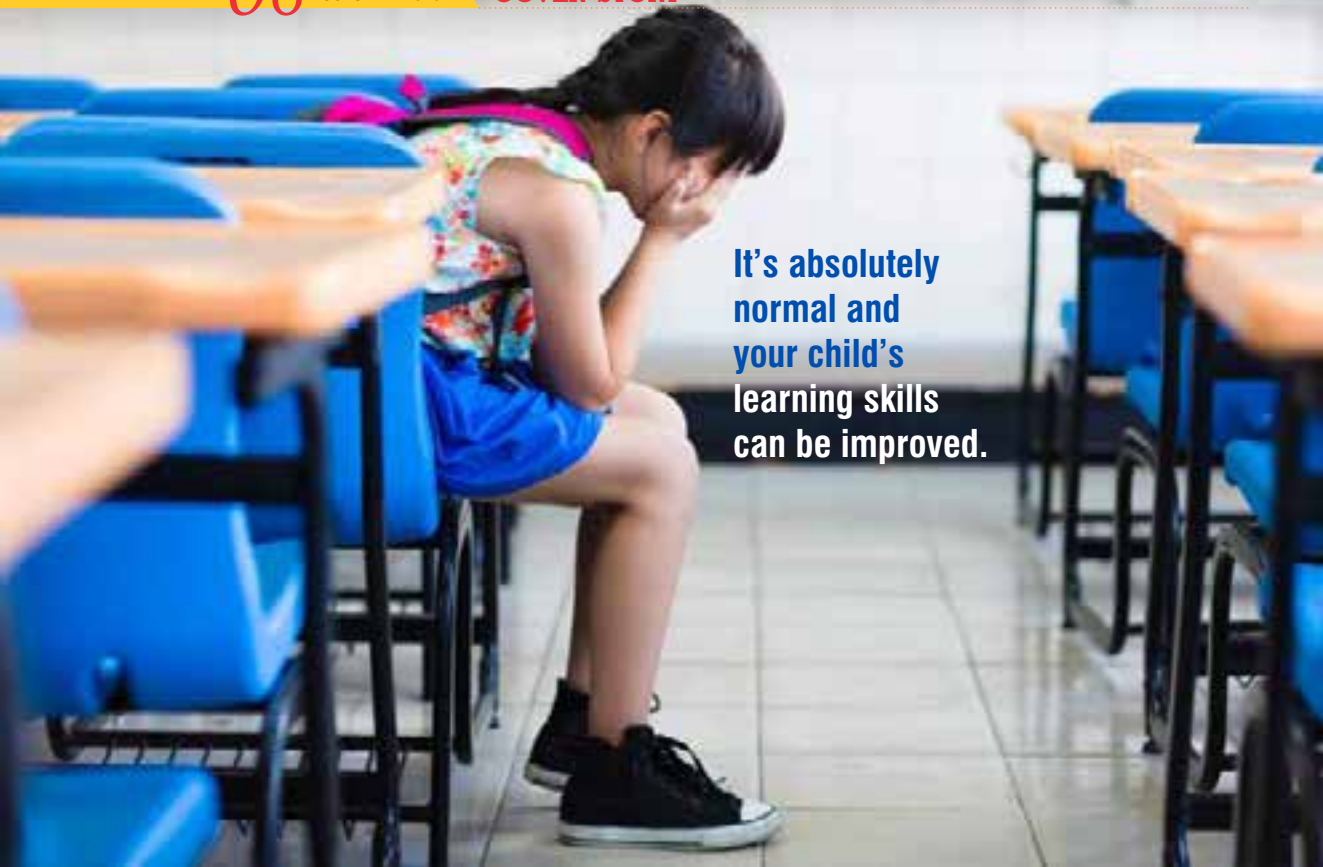
Decreased appetite, new recurrent bed wetting , nightmares, sleep disturbances, stuttering, stomach acche, head ache or pain in different parts of body with no physical illnesses,

How students can help themselves:

- * Pray well. Give priority to God above all things. Live a Holy life
- * Talk about your problems. If you cannot communicate with your parents, try talking to another matured/ elderly person whom you can trust.
- * Try to relax. Listen to calm music. Take a warm bath. Close your eyes and take slow deep breaths. Take some time for yourself. If you have a hobby or favorite activity, give yourself time to enjoy it.
- * Exercise. Physical activity reduces stress.
- * Do your best, and remember that nobody is perfect. Failures are a part of life. Its absolutely normal to fail.
- * Learn to love yourself and respect yourself. Respect others. Be with people who accept and respect you.



There seem to be even more pressure within the peer group : fear of failure and rejection, identity crisis, and bullying are some of the more common reasons for stress in schools.



It's absolutely normal and your child's learning skills can be improved.

- * Remember that drugs and alcohol never solve problems.

How parents can help:

- * Concentrate on developing your child's prayer life, give importance to church and catechism.
- * Share your life events with your children, this can help them understand life in a better way.
- * Respect your children and their opinions (especially when it comes to choosing their career). Involve them in making family decisions..
- * Understand that your child is unique . He may not score well in academics, but may be blessed with a different skill. Encourage your child and polish his talent.
- * Regularly spend calm and relaxing time with their children
- * Listen to their children and encourage them

to talk about their feelings and worries

- * Provide a safe and nurturing family environment.
- * If your child has a learning disorder, do not shy away or panic. Feel free to talk to his class teacher and ask for help. It's absolutely normal and your child's learning skills can be improved.
- * Encourage physical activity and healthy eating habits
- * Remember, your children learn from you. Be joyful always. Be a good role model.

Above all, we must understand that our children need us more than our money .Our unconditional support, our love and accepting them as they are will allow them to live a stress free and God fearing life.

Rose David
Kharghar, Navi Mumbai

Empowering and supporting young ones.... important aspect of mental health

Behold, children are a heritage from the LORD, the fruit of the womb a reward. Like arrows in the hand of a warrior are the children of one's youth. Blessed is the man who fills his quiver with them! He shall not be put to shame when he speaks with his enemies in the gate. Psalms 127:3-5

If we consider mental health is an important aspect we need to keep our children at the center of all our concerns. Childhood has its complexities, tensions, stress, fear, stigma, anxiety and at the same time it is resilient, creative and capable of overcoming all difficulties. Our children are suffering from many problems like social phobia, substance abuse, love related complexities, stress, inferiority complex, exam anxiety, behavioral problems, depression, restlessness, concentration difficulty, sleep disturbance and fatigue. Attention Deficit Hyperactivity Disorder (ADHD) is another important area of concern these days. Most of our families in our diocese are traditional. Children experience a conflict of western cultural values and traditional values, which may lead to conflict with parents and church authorities. Modern children are exposed to different standards, different moral values etc. through mass media, face book, twitter, movies etc.. Another area of conflict is often the unflattering remarks of the parents they criticize and humiliate the children instead of appreciating them for at least trying to do the job or task given. Parents are not able to handle the children or are not educated enough to cop up with the emotional and early physical maturity changes in their children. Children also experience doubts and humiliation when their parents

fight and blame each other, which turns to be poor example from parents.

Substance Abuse

The number of incidents of substance abuse is on the rise among the adolescents and children. These includes tobacco, alcohol, cannabis, heroin, inhalants and injectable substances. Adolescence is a time to experiment with everything



When you notice that your child is becoming more solitary, spends a lot of time in the toilet, his/her sleep is interrupted, become agitated for no reason, start stealing and lying, academic performance becomes poor or engage in sexual activities, they should be observed carefully. If you find that they are engaged in any type of substance abuse parents should not react to them. The parents need to speak to them with help of teachers or church authorities, social workers. They need support and accompaniment to come out of this addiction. If it is severe they need treatment and help of professionals. There is nothing wrong in taking them to a counselor, though many of us feel embarrassed to do so. Believe that a timely interruption can work as a miracle.

Love related Problems

When someone does not get the love and concern required, she/he may go in search of it wherever it is available. This may be one of the reasons that our children get into love related issues at an early stage. Here also the parents have to play a big role. Now we have only children parties, only friends' parties, only school parties and so on. This is a complicated issue. Parents many a time do not want to send their girl child for such gatherings and that creates tensions in the family. Parents should know the friends of their child. When gatherings are arranged, try to convince the child the pros and

PARENTS ARE PARENTS. When your child faces an issue related to love and infatuation use religious books, inspirational videos and meditations to motivate them. Make them occupied in life. Make use of holidays and free times to learn extracurricular activities, which may add to their profile in the future. Let the children learn yoga, arts, dances, and other skills during the holidays. Children are children and do not expect great things from your child. They may prone to fail. However, they are resilient.

Academic Pressure

When education has become commercialized, children become the target of competition. Everyone wants his/her child to become the top in the school. When children fail to reach the expectations of parents, they are sent to the tuitions centers for higher performance. Sending children for tuitions has become a fashion. Even a child, who is a high performer, is sent to tuitions for the satisfaction of parents. Parents are ready to spend any amount for the so-called tuitions for prestigious status. A principle from a leading catholic school told me she does not prefer her children to go for Tuitions. She continually exhorts the parents to believe in the capacities of their children. There are many students in this school, who never go for Tuitions and score high percentage. This school manages to score 100% every year. Many a time tuition centers are places for doing the home works rather than helping the children to improve their studies. More than that unlike our schools, our tuition centers do not have someone to give personal attention to the weaker children. If the parents understand the capacity of their child they will not send them for tuitions. Tuitions centers are also the comfort zones of the parents. Sometimes the child finds it difficult to cop up with the activities of the school and the tuition centers and they become highly tensed. Parents should not think every child should become an engineer, a high profile doctor or some one of their choice. Always bear in mind each child is unique. Each child has his/her abilities to develop. Knowing the child, the capacities of the child and helping them to develop them is an important aspect of parenting. Very often parents try to fulfill their lost dream in their children which



cons of it. Allow them to go and keep an eye on them with a time restriction. The relation between the parents and children should be more friendly and understanding but always keep in mind

leads to conflict.

Hyperactive Children

Modern life style, fast foods, social media and communication skills have made the life of our children miserable. Our children are often confined to the four walls of the house. There is a lot of energy intake and there is no way to vent out the stored energy, which make them hyperactive. Parents should keep in mind that physical activity is equally important as academic. Let the children play and engage in physical activities at least an hour day. Lack of love and care from the side of parents also make their child hyperactive. Parents can use simple techniques at home to calm down their small child who is hyperactive. In our life TOUCH is an important factor. Human touch can make miracles to happen. Parents should give a lot of physical touch to their small children like hugs and kisses.

Handling early maturity

Unlike olden times, our children become physically mature sometimes even at the age of seven. This physical maturity brings a lot of tension to the parents because they are not able to cop up to this situation. Early physical maturity brings a lot of fear to the children. They feel a sudden change in the attitudes of others towards them. Some children feel shame and horror at this time. Parents need to educate themselves to manage such situations. Here the Parent Teachers Association has a big role to play. Engage in dialogue with other parents who have successfully managed such problems. This sharing will be more educative than other books and classes. Here lies the importance of sex education for both parents and children. Now plenty of books are available in this topics. If the relation between parents and children are cordial, they can discuss this matter freely without any stigma.

Social Media

Social media has brought many changes in the society but at the same time given rise to many problems. Now in our homes when the child cries instead of giving a hug to the child we give the child a modern cellular to play. When we do not have time to care for the child we replace our care and love with modern gadgets. You cannot expect your

child to be calm when he is always engaged in violent Video and cellular games. Parents give cell



phones to their children as a fashion. But they do not understand that they are giving a highly inflammable explosive to their children. I always wonder why a child who goes to school by school-bus needs a cell phone in hand. I have seen nursery school children with cell phones. Cell phones make the child isolated and deprive of the development of social skills to an extent. Use of modern gadget can be allowed with controlled parental guidance.

Conclusion

Parents need to help the child to develop positive social behavior, commitment to the families and society. Seeds of development should be sown at an early stage. Our home should have an atmosphere to develop self-discipline and self-esteem of our children. If the child experience love and care at home he will develop positive attitude towards everything. Negative and underestimating words of parents can lead the child develop low self-esteem. "Teach children how they should live, and they will remember it all their life." Proverbs 22:6. Our children are the promises of tomorrow. If we need, a better tomorrow make our life better and in that process, our children will become better.

Mental Health help line in Mumbai is 104.

Fr. Benny Ezhormattom



MENTAL WELLNESS OF HOMEMAKERS

Mumbai, the economic capital of India, has lured people of varying abilities, languages, religions and socio-economic status. It is this vibrant plurality that makes this city unique. Migrants from Kerala – God's own country – have made Mumbai their second home, to explore avenues and opportunities for upward mobility.

This fast-paced, crammed, bustling, steel-and-concrete city is a stark contrast to the luscious, green coastal state of Kerala. Apart from change in environs, many factors have changed for migrant Keralites. Joint families have been replaced by nuclear ones. Women have moved out of homes to join the workforce and add to the family income. But, many women chose

to stay back home as dedicated caretakers or homemakers.

Proverbs 31:10-31 beautifully describes the complexity of jobs and the multitasking that these women shoulder. The welfare of a home pivots on the mental health and well-being of these unsung heroes. They need to show remarkable resilience, and not only in parameters of physical strength. The strength that the family demands from them is far greater: the mother acts as a sponge in all situations, willing to be taken for granted.

Self-worth is today measured in monetary terms, so the selfless contribution from these mothers is often overlooked. This dampens their self-perception and self-esteem. Homemakers therefore need to take charge of looking after themselves first. Awareness about physical health and undergoing tests for physical illness is quite widespread, but mental wellness is still swept under. Being confined to the home with lack of exposure to the outside world makes these women dependent on others. The mother starts believing in her fears. She accepts herself as a child of a lesser God. She is content with being technologically ignorant. Over time, she loses self-confidence, stops contributing to the community, and stays content in her cocoon.

Raising Mental Well-being

Appropriate eating, exercise and sleep contribute to physical wellness. But, mental wellness needs attention to four basic dimensions, namely, our thoughts, reactions, behaviour and emotions.

Thoughts: One's thoughts act as seeds: positive thoughts will reap a plentiful harvest of happy interactions. So we should focus on our blessings rather than being pessimistic.

Bodily reactions: It is rightly said, "A sound mind in a sound body." Do pay attention to physical well-being by exercising, sleeping and eating healthy. Ensure that periodic health-checks are conducted.

Behaviour: Our overt behaviour can easily be recognised and understood by others. But, it is our covert behaviour that holds the key. This covert behaviour is often ignored but is an indicator of mental wellness. Nuances in our behaviour, if identified early, can be treated easily, so that mental wellness is preserved.

Emotions: These are our conscious mental reactions expressed subjectively. They may be accompanied by physiological and behavioural changes. Pleasant and unpleasant emotions are markers of our mental state of being.

But, mental wellness needs attention to four basic dimensions, namely, our thoughts, reactions, behaviour and emotions.





Characteristics of People who Enjoy Mental Wellness

Such people are confident and content. They are aware of their special abilities and are dynamic. They feel loved, do not fear failure, and bask in the appreciation they have earned. They set goals, are ambitious, and are self-driven. They also relax and take time off for themselves, engaging in activities of fun, sport and hobbies. They can laugh at themselves.

They bear a pleasant countenance. They find solutions to problems by sorting things out and through acceptance. They are observant and take on the role of being good listeners. They befriend people and portray a calm disposition. In other words, such people celebrate their lives by making it enjoyable for themselves and for people they interact with.

This is what our homemakers should aim for.

Indians are known to fight hard to show mental

fitness. No one likes to be seen as being counselled or being treated for mental disturbances. When we so eagerly accept aspects of life in developed countries, we should also realise that a huge majority of their population seek mental wellness treatment or have visited a psychiatrist or a psychologist at some point in their lives. Mental ill-health is the premium we pay for the age we live in. So, if we need help, so be it – feel free to ask for it.

In conclusion, we should realise that we should accentuate our mental wellness by being proactive and positive. Homemakers will benefit from learning to enhance and protect mental health. For mental health is wealth!!

“Caring for the mind is as important and crucial as caring for the body. In fact, one cannot be healthy without the other.” - *Sid Garza-Hillman*

Dr. Sheela Philip,
Assistant Professor,

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ALARM BELLS OF JOB STRESS: CREATIVE COPING STRATEGIES

We all face stress/conflicts in our lives, right from figuring out the bus route to reach the destination to the office. Healthy work environment should involve mutual respect, trust, and equal consideration for the person. Sadly, some job relationships can turn bad. Job stress can happen to anyone, regardless of size, gender, or strength, yet the problem is often overlooked, excused, or denied. This is especially true when the stress is psychological, rather than physical. If the stressors are easier, it doesn't disturb us but sometimes the severity of the stressor, can totally divert our mind. Stress is a normal part of life. In small quantities, stress is good; it can motivate you and help you become more productive. However, too much stress, or a strong response to stress can be harmful. Gestalt psychologists saw stress management as the closure of a stress, achieved by the representation of the stress in an appropriate way. A stress is only a stress because it is incomplete; the solution makes it

complete and finding the creative coping closes the incompleteness. Closure is accompanied by the flash of insight or Aaha! experience. Stress can come from any situation or thought that makes you feel frustrated, angry, or anxious. Everyone sees situations differently and has different coping skills. For this reason, no two people will respond exactly the same way to a given situation.

Emotional stress is often minimized, yet it can leave deep and lasting scars. Stress can be physical, emotional, financial, verbal, and sexual in nature. Stress can happen within the purview of any human relationship such as work relationships, parent child relationship, and friendships. Situations that are considered stress provoking are known as stressors. Emotional stress can be difficult to recognize because it doesn't leave any visible scars. Just because you aren't getting beaten up, doesn't mean you aren't suffering. In fact, verbal abuse and emotional abuse in working environment is on the rise, and the psychological

damage it inflicts can be crippling. Most cases of physical stress have strong shades of emotional stress to it as well.



Most of us are triggered multiple times a day. The reason is that our bodies don't make a distinction between a real threat to our survival and our more everyday fears. An angry person, a conflict with a friend, a difficult deadline, an imposing workload, or an unreturned phone call can all prompt the fight or flight response. It occurs automatically, instinctively and often outside our conscious awareness. Our initial challenge is to become aware of negative feelings that arise, before we act on them.

Creative stress management is the mental process of searching for a new and creative solution to a stressor, a solution which is novel, original and not obvious. It means seeing new challenges as opportunities; dealing with unknown or ambiguous situations and productively managing the tension caused by gaps between your vision of future reality and actual current reality. Often we come across a dead-end while trying to solve a problem at workplace or at home; either our understanding of the issue is wrong or we fail to approach it correctly. To be an effective problem solver, you need to bring in creativity to travel from the current situation to the desired one. We often associate the word 'creative' with certain jobs like writing, painting, designing etc., or activities like solving puzzles and word games. Well actually, any process that involves finding new solutions and a new approach, instead of following a routine method or an established solution path, is a creative process. So, whether you are a professional

or a businessman, creativity helps in addressing several of our challenges in an innovative way.

Here are five different creative stress management techniques you can use to aid you in overcoming some of the inevitable stressors in daily occupational life:

1. Focus on the Stress

When thinking up a creative stress management it's tempting to wander elsewhere. Although in this situation, the world seems like your oyster, you must stay concentrated on the task at hand. If your goal is to arrange sponsors for an event, concentrate solely on this. Any other advantages which come with your creative solution are a bonus and shouldn't influence whether you settle on this solution.

2. Use What's Around You

One of the most important creative stress management techniques is bouncing ideas off other people. Ask somebody how to get from point A to point B and their answer could be radically different from someone else's. No matter how creative you are, you will never have all the answers. Discover something creative by using the ideas of others. There are always alternatives which you may not have thought of.

3. Trade-Offs

The MRIZ methodology is a creative stress management method originating in Russia. When bullet-proof glass was invented it had the benefit of defending against bullets. At the same time, on vehicles, it obscured the view of the driver. To solve the problem they implemented a trade-off where they used smaller panes of bulletproof glass. When a bullet hit the glass only one of the panes broke, so the view of the driver wasn't restricted massively. Do the same thing with your stressors. If there's a grand solution with some teething issues, think about another way of making the same solution work. Working around any lingering stress isn't a stress because perfection isn't essential.

4. Meditation

Transfer yourself away from the noise-filled

world of today and spend a few minutes in deep meditation. The benefits of meditation in reducing stress and anxiety are well-known, but what many people don't know is it enhances stress management skills. By stimulating specific brain waves, you have a better chance of solving your stress. More specifically, it's the theta brain wave which meditation stimulates. This wave improves stress management skills and often provides a vital spark of inspiration.

5. Do More

Go further by thinking about what doesn't exist today. One of the enemies of creativity is the here and now. The main reason nothing moves forward is because you are thinking about what exists now. Instead of copying this design feature, come up with your own solution. Train your mind to believe there are no limits to what it can think of. Just because part of an idea doesn't exist now doesn't automatically eliminate it from possible use.

6. Mindfulness

Mindfulness is the quality of being fully engaged in the present moment, without over-thinking or analyzing the experience. Rather than worrying about the future or dwelling on the past, mindfulness meditation switches the focus on what is happening right now.

How to do a Mindfulness Exercise

- Find a comfortable place to sit. It can be on a chair or on the floor. Keep your posture straight but relaxed, making sure you are not rigid or stiff.
- Concentrate your attention completely on your breathing. Become aware of the sensations inside your air passages as the air enters the nose. Just become aware of that feeling as your breath goes in and out. Just let it happen naturally. Just allow yourself time to be aware of the air going in and out, nothing else. Keep your mind on your breathing.
- When thoughts come into your mind, that's o.k. Just examine the thoughts for what they are. When these thoughts come into your mind,

allow them to wander off on their own and wish them well on their way. Do not get involved in the thought. Just notice that it is there and return your focus to your breathing.

- Treat each thought as a guest. When a thought or feeling arises, simply observe and acknowledge it. There is no need to interpret it or to use it. If you feel yourself drifting away on a thought then just return and refocus on your breathing.
- Stay in the moment as long as you can. Continue to focus on your breathing. Aim to clear your mind completely for 5 minutes. With practice you will be able to extend the time to twenty minutes or more.

Notice the repeating thoughts. As you progress you will come to recognize that the same thoughts are appearing, over and over, even in your calmest moments. Notice them and let them pass by, returning your attention to your breath.



Get some professional help.

Find a mental health professional who can help you work through the situation. A therapist can help you with the emotional side of stress, and help you cope with any feelings of anger, anxiety, post-traumatic stress. Stress is not always a bad thing. A therapist can help you cope with the situation and work through the challenging emotions you may have in job atmosphere.

TO AGE WITH LIVE WITH GRACE



Introduction

The best part of the art of living is to know how to grow old gracefully. The wrinkles that appear on your face are lines of life. While studying in Manila, Philippines, I went to visit the Cathedral Church with my friend Mr. Tony who was in his eighties. We were climbing the steps to enter into the Cathedral. He was very slow to climb the steps. Then I made a commend by saying: Yes it is part of the aging. Then my friend Tony corrected me by

saying please don't say like that. We are growing in maturity and wisdom. The longer we live the more beautiful the life becomes. The trick to aging gracefully is to enjoy it.

Stage of Integration

It was Dr. Erik Erikson who proposed a psychosocial theory of development. He proposed 'Eight stages of life, starting with infancy ending up to stage of Maturity (65+). According to him it is the stage of 'Ego Integrity'. At this phase

of life there happens a definite shift in one's life from future to past life. It is a period when individuals reflect upon their nearly complete efforts and achievements. So this stage is not so much marked by the appearance of a new psychosocial crisis but rather by the summation, integration, and evaluation of all the previous stages of life. He has integrity who can, in the evening of life say, "It is accomplished" (Jn.19:30).

Only in him who in some way has taken care of things and people and has adapted himself to the triumphs and disappointments to being, the originator of others or the generator of products and ideas – only in him may gradually ripen the fruit of these seven stages (Childhood and Society, p 259). The sense of integrity thus arises from the individual's ability to glance back on his life in full perspective – marriage, children, grandchildren, job accomplishments, hobbies, relationships – and affirm, "It is good," (I am satisfied). He finds that experience of life has mutual relation and all together brings beauty. Each chip is important. Even apparent tragedies are seen as opportunities for growth. This is the integration of mature life. Death is no longer feared since such persons see their own existence continuing through their offspring or creative accomplishments. A new statement of identity at this stage may be stated in these words: "I am what survives me."

The Ego strength is Wisdom. Ego strength takes

the form of wisdom in all its connotations from ripened "wits" to accumulated Knowledge, mature judgment, and inclusive understanding. It includes a feeling of oneness, with the rest of mankind and an acceptance of life.

At the other extreme are the individual's who regard their lives as a series of unfulfilled opportunities, and missed directions. They experience despair – a regret for what one has done and not done with his life. They realize that it is far too late to start over again. The lack or loss of Ego integration in such a person is marked by a hidden dread of death, a feeling of irrevocable failure and an incessant preoccupation with "what might have been." There can be two prevailing moods: 1) a regret that life cannot be lived again; 2) rejection of one's shortcomings by projecting them on the outside world and people.

Conclusion

George Bernard Shaw says that "you don't stop laughing when you grow old, you grow old when you stop laughing." The grey hairs that appear on your head are not really grey. They are your wisdom highlights. "You are not too old to set another goal or to dream a new dream" (C.S.Lewis). Aging is not lost youth, but a new stage of opportunity. The longer we live the more beautiful the life becomes.

Rev.Dr.Antony Puthenangady CMI





ഡിപ്റ്റിക്സ് - അനുസ്മരണപ്രാർത്ഥന

Diptychs - Prayer of Commemoration

ജീവന്റെ പുസ്തകം

ആരാധനാസമൂഹം സമാധാനാശംസ നടത്തുമ്പോൾ ശുശ്രൂഷികളിലൊരാൾ 'മരണം മൂലം ഈ ലോകത്തിൽ നിന്ന് വേർപ്പെട്ടുപോയ' എന്നു തുടങ്ങുന്ന അനുസ്മരണപ്രാർത്ഥന ചൊല്ലുന്നു. ഇങ്ങനെ വി. കുർബ്ബാനയിൽ അനുസ്മരിക്കേണ്ട, ജീവിച്ചിരിക്കുന്നവരുടേയും മരിച്ചവരുടേയും പേരുകളടങ്ങിയ പുസ്തകമാണ് 'ഡിപ്റ്റിക്സ്'. 'ജീവന്റെ പുസ്തകം' എന്നും ഇതറിയപ്പെടുന്നു. മരിച്ചവരെ പ്രത്യേകം അനുസ്മരിക്കുവാനും ജീവിച്ചിരിക്കുന്നവരുടെ പ്രത്യേകനിയോഗങ്ങൾ സമർപ്പിക്കുവാനുമുള്ള അവസരമാണിത്. വി. കുർബ്ബാനയിൽ നമ്മൾ എല്ലാവരേയും അനുസ്മരിക്കുന്നു എന്നും വി. കുർബ്ബാനയുടെ ഫലം എല്ലാവർക്കും ലഭിക്കുന്നു എന്നും ഈ പ്രാർത്ഥന നമ്മെ അനുസ്മരിപ്പിക്കുന്നു. ജീവിച്ചിരിക്കുന്നവരും മരിച്ചവരും മിശിഹായുടെ ശരീരത്തിലെ അവയവങ്ങളാണെന്ന് ഡിപ്റ്റിക്സ് വ്യക്തമാക്കുന്നു. അവർക്കെല്ലാം വേണ്ടിയാണ് കുർബ്ബാന അർപ്പിക്കപ്പെടുന്നത്.

മരിച്ചവരും ജീവിച്ചിരിക്കുന്നവരും

മരണം മൂലം ഈ ലോകത്തിൽ നിന്ന് വേർപെട്ട ദൈവസന്നിധിയിൽ ആയിരിക്കുന്നവരുടെ പട്ടികയിൽ സഭയിലെ ഔദ്യോഗിക ശുശ്രൂഷാക്രമമനുസരിച്ചാണ് ഓർമ്മിക്കുന്നത്. പാത്രിയാക്കീസ്മാർ, മെത്രാന്മാർ, പുരോഹിതന്മാർ, ശുശ്രൂഷികൾ എന്നിവരെ ആദ്യം അനുസ്മരിക്കുന്നു. അതിനുശേഷം മറ്റു ജീവിതാന്തസ്ഥിതിപ്പെട്ടവരേയും അനുസ്മരിക്കുന്നു. കൂടാതെ അന്നത്തെ കുർബ്ബാനയിൽ പ്രത്യേകം അനുസ്മരിക്കുന്നവരുണ്ടെങ്കിൽ പേരു പറഞ്ഞ്

അവർക്കുവേണ്ടിയും, കുർബ്ബാന സ്വീകരിക്കേണമേ എന്നു പ്രാർത്ഥിക്കുന്നു. പ്രാർത്ഥനയുടെ രണ്ടാം ഭാഗത്താണ് ജീവിച്ചിരിക്കുന്നവരിൽ ആരെങ്കിലും പ്രത്യേകം ഓർക്കുവാനുള്ള അവസരം.

നിയോഗങ്ങൾ ഓർക്കുന്നു.

കുടാശാഭാഗം ആരംഭിക്കുന്നതിനുമുമ്പാണ് നിയോഗങ്ങൾ ഓർമ്മിക്കുക. നമ്മുടെ വി. കുർബ്ബാനയിൽ പ്രത്യേകമായി പേരു പറഞ്ഞ് എന്തെങ്കിലും നിയോഗങ്ങൾ സമർപ്പിക്കുവാനുള്ള അവസരവും ഇതാണ്. നമ്മുടെ ലിറ്റർജി പാരമ്പര്യമനുസരിച്ച് പ്രത്യേക നിയോഗങ്ങൾ ഈ സമയത്ത് ഡീക്കനാണ് പ്രഘോഷിക്കുന്നത്. കാരോസുസായുടെ സമയത്ത് പൊതുവായിട്ടുള്ള സഭയുടെ നിയോഗങ്ങൾക്കായിട്ടാണ് പ്രാർത്ഥമിക്കേണ്ടത്. കാരോസുസായുടെ സമയത്ത് എല്ലാ നിയോഗങ്ങളും പേരുകളും പറഞ്ഞ് വേറെവേറെ കാരോസുസകൾ ഉണ്ടാക്കി ഓരോരുത്തരായി വന്നു പ്രാർത്ഥിക്കുന്നതല്ല യഥാർത്ഥത്തിൽ നമ്മുടെ ആരാധനാക്രമപാരമ്പര്യത്തിലുള്ളത് എന്നു അറിഞ്ഞിരിക്കുന്നത് നല്ലതാണ്.

ഡീക്കന്റെ അറിയിപ്പ്

ഡിപ്റ്റിക്സിനുശേഷം ഡീക്കൻ അഥവാ ശുശ്രൂഷി 'നമുക്കെല്ലാവർക്കും അനുതാപത്തോടും വിശുദ്ധിയോടുംകൂടെ' എന്നു തുടങ്ങുന്ന പ്രാർത്ഥന ചൊല്ലുന്നു. കുർബ്ബാനയിൽ സംബന്ധിക്കുമ്പോഴുണ്ടായിരിക്കേണ്ട മനോഭാവങ്ങളെ വ്യക്തമാക്കുന്നതാണ് ഈ പ്രാർത്ഥന. അനുതാപത്തോടും വിശുദ്ധിയോടും കൂടിയായിരിക്കണം നാം ഈ സമയം

ദൈവസന്നിധിയിലായിരിക്കുക. ദൈവത്തിനു നന്ദി പറയുകയും അവിടുത്തെ വിളിച്ചുപേക്ഷിക്കുകയും വേണം. ആദരവോടെ നിന്ന് അനുഷ്ഠിക്കപ്പെടുന്നവയെ സൂക്ഷിച്ചു വീക്ഷിക്കണം. വിഭജനശുശ്രൂഷയുടെ സമയത്ത് സമൂഹം പ്രാർത്ഥിക്കുന്നതുപോലെ “അവിടുത്തെ തിരുവിഷ്ടം നിറവേറ്റുന്ന ശുശ്രൂഷകരായ ക്രോവേന്മാരും സ്രാപ്പേന്മാരും മുഖ്യദൂതന്മാരും ബലിപീഠത്തിനുമുമ്പിൽ ഭയഭക്തികളോടെനിന്ന്, വൈദികനെ സൂക്ഷിച്ചു വീക്ഷിക്കുന്നു”. ഈ സമയം ആരും പല വിചാരങ്ങൾക്ക് അടിമയാകരുത്. കാരണം ഭയഭക്തിജനകമായ രഹസ്യങ്ങൾ കൂദാശപ്പെടുത്തപ്പെടുകയാണ്. “ദൈവത്തിന് സ്വീകാര്യമായ ആരാധന ഭയഭക്ത്യാദരങ്ങളോടെ സമർപ്പിക്കാം” എന്ന് ഹെബ്രായലേഖകൻ അനുസ്മരിപ്പിക്കുന്നു. (12:28).

ഹൃദയത്തിൽ പ്രാർത്ഥിക്കുക

പുരോഹിതന്റെ മാദ്ധ്യസ്ഥം വഴി സമാധാനം സമൃദ്ധമാകാൻ വേണ്ടിയാണ് പ്രാർത്ഥിക്കുന്നത്. എല്ലാവരും ഇനി ഹൃദയത്തിൽ പ്രാർത്ഥിക്കണം. ഈയവസരത്തിൽ കണ്ണുകൾ താഴ്ത്തി വിചാരങ്ങൾ സ്വർഗ്ഗത്തിലേയ്ക്കുയർത്തണം. ദൈവസന്നിധിയിൽ ചുങ്കക്കാരന്റെ പ്രാർത്ഥനയെ ഇതനുസ്മരിപ്പിക്കുന്നു. അവൻ സ്വർഗ്ഗത്തിലേക്ക് കണ്ണുകൾ ഉയർത്താൻ പോലും തുനിയാതെ പ്രാർത്ഥിച്ചു. (ലൂക്ക 18:13). തുടർന്നു വരുന്ന ഭാഗത്ത് വിചാരങ്ങൾ സ്വർഗ്ഗത്തിലേയ്ക്കുയർത്തുവാനെന്ന് കാർമ്മികൻ അനുസ്മരിപ്പിക്കുന്നുണ്ട്. ഏകാഗ്രതയോടും ഭക്തിയോടുംകൂടി, ദൈവസന്നിധിയിലാണ് നിലക്കുന്നതെന്ന അവബോധത്തോടെ, ആരാധനാസമൂഹം പ്രാർത്ഥിക്കണം. അതിനാൽ, ഏകാഗ്രത, ഭക്തി, ഹൃദയംകൊണ്ടുള്ള പ്രാർത്ഥന, ഇവയാണ് പ്രധാനപ്പെട്ടത്. അതെ, കാർമ്മികനോടൊത്ത് ഓരോരുത്തരും ഹൃദയത്തിൽ പ്രാർത്ഥിച്ചുകൊണ്ടിരിക്കണം.

ഡീക്കന്റെ ശുശ്രൂഷ

പൗരസ്ത്യസഭകളിൽ പൊതുവേ, ശംശാനയോ അല്ലെങ്കിൽ ചെറിയ പട്ടങ്ങൾ സ്വീകരിച്ചവരോ അഥവാ മുതിർന്ന അല്പമായരോ ആണ് ശുശ്രൂഷയുടെ പ്രാർത്ഥനകൾ ചൊല്ലുന്നത്. നമ്മുടെ കുർബ്ബാനയിലും കുട്ടികൾ മറ്റു ശുശ്രൂഷകളിൽ സഹായിക്കുകയും ഡീക്കന്റെ പ്രാർത്ഥന മുതിർന്നവർ ചൊല്ലുകയും ചെയ്താൽ ഈ പ്രാർത്ഥനകൾ കൂടുതൽ അർത്ഥവത്തായിത്തീരും. ഡിപ്റ്റിക്സ്, പ്രധാനപ്പെട്ട അനുസ്മരണമായതുകൊണ്ട് സഹകാർമ്മികരിലൊരാൾ ഈ പ്രാർത്ഥന ചൊല്ലാനും നിർദ്ദേശിക്കുന്നുണ്ട്.

* * *

The Book of Life

While the members of the liturgical assembly are giving peace to one another, one of the deacons recites the prayer of commemoration which begins “for Patriarchs, bishops ... who have departed from this world”. The book that contains the list of all the living and the dead who are to be remembered in the Qurbana is called ‘Diptychs’. This is also known as the ‘Book of Life’ (Spar Hayye’ in Syriac). This is the occasion to remember the deceased members and pray for the intentions of the living. This prayer reminds us that we remember all the living and the dead in our Qurbana and pray for them and all of them derive the fruits and merits of Qurbana. It reminds us that all living and the dead are parts of the mystical body of Christ and Qurbana is offered for all.

The Living and the Dead

From among the list of those who are departed from this world, the people are remembered according to the orders of their ministry in the church. At the first Patriarchs, Bishops, Priests and deacons are remembered and then all the departed who belonged to other walks of life. If there are somebody to be specially remembered in the Qurbana their names are mentioned. It is in the second part of this prayer that the names of the living are mentioned.

Intentions in the Qurbana

It is proper that before the anaphora the intentions are remembered. This is, according to our liturgical tradition, the time to mention and to remember the special intentions of the Qurbana and it is the deacon who announces the intentions. During the Karozusa only general intentions are to be mentioned. It is good to bear in mind that the practice of different persons coming forward to read out various intentions during the Karozusa prayer is actually not in tune with the East Syrian liturgical tradition.

Announcement of the Decon

After the diptychs, the deacon begins the prayers “Let us thank the Lord with pure and contrite hearts...”. This prayer reminds us of the

disposition of mind during the time of participation in the Qurbana. We should be in the presence of God with pure and contrite hearts. We should pray fervently and devotedly. We should stand with due reverence and be attentive to the awe-inspiring mysteries being celebrated. As we recite during the rite of the breaking of the bread "All the Cherubim and the Seraphim and the Archangels stand before the altar with awe to observe the priest breaking the

the community "to raise up their minds to heaven". All these are reminders that the liturgical assembly should participate in the Qurbana with devotion, attention and the awareness of the presence of God, and should pray in their hearts.

The role of the Deacon

According to the Eastern liturgical tradition the prayers of the deacon are recited generally by



body of Christ". So, while the mysteries are celebrated, nobody should get distracted, for right in front of us the mysteries of Christ are being celebrated. The letter to Hebrews reminds us "worship God in a way that will please Him with reverence and awe" (12:28).

Pray in your Heart

The deacon reminds us that the priest is praying that peace may flourish through his intercession. All should pray in their hearts bowing their heads and lifting up their thoughts to heaven. This reminds us of the prayer of the tax collector "he would not even raise his face to heaven" (Lk. 18:13). In the following prayer the priest requests

deacons or by those who are in minor orders or by lay people other than children. It is recommended that in our liturgy too, these prayers of the deacon be recited at least by senior lay people if deacons are not present, whereas the children can help at various other services at the altar. Only then, these prayers and actions get its due importance. Because the diptychs is considered to be an important announcement, there is a recommendation that it be recited by one of the priests present.

മാർ തോമസ് ഇലവനാൽ

..... കല്യാൺ രൂപതയുടെ മെത്രാൻ



KEY News

LTC Camp:

The Leadership Training Camp organized by KEY for the forane and parish executives was held on August 14th 2016. This time we organized LTC among 4 sectors: Western, Central, Navi Mumbai & South Mumbai.

Jesus' Nurses' Fraternity (JNF)

Patroness Day & Onam Celebration - 2016



BISHOP'S DIARY

October - 2016

1st	Com. & Confirmation - Marouli	15th	Vestition & Rel. Profession - Palakkal, Thrissur
2nd	Cat. Teacher's Day - Powai	16th	Marriage Jub. Meet - Panvel
3rd	M. Sem. Class - Panvel	17th	M.S. Class - Panvel
4th	Priests recollection Presbyterium - Hajimalang	19th	Curia - Bishop's House
	Annual day celebration	21st	Qurbana for Marathi Community - Bhiwandi
5th	Curia Meeting - Bishop's House	22nd	Com. & Confirmation - Boisar
7th	MPC - ARC	23rd	Pastoral Visit - Nallasoppara
8th	Golden Jubilee Celebration - Vadagaonssery	24th	M. Seminary Class - Panvel
9th	Pastoral Visit - Diggi	25th	Baptism - Borivli
10th-11th	Seminar - Bhopal	26th	Curia - Bishop's House
12th-14th	CLC - Kakkanad	29th-31st	Diocesan Convention - Airoli
	Qurbana - Ramapuram	30th	Com. & Confirmation - Panvel

THANKSGIVING TO ST. JUDE

Jeseena Lona — Powai
Gabriel Bijoy — Goregaon (W)
Michele Bijoy — Goregaon (W)
Jeseena Lona — Powai

Jeffin Philip — Dombivli
Annies David — Sakinaka
Rosily Lazar — Dombivli

THANKSGIVING TO INFANT JESUS

Rosily Lazar — Dombivli

THANKSGIVING TO HOLY SPIRIT

Elizabeth Joseph — Bhandup (E)

Modern Children on the Way to Sainthood...

Blessed Chiara Badano – The Tennis Player



Blessed Chiara Badano was born on October 29, 1971 to Ruggero and Maria Teresa Badano in the small village of Sassello, Italy. The couple waited and prayed eleven years to have Chiara. They considered her to be their greatest blessing.

While Ruggero worked as a truck driver, Maria Theresa stayed at home to raise Chiara.

Chiara attended her first meeting of the Focolare Movement in September of 1980; she was only 9 years old. This group had a profound impact on Chiara's life. The group focused on the image of the forsaken Christ as a way to make it through difficult times. Chiara later wrote that, "I discovered that Jesus Forsaken is the key to unity with God, and I want to choose him as my only spouse. I want to be ready to welcome him when he comes and prefer him above all else."

She was often teased in school for her strong beliefs and was given the nickname "Sister". Chiara made several good friends, often going out late to have coffee with them. She also enjoyed the normal teenage pastimes such as listening to pop music, dancing, and singing. Chiara was also an avid tennis player; she also enjoyed hiking and swimming.

In the summer of 1988, Chiara felt a sting of pain in her shoulder while playing tennis. The doctors then discovered she had a rare and painful form of bone cancer, osteogenic sarcoma. In response Chiara simply declared, "It's for you, Jesus; if you want it, I want it, too."

Throughout the treatment process, Chiara refused to take any morphine so she could stay aware. She felt it was important to know her illness and pain so she could offer up her sufferings. She said, "There's only one thing I can do now: to offer my suffering to Jesus because I want to share as much as possible in his sufferings on the cross." During her stays in the hospital, she would take the time to go on walks with another patient who was struggling with depression even though it caused Chiara a great pain.

Due to chemotherapy, when a lock of her hair would fall, Chiara would simply offer it to God saying, "For you, Jesus." She also donated all of her savings to a friend who was doing mission work in Africa.

She passed away on October 7, 1990 and was declared a blessed on 25th September 2010. Her feast is on 29th of October.

Servant of God, Carlo Acutis – The Computer Wizard



Carlo Acutis was born on 3rd May, 1991. Since he received his First Communion at 7 years old, he never missed an appointment with daily Mass. He always tried before or after the Mass to pray in front of the tabernacle to worship the Lord, truly present in the Blessed Sacrament. Our Lady was his great confidant and never failed to

honor her daily by reciting the Rosary. Carlo's Modernity combines perfectly with his deep Eucharistic life and Marian devotion.

To quote Carlo's words: "Our aim has to be the infinite and not the finite. The Infinite is our homeland. We have always been expected in Heaven." His famous quote is: "All people are born as originals but many die as photocopies." To move towards this destination and not "die as photocopies" Carlo said that our compass has to be the Word of God, that we have to face constantly. But extreme means are required to reach such a lofty destination: the sacraments and prayer. In particular Carlo put the Sacrament of the Eucharist at the centre of his life and he called it "my highway to heaven".

Carlo was gifted at anything related to computers so that his friends, and the adults with computer engineering degrees considered him a genius.

Everyone was amazed by his ability to understand the computer secrets that are normally accessible only to those who have completed university. Carlo's interests included computer programming, film editing, website creation, editing and layout of comics, and volunteering for those most in need - children and the elderly. One of his works is the website www.miracolieuucaristici.org which showcases Eucharistic Miracles to the world.

It was a mystery to the young faithful of the diocese of Milan, that before his death he could offer his sufferings for the Pope and for the Church. He died on October 11, 2006 due to Leukemia. Five years after his death, he was declared as Servant of God.

Jovin Raphael

..... Mankhurd, Mumbai

Quiz

- 1) In which movement was Bl. Chiara Badano involved at the age of nine?
- 2) Whom did Bl. Chiara Badano choose as her spouse?
- 3) What was the nickname of Bl. Chiara Badano in her school?
- 4) What was the age of Bl. Chiara Badano at the time of her death?
- 5) According to Carlo Acutis, what should be our compass?
- 6) What did Carlo Acutis describe as the "Highway to Heaven"?
- 7) What does Carlo Acutis' website showcase?
- 8) For what cause did Carlo Acutis offer his sufferings?
- 9) What was the age of Carlo Acutis at the time of his death?
- 10) What are the three more stages that Carlo Acutis has to go through in order to become a saint?

Send your answers along with your name, catechism section and parish to **lanternkidsroom@gmail.com** before **25th October, 2016**.
Names of the lucky winners will be published in the next issue of the Lantern.

WINNERS OF THE MOTHER TERESA CROSSWORD (SEPTEMBER 2016)

1. Alben Antappan (Dombivli) **2. Angelina Sujesh** (Kalyan East)

3. Christymol Cherian (Vashi)

4. Jisha Joseph (Wagle Estate) **5. Lloyd Jose** (Bhayandar)



Pope canonizes Mother Teresa *(Vatican Radio)*

Pope Francis on September 4, declared Mother Teresa of Calcutta a Saint, saying that she shone a light in the darkness of the many who no longer had tears to shed for their poverty and suffering. To the some 120,000 pilgrims who filled the Square for the canonization Mass, Pope Francis held up Mother Teresa as the model for a Church that goes to the peripheries to bring comfort and the light of the Gospel to poor and wounded souls. Applause erupted in the Square even before the Pope finished pronouncing the rite of canonization.

Pope: Put away the cell phones and have real encounters *(Zenit)*

Pope Francis has urged faithful to stop looking at our phones, and instead really encounter and listen to one another. The Pontiff gave this advice during his daily Holy Qurbana, as he warned against bad habits that prevent us, even within our families, from truly listening to others and empathizing with them. "In our families, at the dinner table, how many times while eating, do people watch the TV or write messages on their cell phones." He said. "Even within the heart of society, which is the family, there is no encounter. May we strive for this culture of encounter, just as simply as Jesus did so".



Odisha Catholics observe first-ever martyrs day *(ucanews)*



Eight years after Hindu hardliners killed more than 100 Christians in Odisha, dioceses of this state

held their first ever "Martyrs' Day" to commemorate those who died for their faith. About 600 family members of those killed were invited and joined 7 bishops and hundreds of nuns and priests for a Holy Qurbana in Kandhamal, the centre of the outbreak. "Archbishop John Barwa of Cuttack-Bhubaneswar, who started the commemoration, did not want to make it massive program. But wanted it to slowly be taken up by the parishes of all the six dioceses in the state and later across the nation", said Fr. Santosh Digal, spokesperson for the Odisha Catholic Bishops' Council.

CBCI wishes Prime Minister Modi on his birthday *(CBCI News)*

The CBCI in a Press Statement said "The Catholic Bishops' Conference of India, wishes our Honorable Prime Minister Sri Narendra Modi ji a Very Happy Birthday

and God's abundant blessings. We pray that God may grant him the Courage, Wisdom, and Strength to lead the country on the road of Development, Justice, Peace and Harmony. God Bless our Country."

Telugu Catholic TV channel launched *(The Hindu)*

The Catholic Church in Andhra Pradesh and Telengana has launched a new Telugu TV channel, 'Divyavani'. Archbishop Salvatore



Pennacchio, the Vatican's ambassador to India, launched 'Divyavani,' at the St. Mary's College grounds in Secunderabad. He relayed Pope Francis' message. Echoing the Pope's sentiment, he hoped the channel stood for the poor, afflicted and marginalised, bringing comfort and consolation to the people through acts of mercy. Citing late Pope John Paul II, he described the 'communication media as the new marketplace of ideas,' the new 'Areopagus,' the public place in Athens where St. Paul introduced the 'Risen Christ' to his audience.

Church delegation meets Mr. Modi on behalf of Kerala farmers *(ucanindia)*

The delegation headed by Bishop Varghese Chakkalakkal of Calicut met the Prime Minister, on the sidelines of the National executive meeting of Bharatiya Janata Party. The delegation's prime concern was the government's move to implement a project to preserve the hilly Western Ghats area that runs through Kerala. The project will restrict farming, ban construction in human inhabited but ecologically sensitive areas closer to the forest, which church people say will adversely affect normal life for some 2.5 million farmers in the area, mostly



Christians. Fr. Abraham Kavilpurayidathil, Chancellor, Eparchy of Thamarassery and a member of the delegation, told that Mr. Modi promised to keep their concerns in mind while deciding on the Western Ghats and coastal conservation plans.



Mel Gibson reveals title for "Passion of the Christ" Sequel *(ChurchPOP)*

In an interview during an evangelical church event in California, Mel Gibson seemed to reveal what the title for the sequel to "The Passion of the Christ" would be. "We're talking about that," Gibson said in response to a question about the project. "Of course, that's a huge undertaking, and it's not The Passion 2 — it's called **"The Resurrection."** There is no timeline yet for when the movie might be made or released.



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All Glory to thee, Lord who loves so much
60th Wedding Anniversary
15-10-2016



*Prayerful
Diamond Jubilee
Greetings
From
Children,
Grand Children &
Great Grand Children*

Mr. A.I. Jose Aloocaran **Mrs. Rosalind Jose**
S/o. Late Iyyappan Master & Rosa Aloocaran, D/o. Late Davis & Mary Attokaran,
Kottapadi Calicut

Happy 40th Wedding Anniversary

24th October 2016

We are indeed blessed to have such
loving parents. The love that both of
you share only burns even brighter
with each passing year.
Happy anniversary mom and dad.

E.M.Devassy & Margaret Devassy

With Love & Prayers,
Benny & Faveena
Benjo & Nisha
Bensy & Joby
Your little ones...

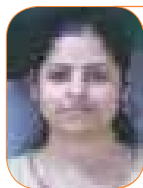
Alston, Clarissa, Aleesha,
Ananya, Joel & John



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GOC201415750

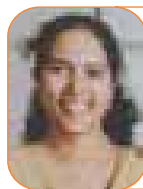


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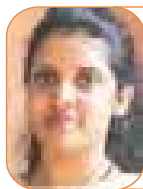
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GOC201524979



Fair, 24 / 153 / 53 / B-Sc. (Electronics) + MBA / Working with an Insurance Firm as Officer - Knowledge Desk / Parents from TCR / 9049681000 / vincent@tseil.com
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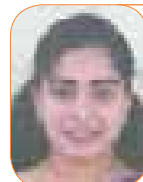
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GOC201631853

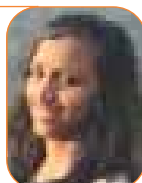


SMRC / Pune based / Fair, 25 / 5.7 / 50 / CA & BCom / Presently working in MNC / Parents from Thrissur / 020-66307889 / 9766855673 / cpjoy123@gmail.com
GOC201631994



Fair, 25 / 155 / 75 / MCA / Software Engineer in IIT Bombay / Parents from Trivandrum / 022-25728135 / 9820659740 / angeliastephens@gmail.com
GOC201631854

Fair, 25 / 162 / 50 / Masters in Pharmacy / Presently working at TCS in Pharmacovigilance Dept. / Father from Pala, Mother from TCR / 022-25483142 / 9820301528 / marinajohn0713@gmail.com
GOC201629560



Fair, 32 / 5.7 / 58 / M.Com. + Computer Programmer, Working as Medical Transcriptionist Sr. Exec. (US Process), MUM, parents from TCR. 9892932760 / 9323515099 / christy_anthony_u@yahoo.com
GOC201314107



Fair, 30 / 175 / 70 / B.Tech in Info.Tech / Presently working as Software Developer in Mumbai / Parents from EKM / 0251-2206262 / 9969589489 / mdhn_thomas@yahoo.co.in
GOC201631870



Fair, 26 / 176 / 75 / BE in Electronics & Telecommunication / Presently working as an Systems Engineer in Canada / Parents from TCR / 9970395239 / 9890681173 / thomasdincy@gmail.com
GOC201632016

RCSC Wheatish (Girl), 30 / 152 / 48 / B.Sc. IT + Executive MBA / working as Assistant Manager at a Research Organization in Mumbai, Seeks alliance from suitable Boys from Mumbai/Abroad / parents from Irinjalakuda / 9892666516 / sherlydavi01@gmail.com
GOC201415890

Medium (Boy), 29 / 178 / 70 / Diploma in IT / Business (Dealing with power tools both sales & service) / Parents from TCR / 0253 - 2344158 / 9403281265 / richy_rich700@yahoo.com
GOC201632078

Wheatish (Girl), 1978 / 5.2 / 62 / B.Com / working, parents from TCR. 022 - 26668821 / 9819552093 / dvdleena@yahoo.co.in
GOC201414492

PITHRUVEDI

Tug of War Competition organised by Pithruvedi was held on 25th September 2016. 32 parishes participated in this event.

Winners are:

1st Prize - St Mary's Church, Nashik -Team A, **2nd Prize** - St.Joseph's Church, Airoli - Team B,

3rd Prize - St.Alphonsa Church, Kalewadi, Pune -Team A, **4th Prize** - St.Thomas Church, Vashi -Team A



**Msg. Thomas Thalachira
Memorial Ever Rolling Trophy**

DRAMA COMPETITION

Venue: St. Andrew's Auditorium, Bandra (W)

Date: 8th October, 2016



Blessed are the merciful, for they shall receive mercy (Matthew 5:7)

കല്യാൺ രൂപത



കൃപാഭിഷേകം

ബൈബിൾ കൺവെൻഷൻ 2016

2016 ഒക്ടോബർ 29, 30, 31 നവംബർ 1 ശനി, ഞായർ, തിങ്കൾ, ചൊവ്വ ദിവസങ്ങളിൽ

നയിക്കുന്നത് : **Rev. Fr. Dominic Valanmanal & Team** (Marian Retreat Centre, Anakkara)

സ്ഥലം : Patni Ground, Airoli Knowledge Park, Near Vittava, Airoli, Navi Mumbai.

ഉദ്ഘാടനം :

Mar. Thomas Elavanal
(Bishop, Diocese of Kalyan)

ബഹു. ഡോമിനീക്
വാളത്തമ്പലച്ചന്റെ
ടെലിവിഷൻ ശുശ്രൂഷകൻ

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"പാറുദീപ്തം"

തിങ്കൾ 5.00 pm

വ്യാഴം 6.30 pm

Divine TV /
Goodnews TV

"കൃപാഭിഷേകം"

വെള്ളി 10.00 pm

ചൊവ്വ 8.30 pm

EVERY DAY

4.15 pm : Rosary

5.00 pm : Holy Mass

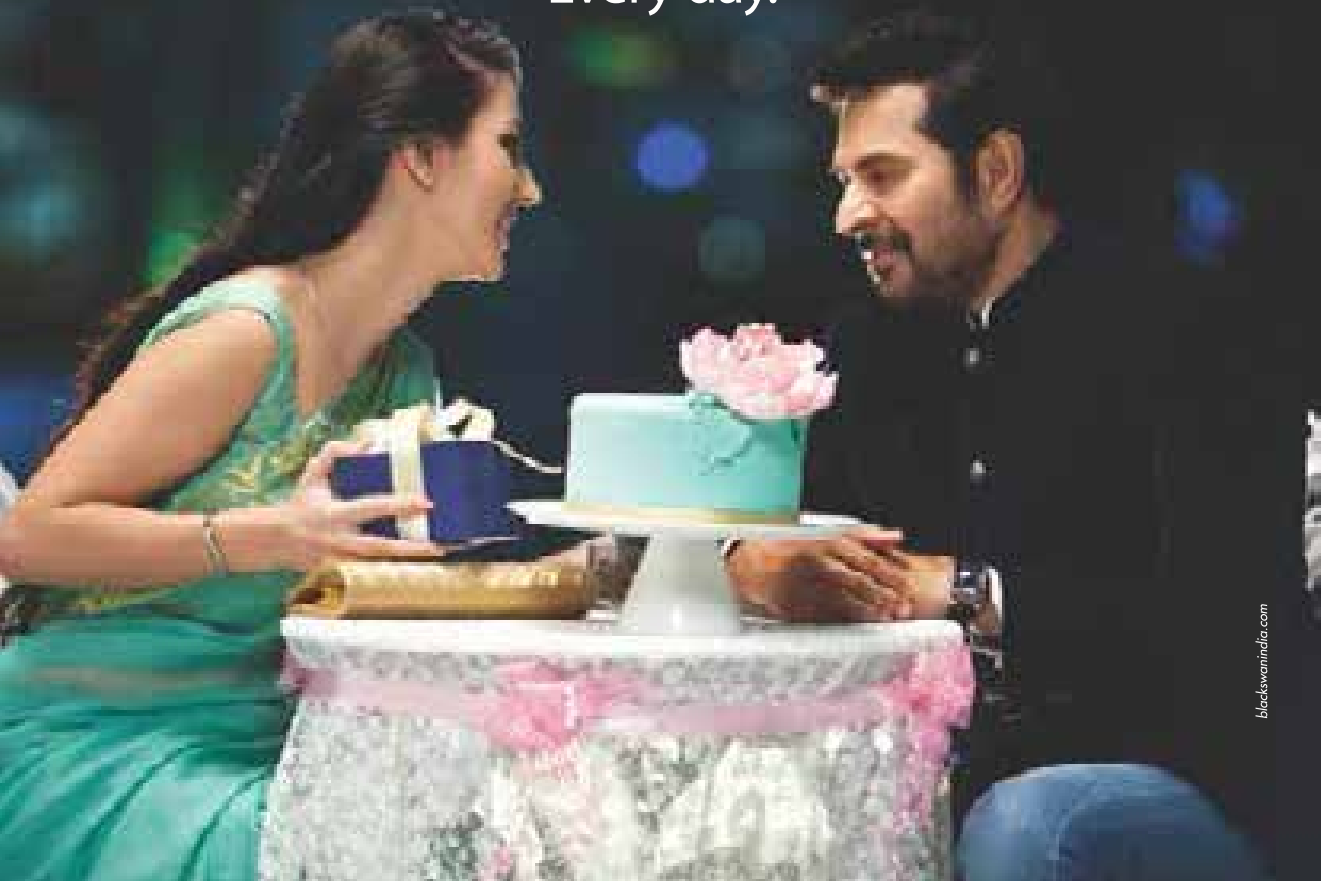
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